

WHAT EMINENT AUTHORITIES SAY.

An investigation by Baer has shown that the average expectation of life among users and dealers in alcoholic liquors is very much shortened. The following table gives a comparative view of the expectation of life in these who abstained from and those who used alcohol:—

EXPECTATION OF LIFE.

Age.	Abstainers.	Alcohol users.
At 25	30'08 years	26'23 years
35	25'92 "	20'01 "
45	19'92 "	15'19 "
55	14'45 "	11'16 "
65	9'62 "	8'04 "

Table showing the influence of alcohol upon the mortality from various diseases:—

	General Male Population.	Alcohol Vendors.
Brain disease	11'77 per cent.	14'43 per cent.
Tuberculosis	30'36 "	36'57 "
Pneumonia and Pleuritis	9'63 "	11'44 "
Heart disease	1'46 "	3'29 "
Kidney disease	1'40 "	2'11 "
Suicide	2'99 "	4'02 "
Old age	22'49 "	7'05 "

"There is no more miserable being than one in whom nothing is habitual but indecision. Could the young but realize how soon they will become mere *walking bundles of habits*, they would give more heed to their conduct while in the plastic state. Every smallest stroke of virtue or vice leaves its never so little scar."—WILLIAM JAMES in *Principles of Psychology*.

"As a surgeon, having vast opportunities of experience in hospital and private practice, I must declare that I always look upon patients who have been in the habit of using spirituous beverages as least