

The evils that result from the abuse of Alcohol are very great. They are very widespread, and few of us can have failed to notice them. The following pages will show us how awful these evils are.

Therefore, the Teacher should insist strongly upon personal responsibility, and make all pupils see the great wisdom of the Church Catechism when it tells us that "My duty towards my neighbor . . . is to keep my body in temperance, soberness and chastity."

1. Alcohol—Injurious to Health.

"Alcohol is a poison—so is strychnine; so is arsenic; so is opium. It ranks with these agents. Health is always in some way or other injured by it."—(The late Sir Andrew Clark, M.D., Physician to H. M. Queen Victoria.)

2. Alcohol—Not a Tonic.

"The tradition that alcohol was a stimulant and tonic, and possessed some power to give new force and vigor to the cells and functional activity, is a thing of the past. Studies of exact science in the laboratory show that alcohol is a depressant, anesthetic and narcotic; also that its first effects on the sensory centres are to diminish their acuteness and prevent their activity. In this way they delude the victim with a consciousness of vigor and strength that is contradicted when tested by instruments." (Dr. T. D. Crothers, Walnut Lodge Hospital, Hartford, Conn.)

"Among the early experiments was one which Professor Kraepelin tried upon himself, while he was still a moderate drinker. And it was the result of this experiment which made him an abstainer and deepened his interest in temperance. He arranged a delicate apparatus, measuring the 'time reaction', as it is called—the interval that elapses between sight of a flash and the finger's pressure of a button, by which a mark is made on a revolving cylinder. Of course, the more alert the mind, the more quickly the finger presses the button after the flash is seen. Therefore, the closer together the marks are on the cylinder the more active the mind and body are shown to be.

"During this epoch-making experiment, after having taken a small amount of alcohol, Professor Kraepelin himself felt sure that he was responding to the flash more quickly than before drinking. That is, that the alcohol had stimulated him, giving him new life. But when he looked at the record it revealed his mistake. He had been deceived. He had been working slower rather than faster. Reference has recently been made to this misleading effect of alcohol in an editorial in 'American Medicine' (July 1913, p.460): 'It is frequently difficult to persuade the subject of the experiment that he is really doing less work under alcoholic influence, so extraordinary is the masking effect of this agent.' Dr. J. H. Crooker in "Shall I Drink?" p. 21, 22.)