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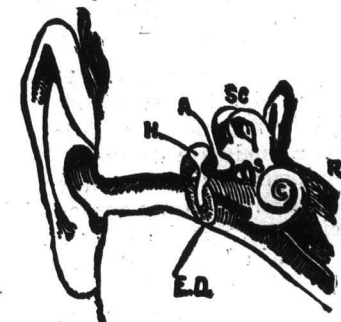
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Temperance Talk.

The Disease of Alcohol.

The disease of alcoholism is caused by the poison of alcohol, resisted by the vital integrity of the cells. The disease consists of a variation of the cells, enabling them to resist the poison. The drunkard's disease is caused by poison resisted by society, family, morality, religion, civilization and all that goes to make life worth living, as well as by the physiological forces of his heart's blood and his nerve cells.

But this is not all. The man so diseased will continue to drink rhythmically. His persistence in drinking is a part of, and the main part of, his disease. Can we make it clear and plain why a drunkard will continue to drink in spite of everybody and everything good? I think if we examine the laws of disease, relating to the actions of

requires the presence of alcohol. The absence of alcohol causes a sort of pain that the drunkard will not endure if he can get his drinks, and it does not follow that such a person, under such conditions, may not drink, though he may know that the poison will ruin him. It is very easy to say that the drunkard could resist the craving or appetite for drink if he would, and that many often do; but the fact remains that the majority of them do not, and our business is with the lost sheep of Israel.

Nature and Beer.

On the recommendation of several medical men in Vienna the municipality last year opened an institution called there by the popular name of "Gausch-



"I see Biggest!"

poisons, and compare them with similar laws in the physical and mental world, that we can make the question and its answer plainly understood.

Why does the drunkard continue to drink? It is true that in a drunkard his disease is caused by alcohol, but it is also true that in this disease, when once it is established, alcohol is a necessity. The drunkard is diseased because he drank whisky with his friends, or socially, or took it as a medicine, or for any reason whatever that caused him to begin drinking; but he continues to drink because his disease demands alcohol. Why does the disease caused by alcohol demand more alcohol?

The law of life is, whether vegetable or human life, that a change to new conditions, if more or less abrupt, is difficult and may be painful, because it requires organic changes and a new adaptation, and that any adaptation to any sort of condition, in which a person can live at all, necessitates the presence of that condition in order to live the most comfortably. This is the reason why the disease of alcoholism

aufel." It is simply an open air sanitarium for healthy persons. The old idea that sunlight, air and water are the main restoratives at our disposal was long ago taken up by a non-medical philanthropist, who opened an establishment of the most primitive kind on the banks of the Danube on the outskirts of Vienna. The results obtained by him have prompted the municipality to enlarge the establishment and conduct it on modern principles.

An immense area covered with fine sand, deposited from the Danube, which used to flow there in ancient times, a long river-bank with shallow, rapidly flowing cold water and the absence of any shade-giving trees, are the three principal health-giving factors relied on. Special care has been taken to enable schools to make use of the facilities offered there; 4,000 persons can undress at the same time, and free tickets have been granted to schools and work-shops, so that on some days last summer 10,000 persons were seen there, going about in the open air nearly naked.

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