



Notes of the Temperance Conflict in the United States.

False Statements.

Touching the movement against alcoholic patent medicines the 'National Advocate' says: 'Despite handicaps and opposition of tremendous vested interests, the campaign against alcoholic patent medicines is rapidly assuming national proportions. As a result of investigations made by the Prohibition press during the last few years many leading daily papers throughout the country are revising their advertising requirements, and are cutting out thousands of dollars worth of the more notorious patent medicine publicity advertising. Frauds like Duffy's Malt Whiskey are getting in real danger of being excluded from reputable newspaper columns and what the newspapers are doing is being supported in enthusiastic fashion by many weekly papers and monthly magazines. A new rule of 'Collier's Magazine' cuts out all advertisements of beer, whiskey, or alcoholic liquors, while 'McClure's' and the 'Ladies Home Journal' have already announced similar prohibitions.

At the Pittsburgh Exposition recently there was a conspicuous display of a local brewery with elaborate diagrams claiming to show the amount of food elements contained in a glass of beer. The same city is extensively placarded with advertisements which announce beer as 'liquid bread.' Of the same phrase as used by a writer on 'Modern Beer Brewing' some months ago in the New York 'Tribune,' Mrs. Mary H. Hunt wrote in the last article that came from her pen: 'A London saloon-keeper once posted the same claim on his sign, but his beer was analyzed by a chemist and found to contain such a mere trace of nourishment that he was hauled into court and made to pay a fine for obtaining money under false pretenses. If the laws of New York are as effective as those of England in such matters there is no doubt legal redress for such attempts to defraud the public could be obtained.

'This writer in the 'Tribune' goes so far as to specify the kind of food that beer contains, muscle building and fuel food he says. Beer has been repeatedly analyzed by competent chemists and while its composition varies somewhat with the materials used in its manufacture, the following are the results given by acknowledged authorities:

'Wynter Blythe's treatise on "Foods" gives as the constituents of "lager" beer:

Water	89.75 per cent.
Carbonic acid015 "
Alcohol	5.1 "
Malt extract	5 "

'The malt extract before fermentation, Wynter Blythe says, is composed of malt, sugar, dextrine, albuminous constituents and ash. "But," he says, "of these it is the ash alone that will remain, comparatively speaking, unchanged, for by the action of mashing a large proportion of the dextrine and starch becomes changed into sugar." The sugar which is truly a fuel food is changed.

From these figures we can see what a man gets when he spends five cents for a glass of beer—usually reckoned at half a pint, or 10 and a fraction avoirdupois ounces. Taking Wynter Blythe's analysis he gets 8.9 ounces of water; 6.6 grains of carbonic acid; .5 (one-half) of an ounce of alcohol, a narcotic poison; .5 of an ounce of malt extract, which according to Wynter Blythe is mostly ash. Battershall's table would give him about as much alcohol and .15 of an ounce of sugar but no albuminoids.

'How much and what kinds of food does a man get when he pays five cents for a loaf of bread?

'For five cents a man can buy one and one-

fourth pounds of bread in which he gets eleven and two-tenths ounces of carbohydrates, (that is, foods belonging to the starch and sugar group, which are classified as fuel or energy furnishing foods), two ounces of proteids or muscle building food, two-tenths of an ounce of fat which is also a fuel food, two-tenths of an ounce of mineral matter, six and four-tenths ounces of water, no poison.'—'Christian Statesman.

The Insidious Cigarette.

(J. Lewis Paton, M.A., Headmaster of Manchester Grammar School, in the London 'Daily News'.)

The evidence of eminent physicians and lawyers has already been heard by the Select Committee on Juvenile Smoking. They will no doubt have the evidence of police and other local government authorities, and it is to be hoped that they will not omit to hear what those have to say who know the slum-boy at first hand and work in the various boys' brigades and lads' clubs in our great cities.

Every agency of this kind does what it can to fight the insidious cigarette, and every such agency feels that all the conditions outside their own particular control, which make for the enemy, are getting stronger year by year. The invention of the cigarette itself is against them. Formerly a boy got his first experience of tobacco either with a pipe or a cigar, and the first experience was usually enough to last him for some time. But with a cigarette Nature's admonitions are more graduated, and a boy of ten or eleven finds no difficulty in smoking his 40 cigarettes a week. Cigarettes are fatally cheap; halfpenny packets are now sold. If the Committee are sensible, they will recommend that no parcel of cigarettes or other tobacco be sold under threepence; this will stop the casual purchase of the errand-boy, and do as much as any police measure to check juvenile smoking. It will mean the abolition of all cigarette automatic machines. And no one would have a right to complain on that score, for the increase of tobacco licences has gone on at such a pace that there is now a licence for practically every 60 inhabitants of this country.

Not only is a reduction of licences called for, but great care should be taken to what sort of shops these licences are given. At present large numbers of the small sweetshops that sell chiefly to children have licences. A child in investing a penny usually takes into account the length of time for which the penny will provide an anodyne against the troubles of this world. In my younger days aniseed balls were the favorite; no other lingering sweetness was so long drawn out. Now the aniseed ball has lost its proud pre-eminence, and all other sweets hide their 'minished heads before the cigarette. A penny-worth of sweets will last, if one is selfish, for an hour; a pennyworth of cigarettes lasts a whole day.

The licences given to small news shops also want investigation. Something like systematic evasion of the Truck Act goes on at present in connection with them. A newsboy, after he has sold his packet of newspapers, is regularly asked whether he will take a pennyworth of his pay out in a packet of tabs ('whiffs' or 'fags' is the vernacular), and in some cases he isn't even asked, and has no choice.

There is another class of boy peculiarly liable to the cigarette temptation, a class which hardly existed twenty years ago. The increase of secondary day schools, technical schools, pupil-teacher centres, and so forth has called into existence what Germans call the 'Eisenbahnschuler,' the boy who goes to and fro daily to school by train. This boy has the temptation always before him, and abundant opportunity for yielding to it on the sly without being caught. Many a penny that was given for lunch is spent in 'fags.'

Over this class of boys the police will have no control as long as he is on the railway train or in the stations. If juvenile smoking is to be stopped in public places, other people beside policemen must be invested with authority to stop it. At present a school teacher has no legal right to stop a boy smoking outside the school premises. This power

should be given to him. Magistrates should have it also, and park-keepers should be made responsible for seeing the law is carried out in public parks.

The effectual prevention of smoking in public places is specially important, because a small boy usually smokes not because he likes it, but that he may be seen of men and taken for a man.

It is perhaps pertinent to point out that, if such a law were passed, a boy, who is undersized or puny, even though he has passed the legal age, will abstain from smoking in public for fear of being asked by the policeman whether he is not under age. Such a question will wound him in his most sensitive point, and, therefore, a law prohibiting smoking under 16 would be an effectual preventive for just those boys over 16 who most need prevention.

No reasonable person expects to stop juvenile smoking by Act of Parliament, but what reasonable persons do ask is that the State shall not make the work of those who are fighting this evil so difficult as to be almost hopeless. Every schoolmaster knows that the best way to fight the tobacco temptation is by athletics. A positive is always more effective than a negative with the young.

'You're a well set-up young fellow, and you'll make a strong half-back if you will be regular at gymnasium and give up smoking and keep fit.' This is the new affection which has dynamic power to countervail the seductions of the five-a-penny whiff. And a boy is best kept good by keeping him fit. Health and holiness have a connection in fact as well as in etymology. Much could be said about the demoralising effects of juvenile smoking, but to that Select Committees will not listen. All that one can ask is that those who have most at heart the saving of boys' souls shall not have to cope everywhere and always with a State-licensed Apollyon whose interest is to ruin boys' bodies.

Temperance Notes.

'I was informed by a London sanitary inspector this month (October, 1904), that he had never served an overcrowding notice except on drinking tenants, and had never issued a notice to abate dirt or nuisance to a teetotaler.'—John Burns, M.P., L.C.C.

'Out of every 100 patients whom I have charge of at the London Hospital, 70 per cent of them directly owe their ill-health to alcohol—the abuse. I do not say that these 70 per cent. were drunkards, but to the excessive use.'—Sir Andrew Clark.

Some time ago (says a well-known doctor) I received a letter from the member of the police force, who, during his period of office, had had charge of the van which had conveyed upwards of 47,000 prisoners. Out of this number, he informs me that, so far as his recollection goes, there were only three teetotalers.

He found most of the female prisoners were drinkers. Often they were young mothers, frequently with a baby in their arms, who accompanied its mother to prison, to be initiated at that early age into prison life. He informed me that nine-tenths of these women had lost all their self-respect, thus educating and breeding drunkards.

No honest man with a drunken wife can bring up the children properly. It is the mother's influence which exerts the greatest power over her child, and it is that which is responsible for its good or evil training. Alcohol in every form ought to be shunned and avoided, as being one of the greatest gifts from Satan that we possess, and which, from what I have stated, is responsible for converting a sane nation into a mad one.

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