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# Twelfth International Congress on Alcoholism

London, July 18-24, 1909

Report of Official Delegates  
Appointed by United States Government



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[From 'World's Book of Temperance' by Dr. and Mrs. W. F. Crafts.]

# HOW GOD'S FRUITS AND GRAINS ARE TURNED INTO THE DEVIL'S ALCOHOL.

By MRS. EDITH SMITH DAVIS, A. M., Lit. D.,

Director of the Bureau of Scientific Temperance Investigation and Superintendent of the Department of Scientific Temperance Instruction, Washington, and National Woman's Christian Temperance Union.

God gives His fruits and grains to build up the human body. He furnishes water, because man's body is very like this great earth of ours, three-fourths of it water, and therefore needs a constant supply. We know that God intended water for man's use since everything living requires it from the lowest plant to the highest animal, man. Our Heavenly Father gives us not only what the body needs, but what it may enjoy as well. He paints the flowers, fruits and grains so that they are beautiful to the eye as well as useful to the body. He gives them a delicate odor to appeal to the sense of smell. He also flavors them to appeal to the sense of taste. But everything that He gives to His children is to build them up. Fruits and grains are for the building up, not the tearing down of the body.

### USES OF GRAINS AND FRUITS.

- Wheat—flour—bread.
- Corn—meal—corn-cake.
- Grapes—grape-juice—grape-jelly.
- Apples—apple-juice—apple-jelly.

Fruit juice is good when it is fresh from the fruit. If one wishes to keep apple juice or grape juice for future use, it may be boiled, bottled while boiling hot, sealed to exclude the air, and it will be a wholesome and nourishing drink. We say that these changes in grain and fruits are natural. But we may have chemical changes. Barley contains sugar. Soak it in water forty-eight hours and spread it out in a cool place and it begins to sprout. Dry it then and roast it and you will have malt. Crush this malt and put hot water on it and you will have sweet water, or sweetwort, as it is called. This sweet water may be boiled with some hops in it to make it bitter. There is no alcohol, as yet, present in the mixture. We must add yeast in order to get alcohol. Yeast is a plant which feeds upon sugar. As it eats the sugar it begins to grow. While growing it gives out an excretion. This excretion is made up of carbon dioxide and alcohol. The carbon dioxide passes off in the form of gas, while the alcohol remains in the sweet water to which the hops have been added, and we have beer. Thus God's grain, barley, is transformed into the destructive drink.

The apple and the grape, as God gives them to us, are nourishing, and energy may be derived from drinking their juice. If, however, the juice is exposed to the air, the little yeast germs floating in the

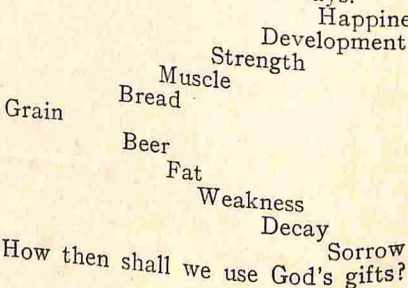
air fall into it. These yeast germs are identical with those that were put into the sweet water to make the beer. As they remain in the apple and grape juice, they begin to feed upon the sugar and give out the carbon dioxide and alcohol and the grape juice becomes wine and the apple juice, cider. What a dangerous little plant the yeast plant is! Yes, but if used properly it does not belong to the breaking down of life, but to building it up. Every time bread is made we put in the same little yeast plant and it feeds upon the sugar and gives out alcohol and carbon dioxide and the bubbles of gas push the bread up and make it light. To be sure, the alcohol remains in the bread, but we drive it all out by baking the bread. If we did not bake it, the bread would not be wholesome and sometimes when the bread has not been baked sufficiently it has the unpleasant odor of alcohol.

### WHAT BREAD AND BEER DO.

Bread increases a man's muscle. Beer changes the muscle to fat. Grain, made into bread, builds up the man. The strong man builds up his community, helps build the schools and churches, aids in the growth of industries and commerce. He makes all life happier because he uses God's gifts as God intended them to be used.

Grain, made into beer, or fruits made into wine, or cider or any form of alcoholic drink, break down the man. And the man who takes them, instead of helping to build up a community, is a menace to it. Such men help to fill our jails, penitentiaries, almshouses and asylums. They bring great expense to a community because they necessitate having many policemen, hospitals and places of reform.

Mrs. Winfield S. Hall, a former teacher of physiology, has given us the following clear table of the results of using God's gifts in the two different ways.



## TWELFTH INTERNATIONAL CONGRESS ON ALCOHOLISM.

LONDON, JULY 18-24, 1909.

### Report of Official Delegates Appointed by United States Government.

TO THE HONORABLE,

THE SECRETARY OF STATE:

a digest of the addresses, so far as they may seem to be of service for civic betterment. The recommendations made by speakers in the Congress deserve careful consideration from all those who would harvest the world's wisdom for patriotic progress.

The delegates accredited by the State, Treasury and Navy Departments of the United States Government to the 12th International Congress on Alcoholism desire to submit through you to the President and citizens of the United States, and especially to our legislators, health officers and public school teachers,

In a very real sense this was an international parliament, for twenty-five governments—some from each of the five continents—sent delegates, as follows:

### REPRESENTATIVES APPOINTED BY BRITISH, FOREIGN AND COLONIAL GOVERNMENTS.

- AUSTRIA: FREIHERR WLADIMIR VON PRAZAK, Ministry of the Interior; Vize-Lek H. OTTO FLORIAN, Ministry of Worship and Education.
- BELGIUM: M. LE JEUNE, Minister of Justice, and Dr. DE VAUCLEROY.
- DENMARK: Rev. N. C. DALHOFF, Chevalier of the Danneborg, Copenhagen.
- FRANCE: Messieurs RIEMAIN et GEORGES BARBEY, Paris.
- GERMANY: Dr. jur. et med. von STRAUSS und TORNEY, President of the Senate of the Supreme Administrative Court, Berlin.
- ITALY: Count LUDOVIC NANTI-MOGENIGO, Attaché Italian Embassy, London.
- MEXICO: Señor Don MIGUEL COVARRUBIAS, The Mexican Minister at the Court of St. James, London.
- NETHERLANDS: Jonkeer C. J. M. RUYSS DE BEERENBRONCK, LL. D., Member of the Second Chamber of the States-General, Maestricht; Dr. W. P. RUYSSCH, Member of the Central Sanitary Council, and Chief Inspector of Sanitary Hygiene, The Hague; Dr. J. R. SLOTEMAKER DE BRUINE, President of the Protestant Anti-Alcoholic Societies, Utrecht.
- NORWAY: Dr. RAGNAR VOGT, First Assistant Physician at the Ganstad Lunatic Asylum, Christiania.
- SERVIA: Dr. MILOCH J. POPOVITCH, Belgrade.
- SWEDEN: Dr. K. H. G. DE SCHEELE, M. R., Bishop of Gothland, and Dr. S. E. HENSCHEN, Professor of the Faculty of Medicine, Stockholm.
- THE UNITED STATES: Chairman, WILBUR F. CRAFTS, Ph. D., Washington, D.C.; [Superintendent International Reform Bureau]; Secretary, CORA FRANCES STODDARD, Boston. [Secretary Scientific Temperance Federation]; MARTHA M. ALLEN, Marcellus, N. Y. [Superintendent Medical Temperance Department, Nat'l Woman's Christian Temperance Union]; MARIE C. BREHM, Chicago, Ill. [Lecturer for Permanent Committee on Temperance of the Gen-

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eral Assembly of the Presbyterian Church of the United States]: GEORGE F. COTTERILL, Seattle, Washington, [National Grand Chief Templar of the Independent Order of Good Templars, State Senator]; T. D. CROTHERS, M. D., Hartford, Connecticut; [Secretary American Society for the Study of Alcohol and Narcotics]; EDITH SMITH DAVIS, Milwaukee, Wisconsin, [Superintendent of Scientific Temperance Instruction of World's and Nat'l Woman's Christian Temperance Union]; \*REID HUNT, M. D., Ph. D., Washington, D. C.; [Chief of Division of Pharmacology, U. S. Marine Hospital and Public Health Service] G. ROWLAND MUNROE, Newark, N. J. [Attorney for New Jersey American Anti-Saloon League]; \*F. L. PLEADWELL, M. D., Washington, D. C. [Surgeon U. S. Navy]; WM. JEFF. POLLARD, St. Louis, [Judge Second District Police Court]; CHARLES SCANLON, Pittsburg, Pa. [Secretary Permanent Committee on Temperance of the General Assembly of the Presbyterian Church of the United States, also Secretary Inter Church Temperance Federation].

AUSTRALIAN COMMONWEALTH: The Hon. Sir JOHN A. COCKBURN, M. D. K. C. M. G.  
 BAHAMAS: Mr. R. S. JOHNSTONE, Chief Justice Designate of Grenada.  
 CEYLON: Sir ALLEN PERRY, M. D., D. P. H., M. R. C. S., L. S. A., Principal Civil Medical Officer.  
 EAST AFRICAN PROTECTORATE: Lieut.-Colonel J. A. L. MONTGOMERY, C. S. I., Commissioner for Lands.  
 GOLD COAST: Dr. G. J. RUTHERFORD, Senior Medical Officer, West African Medical Staff.  
 HONG KONG: Dr. J. M. ATKINSON, Dr. G. P. JORDAN.  
 JAMAICA: Dr. T. M. BARTLETT, Dr. G. HARGREAVES, Dr. MALABRE, and Dr. C. A. H. THOMSON, Government Medical Officers.  
 INDIA: J. B. BRUNYATE, Esq., Indian Civil Service.  
 QUEENSLAND: The Hon. Sir HORACE TOZER, K. C. M. G., Agent-General, London.  
 SOUTH AUSTRALIA: Mr. W. J. P. GIDDINGS, F. J. I., Adelaide.  
 SOUTHERN NIGERIA: Dr. W. I. MANNERS.  
 TRINIDAD: Dr. H. L. CLARE, Surgeon-General to the Government.

#### BRITISH GOVERNMENT DEPARTMENTS.

THE BOARD OF EDUCATION: Dr. JANET CAMPBELL, M. S., Officer in the Medical Department; Dr. ALFRED EICHHOLZ, M. S., Officer in the Medical Department.  
 THE HOME OFFICE: Mr. W. P. BYRNE, C. B., Assistant Under-Secretary of State; Mr. H. B. SIMPSON, C. B., Principal Clerk; Mr. J. PEDDER, Principal Clerk; Mr. G. A. AITKEN, Principal Clerk; Dr. H. B. DONKIN, H. M., Commissioner of Prisons; Dr. R. W. BRANTHWAITE, H. M., Inspector under the Inebriate Acts.  
 THE COLONIAL OFFICE: Sir ROBERT BAXTER, LLEWELYN, K. C. M. G., late Governor of the Windward Islands.  
 THE LOCAL GOVERNMENT BOARD: Dr. ARTHUR NEWSHOLME, Chief Medical Officer; Dr. ARTHUR DOWNES, Senior Medical Poor Law Inspector.

\*All the above U. S. delegates, except Dr. Hunt, delegated by the Treasury Department, and Surgeon Pleadwell, delegated by the Navy Department, were appointed by the State Department, which also appointed Rev. E. C. Dinwiddie, National Electoral Secretary of the Independent Order of Good Templars, and Dr. V. A. Ellsworth, of Boston, both of whom were unable to attend. Besides the government and the organizations named, the National Temperance Society was represented by Miss Stoddard, and the Christian Abstainers Union ("Blue Button Army") by Dr. Crafts. The United States was also represented by the following unofficial delegates, sent by various reform organizations: Charles R. Jones, Rev. E. O. Taylor, C. J. Douglass, M. D., Rev. Hervey Wood, C. H. Hughes, M. D., LL. D., Mrs. E. N. Law.

The British Government's cordial participation went far beyond the appointment of official delegates. His Royal Highness, the Duke of Connaught was the Honorary President. The Right Hon. Lord Wear-dale, of the House of Lords, was the Acting President. The Right Hon. L. V. Harcourt, M. P., of the Cabinet, received the thousand delegates and many other guests, at a reception given on behalf of His Majesty's Government in the Imperial Institute, a Government building assigned for the headquarters and meetings of the Congress.

Official participation in this biennial Congress on Alcoholism had been inaugurated at the previous meeting in Stockholm, in 1907, where the Acting President was the Crown Prince of Sweden, the foremost of continental countries in temperance reform, with nearly half a million abstainers enrolled in societies, the Good Templars leading. Thirty-six of their members are in the Parliament, which has a third time voted for local option and expects this time the concurrence of the upper house, which has hitherto defeated the measure. This year the Crown Prince and his wife were honored guests at the Congress.

The official participation this year has been much greater than two years ago—the greatest ever. And in token that it will not be less two years hence, the Congress has accepted the official invitation of the abstaining Queen of Holland to hold the next Congress on Alcoholism at the Hague, where it will reinforce the crusade for international peace.

Not less worthy of mention than the public officials participating were the real governors of the Congress, of whom the most active were

the President and Secretary of the National Temperance League, the Dean of Hereford, the Very Rev. The Hon. J. W. Leigh, D. D., and Mr. John Turner Rae; Mr. John Newton, Parliamentary Agent of the United Kingdom (Temperance) Alliance; The Hon. Mrs. Eliot Yorke and Mr. Charles Wakely, of the United Kingdom Band of Hope Union; Dr. W. McAdam Eccles, Hon. Sec. British Medical Temperance Association; Dr. Charles Harford, of the Native Races Committee; Bishop Scheele, of Sweden, Chairman of Permanent International Committee of the Congress; Miss Charlotte A. Gray, of the Good Templars; and Mr. Judson Bonner, manager of the Union Publishing Society and of the Congress Exhibit.

This Temperance Congress of Nations demonstrates the fact that the leading Governments of the world, largely because of recent scientific discoveries as to the harmfulness, not of drunkenness only, but of moderate drinking also and even of careless medicinal uses of alcohol, are recognizing that increased restrictions should be put upon the sale of alcohol in all its forms, and that increased teaching as to its character and influence should be provided, to conserve industrial efficiency in the commercial competition of nations, as well as to promote two of the chief objects of government, public health and public morals.

#### The Congress Fundamentally Scientific.

The dominant element in this Congress on Alcoholism was the medical profession, many of the doctors being specialists on inebriety or in experimentation on alcohol, in which Germany leads. Among the world-famous doctors who participated were: Sir Thomas Barlow,

King Edward's physician; Sir Victor Horsley and his associate in the authorship of "Alcohol and the Human Body," Dr. Mary Sturge; Professor Sims Woodhead, of Cambridge University; Prof. Taav. Laitinen, of Helsingfors; Dr. Holitscher, of Karlsbad; Prof. G. Aschaffenburg, of Cologne; Dr. Legrain, of Paris.

As Dr. T. N. Kelynack has said in a resume of the medical meetings of the Congress, there was manifest "a desire to hear the best that can be said of alcohol as well as to know the worst." He added: "The light is glowing and growing. In some departments of inquiry we are groping with but a glimmering ray for direction; but the further we advance, the more clearly do we perceive the insidiousness and widespread prevalence of alcoholism, and need for a clearer understanding of all its causal factors, and the necessity of the application of effective means and rational measures whereby individual and racial deterioration and loss may be prevented, or at least restricted." He quoted as representative the words of Prof. Aschaffenburg: "Any quantity of alcohol must be regarded as considerable which causes a disturbance, even if only transitory, of bodily or mental efficiency." He also quoted as another representative utterance the conclusion of Prof. Laitinen's Norman Kerr Lecture during the Congress: "Alcohol, even in comparatively small doses, exercises a prejudicial effect on the protective mechanism of the human body." We add as a further representative medical utterance of the Congress that of Dr. Holitscher, in a lecture at the London Temperance Hospital, which was one of the official side meetings of the Congress, who showed from statistics gathered from 47 hospitals, in 18 of which tests had been

made by alternating treatment, that of 238 cases of pneumonia treated with alcohol the deaths had been 24.3 per cent, while of 248 cases of the same treated without alcohol the deaths had been 21.3 per cent. Of 47 cases of pneumonia complicated with delirium tremens, out of 21 to whom alcohol was prescribed 15 died, while of 26 treated without alcohol only 9 died. He regarded the investigation as at least demonstrating the failure of alcohol as a curative agent in such cases. Dr. Holitscher in another session reported that investigation in the hospitals of German-speaking countries showed a considerable decrease in twelve years past in the use of alcohol and an increase in the use of milk, in harmony with the yet more marked change in the same in English hospitals.

Professor S. E. Henschen, of Stockholm, combated the view that alcohol is the chief direct cause of tuberculosis, tracing the connection between alcoholism and tuberculosis rather by way of the poverty caused by drink which leads to over-crowding and consequently to greater exposure to tuberculosis infection. The discussion following however showed that most of the medical delegates agreed with the views of the direct relation between alcoholism and tuberculosis held by the numerous experts whom Prof. Henschen had cited in an effort to disprove their claims. Dr. Knopf's opinion was quoted that "it is not only well-known that alcoholism predisposes to tuberculosis, but it has also been scientifically demonstrated that the children of alcoholic parents contract tuberculosis more readily than children of temperate parents."

Dr. Clouston, of Edinburgh, though admitting the danger of using alcohol, put emphasis on the "resistive power of the human brain," which he

thought might enable certain individuals and races to develop a "toleration" or even "immunity" to alcohol. This view met with general dissent in the subsequent discussion. In this connection, Dr. F. W. Mott showed from observation in London workhouses that the brain cells of alcoholic degenerates which he had investigated do not show, under such microscopic tests as we are yet able to make, such marks of degeneracy as might be expected from their faces and their habits, although he was able to exhibit photographs

showing distinct changes which had taken place in a number of cases. In the same session Dr. Legrain, of Paris, proclaimed abstinence and prohibition the best preventives of insanity.

Although no resolutions were passed, the following statement, drawn by Dr. T. D. Crothers, of the American delegation, was signed by those medical delegates and other doctors whose names are appended and expresses the views that predominated in the medical papers and discussions:

"Exact laboratory, clinical and pathological research have demonstrated that alcohol is a dehydrating protoplasmic poison, and hence its use as a beverage is destructive and degenerating to the human organism. Its effects on the cells and tissues of the body are depressive, narcotic and anæsthetic. Hence therapeutically it should be used with the same care and restrictions as other poisonous drugs."

Signed by:

G. SIMS WOODHEAD, Prof. of Pathology, Cambridge University.  
W. McADAM ECCLES, M. D., London.  
A. PEARCE GOULD, M. D., London.  
JOHN ADAMS RAWLINGS, M. D., Swansea.  
HENRY SOLTAU, M. D.  
ALFRED B. OLSEN, M. D., Caterham.  
WILLIAM CARTER, M. D., Deganwy.  
JOHN ROUND, M. D., London.  
HEYWARD SMITH, M. D., London.  
MARY D. STURGE, M. D., London.  
DR. SAUERMAN, Merzig, Germany.  
KARL GRAETER, M. D., Basel.  
DR. LEY, Brussels, Belgium.  
G. D. W. REDDIE, M. D., Greenbithe.  
JOHN MINT, M. D., London.  
T. D. CROTHERS, M. D., Hartford, Conn.  
C. J. DOUGLASS, M. D., Boston, Mass.  
C. H. HUGHES, M. D., St. Louis, Mo.

REID HUNT, M. D., Washington, D. C.  
J. U. BISHOP, M. D., New York City.  
DR. TH. MONTIGEL, Andernatt.  
VICTOR HORSLEY, M. D. [He adds: "I regard the above view as very generally held by medical men and physiologists."]  
GRIFFITH EVANS, M. D., C. M., Bangor, Wales. [He adds: "I believe the above statement represents the consensus of opinion among medical men and physiologists."]  
J. H. KELLOGG, M. D., Battle Creek, Michigan. [He adds: "Many eminent medical practitioners are of the opinion that it should be discarded from the list of useful or necessary drugs."]  
[W. C. SULLIVAN, London, would add after use *in excess*.]  
[Dr. T. D. MASON, M. D., of Brooklyn, revises the statement as follows to more fully express his own views:]

"Exact clinical, pathological and physiological research, as well as the application of instruments of precision have clearly demonstrated that alcohol is a true acro-narcotic, systemic poison; that it dehydrates all tissue, paralyzes functional activity, disturbs or alters metabolism, modifies protoplasm, is a decided irritant to tissue, and eventually produces organic and chronic irremediable changes of the glandular, nervous and vascular systems, and of the various tissues and organs of the body, and also mental and moral degeneracy, coincident with these physical changes. Alcohol is therefore unfitted in every particular for a beverage in any quantity or in any form. It is unsuitable for habitual use even in so called moderation, whether as beer, wine or spirits. Therapeutically it is a dangerous drug, of doubtful or limited value at the best, and its supposed virtues as a medicine are readily supplied by other and safer drugs which do not produce such physical, mental and moral degeneracy. As to its place in the pharmacopia and in the practice of medicine, the time is not far distant when alcohol will pass into exceptional use, if not into complete disuse, and will be displaced as a drug to be issued from the prescription counter or as a menstruum in the preparation of other medicines. Absolute prohibition from the every day life of the people, whether as a beverage or as a medicine, is the only logical conclusion that we can hold with regard to the ultimate fate of alcohol."

## Exhibition of Temperance Charts and Literature.

Among the exhibits of scientific temperance education the United States made a good showing, and the Band of Hope, Good Templars and Church of England Temperance Society also. Germany sustained its reputation for educational progress by a fine exhibition of large colored charts to show the effect of alcohol upon the body, upon the family, upon society. The stereopticon slides of the National Temperance League of London are even more effective. Great Britain made an impressive showing of popularized science in municipal posters that

have been put up by order of the council in about one hundred British boroughs, all of which license the sale of intoxicants, but do not feel debarred, therefore, from warning the public against them. The following is, in facsimile one of the posters exhibited, a combination made in Australia of the strongest parts of French and British official posters, and so representative of this new method of scientific temperance education *extension*, which the United States, otherwise at the front in methods of temperance propaganda, has not yet adopted to any considerable degree, although poster below has been published in some cities as a proclamation signed by the Mayor.

### ALCOHOLISM AND PHYSICAL DEGENERACY.

"Alcoholism is the chronic poisoning which results from the habitual use of alcohol, even when the latter would not produce drunkenness.

It is an error to say that alcohol is necessary to workmen who engage in fatiguing labor; that it gives heart to work, or that it repairs strength. The artificial excitation which it produces gives place very quickly to nervous depression and feebleness.

The habit of drinking entails disaffection from the family, forgetfulness of all duties to society, distaste for work, misery, theft and crime. It leads at least to the hospital, for alcohol engenders the most varied maladies: paralysis, lunacy, disease of the stomach and liver, dropsy. It is one of the most frequent causes of tuberculosis. Finally, it complicates and aggravates all acute maladies. Typhoid fever, pneumonia, erysipelas, which would be mild in the case of a sober man quickly carry off the alcoholic drinker. The hygienic faults of parents threatened with idiocy or epilepsy, or, worse still, they are carried off a little later by tuberculosis, meningitis or phthisis.

For the health of the individual, for the existence of the family, for the future of the nation, alcohol is one of the worst terrible scourges.

(Five paragraphs above are from posters put up by French city governments to check national decay that has led to deaths exceeding births. What follows is from British Parliamentary Report on Physical Deterioration, prompted by failure of a majority of candidates for enlistment in British Army to pass physical examinations. In consequence, British city governments post these extracts as a warning, not only in Great Britain as a cure but also in athletic Australia as a preventive.)

THE CONTINUED USE OF ALCOHOL, WHETHER IN FORM OF BEER, WINE OR SPIRITS, EVEN THOUGH NOT TO THE EXTENT OF DRUNKENNESS, OFTEN LEADS TO CHRONIC POISONING.

Of 61,215 people the average deaths per year by insurance tables will be 1,000. Of 61,215 liquor sellers, the death average is 1,642. Of 61,215 Rechabites (ab-

Sir Frederick Treves, Physician to King Edward, declares that alcohol is an insidious poison, and should be subject to the same restrictions as opium, morphia or strychnine and that its supposed stimulating effects are delusive.

Respectfully submitted for consideration of citizens by ..... Mayor

## Supreme Importance of Scientific Temperance Education Recognized.

Although juvenile associations of abstainers were shown to be helpful and important—and several European countries, notably Great Britain reported more numerous juvenile temperance organizations than the United States—chief reliance was placed on scientific temperance education in public schools as a means of displacing from the public mind the current errors about alcohol, and substituting knowledge of what science has proved as to its harmful character even in small doses. The first paper of the Congress by Miss Cora F. Stoddard of Boston, Mass., pointed out the important relation of this instruction to national progress. The examples of the United States, Australia, and Sweden in making the teaching of this subject in public schools compulsory was held up for emulation, and also a new order of the British Government making such teaching permissive for local school boards. It was also urged by Mrs. Edith Smith Davis, of the United States, that in order to prepare teachers to do this teaching thoroughly and heartily, it SHOULD RECEIVE DUE ATTENTION IN NORMAL SCHOOLS AND UNIVERSITIES.

### Legislation on Drunkenness.

"The Pollard Plan," so called because Judge William Jefferson Pollard of the Second District Police Court of St. Louis inaugurated the plan of offering men arrested for drunkenness the alternative of the punishment prescribed by law, or of signing the pledge in court. Hundreds who were drunkards have thus been made good citizens, living sober and industrious lives. Four

See full statement on page 31.

hundred members of the Congress from twenty three countries signed the following.

"We the undersigned members and delegates attending the International Congress on Alcoholism, assembled in London July, 1909, desire to record our gratification at the recognition in statute law by Great Britain, Vermont, U. S. A. and Victoria, Australia, of the principle of reforming drunkards by the probation or pledge method commonly known as the Pollard plan. The possibilities of this wise and beneficial policy are so great that we desire to commend its adoption throughout the world." Prof. Aschaffenburg advised as the next step for those not cured by release on probation, compulsory commitment to an inebriates' home for at least two years. If, on release, the victim falls again, he would have him sent back again and if he shows himself incurable "he should be sentenced to perpetual custody in an asylum." Such compulsory commitment of drunkards was advocated by R. Welsh Branthwaite, M. D., Inspector under Inebriates' Act of England, where the "Pollard Plan" has been legalized by Act of Parliament.

### Alcoholism and Crime.

The Chief Justice of England, Lord Alverstone, at a meeting during the Congress, gave "90 per cent." as his estimate of the proportion of crime due to drink; and Judge Pollard, from Police Court observation at the other extreme of judicial experience, named "eighty-five per cent." as his estimate. A paper on this subject by Lt. Col. McHardy, of Edinburgh, based on 153 representative cases in that city, gave exactly eighty-four per cent.

### Protection of Childhood.

Discussions on how to protect society against drunkards led directly to discussions of the protection of children, first, the neglected children of drunkards, and then other children, for whom prevention is in order. In this connection the new "Children's Act" of Great Britain was cited, which goes beyond most American laws for the protection of minors in that it excludes children from bar rooms *even when accompanied by parents or guardians*, and forbids even parents to give alcoholic drinks to their own children "under five years of age, except in extreme cases." Emphasis was put on this subject by showing the diminished capacity for study of many school children on the continent of Europe, where it is common for parents to give their boys and girls daily at their meals small portions of beer or wine.

Deeper yet went the investigations reported by Prof. Taav. Laitinen, which have led him to the following conclusion in the field of heredity: "Alcohol, although consumed in small quantities, has an injurious influence upon human offspring." In this connection the alarming increase of drinking by women at bars in England was referred to repeatedly as poisoning the national life at its source, which was set in contrast with American laws that in some states make a woman seen at a bar liable to arrest, and the liquor dealer who allows her there liable to lose his license.

### Economic Losses, Personal and National, Through Alcohol.

Sir T. P. Whittaker, M. P., in one of the principal addresses of the Congress, showed the vast loss to the individual and the nation, first, from the vast expenditure for intoxicants, and, second, from the sup-

port of its products in defectives, dependents and delinquents. Dr. Wilbur F. Crafts, of the United States delegation, carried the discussion of the economic loss a step further in a new field by arguing from recent discoveries which show that a bottle of wine a day decreases industrial efficiency, in typesetting, for example, one tenth, that the greatest of all economic losses from alcohol must be those resulting from the diminished physical and mental efficiency of the great host of moderate drinkers. Prof. W. H. H. Rivers reported some experiments of his own which had shown little effect of small quantities of alcohol on muscular and mental efficiency a few hours after its use, which did not seem to accord with experiments of Prof. Aschaffenburg and others present, and suggested that farther experimentation was desirable. Attention was called to the more decisive verdict of employers, who, in the United States, in 51 per cent of the representative business establishments questioned by the National Bureau of Labor a few years ago, reported that they require abstinence in employees in some or all parts of their business, when on duty at least—in an increasing number of cases at all times. In a paper on "Workingmen's Insurance" it was suggested that payday should not precede Sunday or a holiday, and workingmen's unions should not meet in rooms adjoining bars. The attitude of railroads in the United States and Australia, in requiring abstinence of employees, was commended for adoption by speakers from other lands, "The verdict of railroads is that alcohol is dangerous, and the signals are set against it." In New Zealand, the railroad management has abolished liquor selling in the railroad restaurants all along the line.

### Abstinence Societies in Military and Civil Service.

Two of the meetings of the Congress—one of them a mass meeting—were devoted to a demonstration for other nations of the great value of the total abstinence societies promoted by the British Government in its civil and military service. The Postal, Telegraph and Telephone service has a total abstinence society among the employees, which the Postmaster General visits and promotes. The Navy has its abstinence society and its Good Templar lodges, to which the Government gives every encouragement. A review of the Navy being in progress, Miss Agnes Weston said there were two total abstinence admirals in the fleet. Another abstaining admiral, Vice Admiral G. King-Hall, said in a paper that "90 per cent, of the crimes against discipline, such as leave-breaking and insubordination, were due to excess in taking spirituous liquors. On the other hand, Temperance improved the health and morals of the men, and gave clearer minds and a higher development of the powers of the intellect." But the best example of a total abstinence society among Government employees, promoted and financially aided by the Government, is the British Royal Army Temperance Association, in which twenty-five per cent of the Army are voluntarily enrolled. Special tents for reading rooms and amusements are provided out of army funds, and even marching tests, in which abstaining regiments win, are made to show that abstinence has a personal and patriotic value. The highest generals are officers of the Association, Lord Roberts having been one of the Presidents. Sir George White said that in the past few years there has been a great

transformation in the British army, which was no longer a school for drunkenness, but a school for physical excellence, manliness and patriotism. The principal reasons for the development of the temperance sentiment in the army, he thought were the cordial moral support and liberal financial aid of the British Government and of the officers high in command, and the fact that the men realized it was a distinct element in their favor in promotion and desirable details if they were abstainers.

The following statistics, showing that abstaining soldiers are less likely to go to either the hospital or the guard house, were given at the Congress. For ten months of 1908 in Sierra Leone, as a fair sample in a bad climate, of 60 abstainers there were 29 admissions to the hospital, but of 213 drinkers there were 312 admissions, many going more than once. As to conduct, in Mauritius for example, 95½ per cent of the abstainers were marked "Good and high character," while only 79 per cent of the moderate drinkers were so marked, and the only ones marked "bad" were from that class.

### No-License Legislation.

The Congress reached its climax of interest when in several sessions, American delegates, Hon. G. F. Cotterill, Mr. G. Rowland Munroe, Prof. Charles Scanlon, and others, described the rapid growth and good effects of no-license and prohibition in the United States. It was shown that among us the saloons have no vested rights; that 11,000 of them were closed in 1908, and that nearly half the population is free from legalized bar rooms. It was urged that the best proof that the various forms of prohibition work better than any plan of regulation is that the people of the United States, after a century of experimenting with both policies,

are now showing their unmistakable preference for "No-license" in its local and larger forms.

"The Norwegian System" was presented, but awakened very little interest. Not by uplifted hands, as there was no voting, but by applause this Congress of experts in the study of alcoholism showed that its hope was not in mending but in ending the bar room.

#### Protection of Native Races.

The "moral and material injury" wrought by the liquor traffic among uncivilized and newly civilized races was really the most international of all topics brought before this International Congress. It was reported that in spite of three Congresses of nations at Brussels to restrain the liquor traffic in Africa in the interest of markets, as well as morals, the traffic there had increased, and it was urged that every delegate should ask his own government to press for more drastic action to suppress this new slavery in Africa.

#### International Organizations.

Though the Congress itself takes no formal action for international organization toward work, the opportunity it affords for such cooperation by members is not missed. The International Temperance Bureau organized in connection with the

Eleventh Congress at Stockholm, in 1907 held its first meeting, and reported a large amount of practical work done in collecting from all nations and supplying to inquirers from all over the world information on the varied phases of the alcohol question. At this Congress, two new organizations were formed: the International Prohibition Federation for extending accurate knowledge of the principles and operation of prohibition of the liquor traffic, and the International Abstaining Teachers Union to unite in common effort all abstaining teachers for promoting the temperance education of youth.

We subjoin as a part of this report official abstracts of the papers and discussions.

Respectfully submitted:

Wilbur F. Crafts, Chairman, Washington, D. C.

Cora F. Stoddard, Secretary, Boston, Mass.

Martha M. Allen,  
Marie C. Brehm,  
George F. Cotterill,  
T. D. Crothers,  
Edith Smith Davis,  
Reid Hunt,  
G. Rowland Munroe,  
F. L. Pleadwell,  
W. J. Pollard,  
Charles Scanlon.

## ABSTRACT OF PAPERS AND ADDRESSES\*, CONGRESS ON ALCOHOLISM.

### THE OFFICIAL OPENING SERMON AT ST. PAUL'S CATHEDRAL

By Rev. Canon Alexander, M. A.

Luke 19:41: "When he (Jesus Christ) was come near, he beheld the city, and wept over it."

There are such things as national responsibilities and national sins, and perhaps at this moment there is no problem more common, more deserving of attention, than that to which our thoughts are specially directed today when we welcome to our national cathedral, and, as far as we may, to this city and this country, the members of the Twelfth International Congress on Alcoholism, which has just assembled in London.

Those who come to us from a distance will find that the temperance movement in this country has just arrived at a critical point in its history. On the one hand, they will find we have people who have their heart in the crusade against a senseless and degrading vice.

They will find that in the national life there is a distinct upward movement towards temperance and self-control. They will find that we have recently taken steps to save our children as far as possible from temptation as they grow to manhood and womanhood, and to protect them from familiarity with coarse scenes and companionships, that medical warnings against the abuse of alcohol are far more definite and emphatic than they used to be, that there is a clear, popular vote for strong and consistent legislation.

There are many of us who may value legislation, but value still more private, personal, influence and example, and on a day when London welcomes also the British Navy on the Thames we can not but remember what the influence of one good woman (Miss Agnes Weston) has done for our sailors.

We value still more highly the growth of public opinion, the efforts to reclaim the individual, the provision of larger opportunities of wholesome recreation for the people, and a simpler and wiser train-

ing of the young. But this is a matter in which legislation is greatly needed, if only to undo what has been wrongly done, or permitted in the past, and though the present Government has failed to carry a far-reaching scheme of temperance reform, we are confident that all that is best and truest in the national life will support this or any other Ministry in the attempt to deal purely and justly with this great evil.

Our working classes are at last awakening to the fact that the gravest menace to their liberty and prosperity lies in the tyranny of drink, and to those of us who long to see these islands the home of a strong and free and happy democracy, one of the most encouraging omens in the present outlook is the practical unanimity with which the Labor Members in the House of Common stand out in word and example, as earnest champions of the temperance cause.

On the other hand, our visitors, coming, as many of them do, from countries much more sober than our own, will feel that temperance reform is still only at the beginning of the long day's task in that our national drink bill should even now reach proportions so enormous as to be a disgrace and a scandal to any nation professing the rudiments of civilization; that there should be so much drinking and drunkenness among our women; that our sense of moral responsibility should be so dulled as to permit numbers of well-meaning people, even among the clergy, to place their money in investments which can bring them no real good. These are among the things which must perplex and sadden. In the face of such complex and far-reaching questions, it is our earnest wish that the deliberations of this Congress may mark another step in that slow and toilsome evolution of the race which is, we trust, bringing us a little nearer, day by day, to the glorious liberty of the children of God.

\*Sermon, paper or address is in each case reported by an extract in English or official translation, from the author's manuscript, or by an official abstract made by the author or by the Secretariat of the Congress from the original, except in the case of a few short speeches added in narrative form from the best reports of the discussions.

## INAUGURAL MEETING AT KENSINGTON TOWN HALL.

Bishop K. H. G. Schéele, of Sweden, Chairman of Permanent International Committee,\* in introducing the chairman said that the enormous change in general opinion was thankfully acknowledged but the abuse of alcohol was still deplorably great. The Congress had therefore to continue and improve its work, always hoping to find a remedy more effective than any had yet proved to be. Increased punishment, including imprisonment for repeated drunkenness endangering human welfare, and the compulsory confinement of inebriates, were absolutely necessary. It was also important to improve the condition of life for those whose mental development was checked by poverty. The age expected of the friends of temperance that which Nelson expected of his brave warriors, that every man should do his duty, and so lift society to a higher plane of unselfish sacrifice for the common weal.

In the absence of the Honorary President, H. R. H. the Duke of Connaugh, K. G., Lord Weardale, the Acting President, took the chair, and said, in part: "We are met here today to discuss one of the most sacred causes that can engage our attention, the great cause of international temperance. I should like rather to call it world-wide temperance, for it is as affecting human beings in all parts of the world that we are to consider it. We have to deal with a great, I may say even a stupendous, evil. But we are not daunted. The future is for us. The cause of education is going to uplift the rising generation to a true consideration of the evils of intemperance.

"There is probably no greater interest

than the interest of the child: first, to bring children up in the knowledge of the evils of drink; and secondly, to keep them away from the experience of drink; and though in this country we have not done enough in that regard, yet in the protection of childhood we have recently made one great stride (the Children's Act). Side by side with that we have that great institution, the Band of Hope Union, in which, happily, countless thousands have been brought up in the right faith, and which I believe will do unlimited good in the years to come."

Official representatives then expressed the good wishes and fraternal greetings of Austria, Belgium, Denmark, France, Germany, Hungary, Holland, Norway, Servia, Sweden, the United States, and Australia.

Dr. Ragnar Vogt, of Christiania, said Norway owed to England the great impulse which started her temperance movement fifty years ago. How far the success of that movement had been might be judged from the fact that in his country the consumption of alcohol had been brought down to about a fourth per head of the population of what it was seventy years ago.

Rev. N. C. Dalhoff, of Copenhagen, said that since Denmark had extended the franchise to women, the influence of the feminine section of the population upon the children through the laws of the country had grown in importance. He was glad to say that Denmark was living down the reputation of being a brandy-drinking country. The use of very light beers was increasing, and the use of beers of heavy alcoholic strength was steadily diminishing.

\* Permanent International Committee:

- Dr. K. H. G. Schéele, M. R., Bishop of Gothland, Stockholm, Chairman.
- Professor Curt Wallis, Stockholm, Secretary.
- Direktor E. Beckman, M. R., Stockholm.
- Dr. J. Bergman, Norkoping, Sweden.
- Frau Dr. Med. Kornélné Chyzer, Budapest.
- Dr. Adolf Daum, Advokat, Vianne.
- Dr. Med. A. Delbrück, Bremen.
- Professor Aug. Förel, Chigny pres Morgés, Switzerland.
- Dr. Med. Richard Frölich, Vienna.
- Miss Charlotte A. Gray, London.
- Herr Franziskus Hähnel, Bremen.
- The Very Rev. The Hon. Dean of Hereford, London.

- Fraulein Ottilie Hoffman, Bremen.
- Dr. Med. Knut Kjellberg, Stockholm.
- Mons. le Dr. Legrain, Paris.
- Madame Legrain Bauda-Lamy, Paris.
- Mons. le Dr. Lejeune, Brussels.
- Professor Dr. Med. Von Lieberman, Budapest.
- Dr. Med. Alex. von Naray-Szabó, Budapest.
- Dr. Phil. Imre Neményi, Budapest.
- Dr. Med. G. J. E. Ruysch, The Hague.
- Professor F. Schulthess, Stockholm.
- Dr. Phillip Stein, Budapest.
- Dr. von Strauss und Torney, Berlin.
- Director Ed. Wavrinsky, M. R., Stockholm.
- Dr. Wlassak, Vienna.

Special interest attached to the message of the new German Chancellor sent through Dr. von Strauss und Torney, President of the Senate of the Supreme Administrative Court at Berlin, who said:

"I have been empowered by His Excellency Herr von Bethmann-Hollweg, now Chancellor of the German Empire, to express his greetings. He values at their highest the aims which have occupied the International Congresses on Alcoholism, and which will also occupy the present Twelfth Congress. We live in a time when the chief purpose is to promote the economical weal of the nations. A great obstacle to the attainment of this end is the abuse of spirituous liquors, which among all civilized peoples

has for centuries become deeply rooted. The phenomena of this evil are different, according to the respective historical and social development of the nations. Of course the method of struggle against it can not be the same with all nations. This is often misunderstood. Now the International Congresses should see that the members from the different countries learn to understand and appreciate each other. That will spur them on to a rival zeal for the destruction of the evils caused by alcoholism, and thus further the common weal. In this sense his Excellency the Chancellor of the German Empire cordially greets the Congress, and allows me to announce that his sympathies accompany its labors."

## EXHIBITION OF TEMPERANCE HELPS, IMPERIAL INSTITUTE.

The exhibition included helpful books, tracts, magazines, music, photographs, posters, diagrams, and charts issued by the world's temperance organizations. Another section exhibited temperance catering and non-alcoholic beverages.

Mr. Judson Bonner explained these exhibits, counting best of all a single book in Spanish which the government of Argentina had sent free to 3000 school teachers to aid them in scientific temperance instruction.

## THE DEAN OF HEREFORD'S ADDRESS.

"I remember when these Congresses were started and am one of the few here who were at the first Congress in 1885. It was a small gathering and the majority of the medical men present were against total abstinence, and in favor of moderation. Now we have gone on learning—even doctors can learn as we have found out—and when the Congress met at Budapest a majority of doctors were for total abstinence, and a minority for moderation. So also it was at Stockholm. This was the outcome of teaching given by Bands of Hope as well as by scientific medical professors. We have got to be more scientific and instructive in our Bands of Hope than we used to be. Once the great difficulty was to keep Band of Hope children quiet, and it usually had to be done by stories, and there was very little learning, but these diagrams and books and apparatus show the immense educational work that is being done, not in this country only but all over the civilized world. It is a great pity we can not educate not Band of Hope children only but members of the Legislature—especially of the Upper House. If only we could

get them here with competent guides—a lady, not, perhaps, a suffragette—I am sure they would learn a great deal they don't yet know"

Allusion was made that morning, he said, to the early work in America, begun by Dr. Benjamin Rush who first called attention to the harm done by alcoholic liquors. A beginning was then made, and that work has continued ever since by the medical faculty. Not many years ago a petition was presented to the British Government signed by 15,000 medical men urging the necessity of compulsory instruction in temperance in elementary and secondary schools; and I hope the day is not far off when it will be compulsorily taught in all schools. That is the case in Australia, in America, and other countries. Why is old England getting so slack—why is England beaten at cricket by the Australians, at golf by America, and on the river at Henley by the Belgians? But we want educated leaders with authority in the legislative domain. We go struggling on, meeting with opposition from those who ought to show us every sympathy.



## THE RELATION OF JUVENILE TEMPERANCE TEACHING TO NATIONAL PROGRESS.

Miss Cora Frances Stoddard.

Secretary of Scientific Temperance Federation, Boston.

A nation is great as its people are strong, self-controlled, wise, just, and free in the opportunity to make of themselves the most possible within the limits of the common welfare. Hence it is of special importance to national progress that the child receive such training as will prevent the growth of influences like alcoholism which are inimical to progress.

Not all temperance teaching yields immediate results, yet it tends to change the attitude toward the use of intoxicants, to raise the general level of sobriety, as shown by the results of inquirers, and thus indirectly to promote the elements of national progress.

The immediate training of youth also tends directly to conserve national forces depending on health, efficiency, economy, brotherliness and high moral and spiritual ideals.

The man who does not burden health with drink is likely to accomplish more for his generation, has more years and a longer experience to give to producing a sound social order, and therefore makes a larger return for his care and education.

Modern life and progress demand the highest ability and readiness in emergencies, to compass the requirements of a constantly changing social and economic order. From the economic viewpoint, there is great gain to the nation in an intelligently sober people because of the injury done by alcohol to efficiency. Such persons not only develop national resources more effectively, but they use

personally more of the products of legitimate toil, which make a relatively larger return to the laborer than does the production of drink.

For the varied work of modern social uplift, the temperance training of youth is most important. Alcohol is not only a part of a vicious circle of social misery, but it tends to blunt personal sense of social responsibility. The individual taught to apprehend its dangers is more likely to be sensitive to the perils of his use of it as a member of society, and is less liable to yield to other debasing influences often concomitant of alcohol which lower the social standard. Thus the temperance instruction of the child tends to strengthen and raise the ideals of moral and spiritual life which are essential not only to national progress but to national perpetuity.

Instruction must be begun early. It requires knowledge, patience, perseverance, and tact, devotion to high ideals of human life and patriotic duty. It is in accord with the spirit of modern medical and social science which emphasizes prevention. Its object is not to secure the survival of the unfit, but the preservation of the fit of the human race. It influences not only the nations of today, but the nations of the future. Its rewards are not the saved though scarred wrecks of life, but the power and majesty of lives trained to pursue, unhampered by degenerating habits, their own noble ends and the common welfare.

### ANTI-ALCOHOL INSTRUCTION IN SCHOOLS IN THE DIFFERENT COUNTRIES.

Questions from the International League against the Abuse of Alcoholic Drinks, submitted by General Secretary J. Gonser, brought replies which, summarized, showed that practically every nation has made at least a beginning in school temperance instruction. The questions were as follows:

I. Do you know if there have been made inquiries about the children's use of alcoholic drinks in larger schools? By the school authorities or by others?  
2. When and where?

II. Are there given special and obligatory lessons about alcohol?  
1. In the public schools? (a) What is the beginning of that instruction? (b) How many les-

sons yearly or weekly? (c) In which classes?  
2. In colleges and grammar schools? (a) What is the beginning of this instruction? (b) How many lessons yearly or weekly? (c) In which classes?

III. Is the anti-alcoholic instruction an occasional one?  
1. In public schools? (a) In which classes? (b) In which branches?

IV. 1. Have the school authorities ordered or at least recommended manuals, models, preparations, illustrations, for the anti-alcoholic instruction—and which?  
2. Do the reading and arithmetic books contain examples concerning this matter?

3. What anti-alcoholic periodicals and works are read? (a) By the teachers?

(b) By the scholars? At what time, by whom, and how are they spread? Do the libraries of teachers and of scholars contain these respective books and pamphlets?  
(c) By the parents? At what time, by whom, and how are they spread? Are there meetings of parents at which this subject is discoursed on; or do the school physicians care for the instruction of the parents?

V. Do the teachers get instruction on this question?  
1. At the normal schools? how and by whom?  
2. At the universities? How and by whom?

VI. Are there physicians making reports on the alcohol problem?  
1. At the normal schools?  
2. For teachers?  
3. For scholars? At what age? Regularly?

VII. Do the pedagogical periodicals publish anti-alcohol articles?

VIII. Have the school authorities published special decrees in the last five years?  
1. For primary schools?  
2. For higher schools?

IX. Are some special unions of abstinent teachers?  
(a) Teachers of public schools?  
(b) Teachers of higher schools?  
2. Are there special unions of abstinent scholars?  
(a) Scholars of public schools?  
(b) Scholars of higher schools? Tell us, their names, and let us know the number of their members.

X. Has this subject been treated at larger meetings of teachers? At which meetings and under what titles?

XI. Are there papers read on the alcohol problem at the universities?  
1. At which universities?  
2. By what readers?  
3. Are they read publicly?

XII. We should be much obliged to you if you would kindly give us other important information about the questions above mentioned. For instance: Is alcohol used at school festivities and school excursions? Is it possible that the scholars get some milk at school, eventually without payment?

### JUVENILE TEMPERANCE SOCIETIES.

Madame Trygg-Helenius, Finland, described the organization and progress of juvenile temperance societies throughout the world. In some countries, she said, such as Austria, children's organizations were forbidden by law. In Belgium such societies had a very large membership, and were subsidized by the Government.

In Norway and Sweden this work has been marked by great energy and success. In Denmark it had not gone so far. In Germany a great many leagues were giving temperance instruction to children; and the Band of Hope Union in the United Kingdom was one of the most effective organizations in the whole world.

### DISCUSSION OF TEMPERANCE EDUCATION.

In the discussion of the two foregoing papers, Dr. Hugu Hagelin of Sweden, recalled the fact that the Congress on School Hygiene two years ago had urged the need of instruction, adapted to various ages, of sexual hygiene, to inculcate self-control and self-respect.

Mr. George Sharples, representing the National Union of Teachers, said that it would not be hard for him to criticize the Board of Education, but they had done two glorious things for the children. They were enabling teachers in future to teach, instead of taking care of children like sheep; and now the teachers were allowed and even instructed to do what ought to have been done forty years ago, pointing out to the child on a sensible plan the greatest danger in its path through the new syllabus on temperance and hygiene.

Mr. A. E. Goodwin, of Calcutta, said that the last Board of Education memorandum would have a most cheering effect in India, where progress had been retarded by lack of progress at home.

Dr. Mary Sturge said that school caretakers had great influence on the children, and ought to be abstainers.

Miss M. C. Brehm, of Chicago, said that this point had been brought up there, and had been met by a proposal that in order to be consistent the school board should decree that its own members should be total abstainers.

Mr. Smedly, as result of experience in India, said that to be consistent as a Christian nation, and to obtain their full influence on the Hindus, we should oppose the use of tobacco as well as of alcohol.

Dr. Wilbur F. Crafts, of Washington, said that juvenile temperance organization is one of several points in which Great Britain is ahead of the United States. In the United States they had depended too much on the public school instruction, and on the four Sunday school lessons per year. The Loyal Temperance Legion had a plan for children and youth second to none, but was too seldom organized.

Miss Stoddard, of Boston, in closing the discussion and answering a question raised by the delegate from India, urged instruction in regard to all habit-forming drugs, and showed the fallacy of the plea that children should not be told of evils even if the object was the warning against such evils.

## TEMPERANCE TEACHING IN HIGHER SCHOOLS.

Miss A. W. Richardson, London.

I include under the term "higher" any school which is adapted for pupils from 15 to 17 or 18 years of age. Naturally these schools contain pupils whose lives will be the most influential in the community, as representing culture, wealth, and civic importance.

So far as I can discover, definite and systematic teaching on temperance arranged for by authority in higher schools, exists only in the United States of America and in one or two of the Scandinavian countries. In the States, systematic graded teaching in regard to alcohol is now prescribed by law in public schools of all grades.

In some localities the teaching is confined to the higher schools, in others it begins in the elementary schools and is carried on into the first or second year of the higher school course.

Although temperance teaching is always given in connection with physiology and hygiene, there is an increasing tendency to add lessons upon the social and economic effects of drink, and the number of text-books for higher schools which advocate strict personal abstinence are distinctly on the increase.

In Norway, systematic and regular teaching is given in higher grade schools.

In Finland, the General School Board encourages the teachers to bring the subject forward in their ordinary lessons and a good deal of instruction is now being given by teachers interested in the subject.

In England, in the great majority of public schools for boys there is no systematic teaching of temperance or even of physiology and hygiene. In girls' schools hygiene is often taught by the gymnastic teacher.

### HOW TO REACH THE STUDENT CLASS.

Dr. Ivar Thulin, Stockholm.

There are two methods of getting into touch with the young students:

1. By compulsory teaching in schools concerning the effects of alcohol.
2. By encouraging the abstinence societies formed by the young people who attend the schools.

The latter method is obviously restricted to higher grade schools. Experience shows that, in schools of a lower grade, societies, in the true sense of the word, can not be formed with advantage.

Much influence is exerted in various European countries by the voluntary school abstinence unions.

Sweden here stands easily first with its Union of Absainers among Young Students which numbers nearly 1100 members of both sexes in the universities and higher schools.

In Finland this same union has some 8000 members; it sends lecturers twice a year to each branch and publishes a monthly organ.

In Switzerland the school union named "Helvetia" contains about 150 active and 150 associate members.

In Germany, "Germania" exists for the higher schools, having now nearly 600 members with 30 branches. A Catholic School Union also exists in Germany.

In Servia, a movement of the same kind has begun and is expressly favored by Government.

In Belgium there is a School Union to discourage the drinking of spirits and to encourage strict moderation in wine and beer, and a study of the temperance question.

In America a strong Prohibition Society for the universities, but none for schools, exists.

In England the Young Abstainers' Union, founded for the young people of the cultured classes, includes many boys and girls at school and numbers over 9600 members.

The teacher next to the mother is the key to the situation. The teacher must be convinced of the moral and physical facts regarding alcoholism before the pupil can be thoroughly influenced. Hence the importance of strong, national temperance associations among university educated teachers.

In higher grade schools, on the contrary, the work of societies is the only real and effective means of interesting the young in the study of the temperance question and disseminating a knowledge of temperance truths. Teaching can impart to the young a dogmatic acquaintance of the questions of alcoholism, but it will not make them take a genuine interest in the solution of the problem. Such a result, is, however, achieved by societies which are formed and conducted by the students themselves.

This opinion is confirmed in particular by the experience which has been gained in the Scandinavian countries and in America. The following statement will be based for the most part on observations made in Sweden—a country which can pride itself more than any other upon the thoroughness with which the abstinence movement has been propagated among its young students.

In 1892 compulsory teaching concerning the nature and effects of alcohol was introduced in all the schools of Sweden, and the year 1896 witnessed the foundation of the Swedish Students' Total Abstinence Union (Sveriges Studerande Ungdoms Helykterhetsforbund) which forms societies in the higher grade schools and universities, and at the present time numbers 10,582 members. It is beyond question that the results of this compulsory teaching have been inconsiderable as compared with the results achieved by the societies. These latter have given birth to enthusiastic temperance advocates, animated by the conception of total abstinence, whereas the compulsory teaching has merely afforded a lifeless code of knowledge and often not even that.

In order to establish a thoroughly effectual movement it is necessary for

### THE EDUCATION OF TEACHERS FOR

### THE CONFLICT AGAINST ALCOHOLISM.

J. Petersen, Kiel.

The instruction of the young as to the dangers of alcoholism should not be made a specific subject in the school curriculum. It should be given, and that freely, in connection with other subjects of instruction, and will naturally occupy a large place when associated with the study of hygiene. There is no necessity to make it a special branch of teaching, inasmuch as the entire matter of school instruction of the subject is comprehended in the monition, plain and intelligible to all, "Drink no alcohol!" The chief thing to take care of in giving such instruction is that this monition is in accord with the judgment and will of the scholar. A curriculum is to be rejected which, in concentric circles, puts forward for every school year, the material which is to come up for treatment in connection with the alcohol question. Above all, extreme rules and regulations should be rejected. The main factor is, and remains, the teacher himself, whose deep conviction it must be that an energetic warfare against alcohol by means of the school, and throughout the school, is a pressing and throughout the school, is a pressing necessity. The first, and by far the weightiest problem, therefore, is to interest the teaching profession in the

students and the children of the schools to work hand in hand and not to form a separate union as has been done in Germany and Switzerland. In Sweden the students take an active part in the struggle against alcoholism by instituting popular conferences. All the students' societies have special conference bureaus which arrange these conferences. In order that the Students' Total Abstinence Societies may reap the fullest advantage it is necessary that the preliminary work should be done in the schools. The students also direct the work connected with the voluntary study of questions relating to alcoholism, which takes place in the local societies that exist in nearly all the schools of Sweden and Finland. In Finland there are even special examinations which conclude these courses of study.

But how are we to reach the children not yet old enough to form societies? In England the Band of Hope has afforded a brilliant example of the work which may be done in this direction. In Sweden the Swedish Students' Union mentioned above has begun to form younger children in the schools into groups which are directed by the older pupils. In several other countries a similar course of action has been inaugurated.

### THE CONFLICT AGAINST ALCOHOLISM.

### THE EDUCATION OF TEACHERS FOR

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## EDUCATION OF TEACHERS (CONTINUED)

By M. Aubert, Paris.

The temperance education of the people depends on the spirit of devotion of the teachers. We must, therefore, exactly know how the teachers can be prepared to fulfil their mission.

There are two points to consider: (a) How to prepare the teachers. (b) How to convince and persuade the students, as the teachers are recruited among the students.

The training school in which the teachers are taught has to prepare them as temperance apostles as well as to give them a special temperance teaching. It has to do it through a varied course of education, psychological, moral and scientific (observations on the degenerescence brought about by alcohol, visits of asylums, medical lectures, occasional but frequent teaching of the professors in

the training school, debates on the alcohol question, etc.).

It must not be forgotten to give to the female-students of the training school an instruction well adapted to their special mission.

The professors of public schools and Universities have also to do their part. As the teachers in the public schools are taught in the Universities, the responsibility of the University professors is peculiarly great.

They ought to give several hours yearly to a regular teaching of alcoholism and social question, and besides use every available occasion to impress the student with an high idea of his social mission.

Juvenile temperance societies are the necessary complement of the lessons given by the teacher.

## DISCUSSION.

Mrs. Edith Smith Davis, National and International Superintendent of Scientific Temperance Instruction for the Woman's Christian Temperance Union, Milwaukee, Wisconsin (U. S. A.) said in part:

"The schools of the United States have learned that life is the essential thing and that all teaching must aid in the solving of the problem, how to live. The woman's Christian Temperance Union, believing with the eminent German, that "What you would have your people, that put into your schools," labored untiringly until laws were passed requiring instruction as to the nature and affects of alcohol upon the human system in all the public schools of the United States. This was done through suitable text-books. The instruction is called Scientific Temperance, and its aim is, in the words of Professor L. D. Harvey, formerly president of the National Education Association of the United States, (1) to teach the child the use of his natural organs and how to take care of them; (2) to show that these organs are so related that when one suffers the others will suffer also; (3) to help him realize what a strong body is and how important a factor it is not only in the solving of the problem, how to get a living, but in the far greater problem of how to make a life; (4) to emphasize the truth that it is not only a matter of manly

pride but of moral duty to keep the house we live in strong, clean and wholesome; (5) to teach the effects of stimulants and narcotics in a sensible way by laying less stress on the drunkard's stomach and hob-nailed liver, and more upon the joy of possessing a body strong in limb, rich in clean blood, steady of nerve, form of muscle. Courses of instruction for teachers are now being introduced into the higher schools of the United States. Effective work is also being carried on through prize essay contests."

Miss Marie C. Brehm (Chicago, Ill.) in answering a statement made in one of the papers as to educational opposition to compulsory temperance education in that state, said that political conditions and the domination of liquor interests in the cities—where the school board is appointed by the mayor—made it necessary that this instruction should be required by state law; that the opposition was led from one of these cities (Chicago). "Law is an educator, and we need the law as a protection against the saloon influence in our school politics. The 'whiteness' of the map of Illinois before you shows that outside of the cities in the rural districts where the people—both men and women—vote for school officials, the education influence has been potent in banishing the saloon."

## ALCOHOL AND ITS EFFECTS UPON THE CHILD.

Dr. Imri Doczi, Official Reporter for Hungarian Alcohol Commission, Budapest.

The history of the anti-alcohol movement proves that lasting results in the fight against alcoholism can only be achieved when the rising generation is penetrated with a noble conviction thereon, and makes the question a part of its ideals. Youth belongs to the future, and he who knows how to win youth on the side of his ideals rules the future. Therefore, the most fruitful of the efforts of the nations against alcohol will be those which will impress on the youthful minds the evils of alcohol, the great necessity of fighting against alcohol, as well as the immense advantages arising from the abstinence from strong drink, and in this manner work up an enthusiasm for abstinence.

With this object in view, the Minister of Education (of Hungary) has had the following questions drawn up for use in various educational establishments:

1. Is the pupil abstinent?
  2. Does the pupil habitually drink intoxicating drinks, and in what quantities?
  3. Does he drink only on exceptional occasions, and if so, when and in what quantities?
  4. What influence does alcohol exercise on the conduct of the pupil, and his aptitude for doing his school tasks, and on his moral character?
  5. Who first gave him alcohol? His parents, a doctor, or who?
- Starting from these data, we seek next to impress upon the Hungarian pupil the evil effects of alcohol, and at the same time in doing this we want to be of assistance to the anti-alcohol movement, so that the various professors and teachers in the country must, whether willingly or unwillingly, force the question of alcoholism on the attention of parents and pupils, and let them see it as a deep-rooted social evil, which has already unfortunately commenced enslaving youth. There is no doubt that the Hungarian school children, more than half a million in number, have in this way attained knowledge of the evil effects of alcohol, and that through their children the parents have been obliged to learn that the question of alcoholism is followed with interest and attention by their children in the schools, so that the evil effects of alcohol shall not extend themselves to children. It must not be taken from this that teachers themselves do not avail themselves of oppor-

tunities to bring before the parents the evil effects of alcoholism.

The best and surest means of anti-alcohol propaganda is through schools, and as soon as the schools rally round the flag of anti-alcoholism the cause of total abstinence will gain a complete victory.

As a result of statistics gathered it is found that there are hardly any schools in which there is a pupil who is a total abstainer. On the other hand, it is by no means rare to find schools where there are no pupils who do not have alcohol given to them in some form by their parents. In many instances the local circumstances are described with great minuteness, and as the best means against the evil it is demanded that the brandy establishments be closed on Sundays.

A sad feature in connection with our propaganda is the fact that many are not clear as to what is meant by "abstinence." Nevertheless, our schools have rendered great service to the cause, and it is to be expected that these efforts will be crowned with good results.

As regards details, it is to be noted that a part of the pupils only take alcohol under exceptional circumstances. Such exceptional circumstances are—Sundays and holidays, baptisms, weddings and funerals; amongst workmen and miners on pay days; in the grape-growing districts at vintage times; in agricultural districts at harvest time.

On such occasions as these greater opportunities of indulging in alcohol are given to the people, and to the children also. These opportunities for indulging in intoxicating liquors have in some cases assumed such dimensions that, according to reports received, pupils in the first and second elementary classes come to the schools in quite an intoxicated condition. Reports have also been received of cases of pupils being too intoxicated to be able to do their lessons.

Equally sad is the reading of the report as to the evil effects of alcohol on the pupils: 36 per cent of the pupils who indulge in alcoholic drinks were found to be careless and idle; 11 per cent were found dull of comprehension; 13 per cent were found quite incapable of any prolonged attention; in 10 per cent of the cases it was found especially in the first hours of the morning (8-9) that the pupils gave confused answers; 18 per cent were very much behind in special subjects

requiring extra mental effort, and 10 per cent showed no evil effects.

The effects on children who indulge in alcohol are still more marked as regards its influence on the mind and character. Thirty per cent of the children were inattentive, nervous, and restless; 15 per cent melancholy and abnormally shy; 30 per cent coarse and without any feeling; 9 per cent vindictive and given to stealing; 18 per cent immoral; 6 per cent particularly disinclined to learn; only 20 per cent showed no signs of any evil effects.

As regards the bodily health of children who indulge in alcohol, three-fifths were found to be of colorless complexion, with sunken cheeks; one-fifth showed arrested development of the body, in only one-fifth was the disturbing influence of alcohol unnoticed.

The statistics also show that in 97 cases out of 100 alcohol was given to the children by the parents, and only in the cases of the remaining three by the doctor. Children were given bread soaked in brandy; in other instances, the brandy was given to the children to stop them

from crying. In consequence of the extraordinary cheapness of brandy, in several communities it is given to the children regularly for breakfast. In consequence of the degenerating influence of the effects of alcohol the birth rate amongst such communities is becoming less and less every day.

The prejudicial moral effects of the use of alcohol are also further enhanced by the fact that on holidays the children are taken by the parents into the public houses. An hour spent in this atmosphere is enough to completely undermine the character of the child, and to eradicate any feelings of shame.

The result of the collection of these facts show the sad certainty that alcohol is unfortunately more widely distributed amongst children than is generally believed to be the case. This, however, is only a reason why the fight against alcoholism should in every respect be fought with greater energy, and the first step towards this is to enlighten the people upon the total abstinence question and to win them over to the cause.

### ALCOHOL IN RELATION TO THE HOME.

Mr. and Mrs. Bramwell Booth, of the Salvation Army.

The home is not only the seed plot of a nation's continued existence, but is the spring from which proceeds all that is essential to the true patriotism of the people, to the real power of any community, and to the sustained influence of national life and institutions.

Anything, therefore, which bears for good or ill upon the homes and upon the home life of the people is of supreme importance to every nation.

A wide experience of the conditions of life in many countries, and a somewhat close acquaintance with the inner facts of social progress among the working and peasant classes over a large part of the world, has brought an important body of information on this and kindred subjects to the officers of the Salvation Army. This paper is intended to present to the Congress some of the principal conclusions at which we have arrived as to the influence of strong drink upon the life of the people as that life is seen in their homes.

1. And first we remark—alcohol in the home dissipates and wastes the substance and material resources of the family.

The use of strong drink is also, we find, a principal foe to thrift of every kind.

2. Alcohol dissolves the vigor and spirit which make and keep the home a living factor.

3. Alcohol humbles and only too often destroys the natural dignity and prestige of home and of family life.

We verily believe that many a revolutionary spirit, many a reckless criminal, many a forsaken woman took the first steps on the way to ruin under the influence of a home in which strong drink had already undermined all that moral dignity and natural prestige which should have been a strong bulwark against those very evils.

4. Alcohol tends to weaken and ultimately overthrow the authority of the family, to the great injury of the children.

Perhaps in nothing is the evil effect of the use of intoxicants fraught with more gravity for the future than in this. Here is the degradation and destruction, at its very source, of that lawful and natural authority, without the recognition of which human life would be little better than a habitation of wild beasts.

5. Alcohol opens the door of the home to the most vicious forms of self-indulgence and impurity.

6. Alcoholism is the implacable enemy of all that belongs to the ethical advance of the community.

Once the drink habit is entrenched in the home, and all those baneful antagonisms manifest themselves in a thousand ways. The children feel them; the grown youths and maidens suffer from them; the visitors and friends, the servants and attendants—if such there be, do not escape their influence, and the heads of the family receive a further dreadful impetus on the way to moral and spiritual atrophy and death. The home, so degrading, instead of a nursery of moral beauty, and of spiritual life, becomes little more than a charnel house of dead or dying souls.

For the reasons here briefly referred to, we of the Salvation Army say that strong drink ought to be banished from the home, from the Church—which is the earthly home of the family of Christ—and on the use of all civilized peoples. And on these grounds we have, in God's name, already and forever banished the accursed thing from all our borders.

Mr. Gustav Spiller, who opened the discussion after the reading of the papers, contended that the smallest quantity of alcoholic drink affected the judgment and character of the consumer.

Dr. Karl Graeter, a nerve specialist from Basle, traced the influence of alcohol in the children of parents who used it. Where no alcohol at all was consumed, 5 per cent of the children were mentally diseased or tubercular; when alcohol was moderately and habitually taken, the proportion of such children was 9 per cent; in cases of immoderate drinking the percentage rose to 15; and 17 per cent

of the children of drunkards were mentally affected or tubercular.

A German speaker described the work done in Germany in Government schools and churches, and stated that 2,300,000 cards had been distributed containing instruction for mothers on the dangers of indulgence in alcohol.

Dr. Breux (Paris) said that in France the average child of three shared the family table and drank wine or spirits.

Miss Maria Lischneuska, from Berlin, said that all the education in the world could not make men and women of the children of drunkards, and she detailed the drastic methods of the German women of the forward movement. There were parts of Germany where vines grew plentifully, and there most of the children born during prosperous wine seasons were known as "Rausch" children. The remedy lay in teaching the mothers.

Professor Feistkom (Swinemunde) also spoke of conditions in Germany, and described a recent visit paid to Winchester College. Here the boys, who numbered seventy, were allowed to drink beer with their meals, but one of the masters had told him that only five or six availed themselves of the opportunity. He thought this was an honor to England.

Dr. C. W. Saleeby said that no fewer than 12,500 widows were made every year in Great Britain by deaths from alcohol, or, taking an average of 3.6 children to a family, a total of 45,445 widows and children every year. The first principle of temperance effort should be, protect parenthood from alcohol.

### THE LEGAL PROTECTION OF THE CHILD IN THE STRUGGLE AGAINST ALCOHOLISM.

Dr. R. Herculot, Lausanne.

Secretary, International Temperance Bureau.

Our century, which has frequently been called the "Century of the Child," and sometimes deserves to be so called, has done very little to protect the child against the ill-treatment to which it is exposed by alcoholic parents. It needed in England the articles of Mr. Sims, "The Cry of the Children" and "The Black Stain," to awaken public attention, and to provoke the legislative intervention which has produced the Children's Act of 1908, that "Magna Charta" of the English child.

The principle of legislative intervention to protect the child is no longer contested,

and many states, besides England, have already interesting enactments on this subject.

The research made by the author of this paper relates to legislation in England, Germany, Switzerland, America and Finland.

It includes the following points:

1. Measures taken to protect the child against alcoholic parents.
2. Prohibiting the giving of alcoholic drinks to children.
3. Legislation in regard to public houses and children.

## I.

Legislation which allows the drunkard to be put under tutelage or into a special asylum (England, Germany, Switzerland, etc.) provides against the ill-treatment inflicted on a child by an alcoholic parent as a motive for interference. The text indicates less, except in English and American legislation, what is to become of the child whose father has been placed under control or in an asylum. Note the legislative measures taken in Rhode Island, where it is provided that the children of drunkards shall be confided to a special society at the cost of their parents. This provision hinders unworthy parents from making use of the State in order to rid themselves of their own responsibility in regard to their offspring.

Unless they are backed by a strong public opinion, the laws in regard to parental neglect will remain a dead letter. They must, therefore, be enforced with persistence. Temperance societies in every locality ought to act as a Vigilance Committee, and make known to the authorities and the press the ill-treatment inflicted on children by drunken parents. They will also point out to the societies for the protection of children the great part that alcohol plays in regard to the ill-treatment of children. The institution of a central committee of the juvenile temperance societies, such as the Swiss "Jugendwerkzentrale" (Central Juvenile Work), might be very useful in this direction.

## II.

In proportion as the special dangers of alcoholic drinks for children are known, the question will be raised as to how far the law can forbid everybody, even parents, to give such to children under a certain age. If, theoretically, such a law is made, it is very difficult to carry it out, because many people regard it as interfering with the family rights, or, at least, as a sort of hateful inquisition, and it is difficult to prove the infraction of the law. It is doubtless for this reason that most of the American laws prohibit anyone, except parents or guardians, to give alcoholic drinks to children. But such an exception appears to deprive the law of its usefulness. The English law in the "Children's Act" has gone to the root of the problem, and even forbids parents to give alcoholic drink to their children under five years of age, except in extreme cases. Only to five years is very little, but the habits of the people must be borne in mind, especially in such conditions as

would make it quite impossible to apply the law. The age limit, therefore, should be gradually raised, and in the meantime the parents must be taught the reason why the law has been made. This can be done by the officers of the law, or by doctors distributing cards of instructions at the time when the child is vaccinated, etc.

## III.

All modern legislation seeks to keep children out of the public house. Sometimes the publican is forbidden to serve drink to children who are not accompanied by a responsible adult (as in most of the Swiss cantons, Hamburg, Wurtemberg, Mecklenburg-Schwerin, etc.). In other places it is generally forbidden to children unaccompanied to enter a public house (as in Berne, Glaris, Argovie, Oldenburg, Baden, Waldeck, and the greater number of the American States). Unfortunately this prohibition is a dead letter in many countries. The fault is due to public opinion which remains indifferent, and to the law which provides ridiculous penalties (in Baden 1 to 3 shillings, Appenzell 5 to 10 francs). A heavy fine for the first offence, and taking away the license for a second, would very soon bring the offenders to reason.

The law might go further, considering that the public house is not a place for children, and it could forbid them to enter, even if accompanied by their parents or a responsible person. Here also the English parliament has made an innovation, and forbidden children to enter a public house even when accompanied (Children's Act, Par. 120). A similar rule is found in the legislation of Arizona. However legitimate this prohibition may be, it encounters great difficulties. The parents think they are the best judges as to where they shall take their children. Perhaps it would be possible, in order not to offend public opinion too much, which at present is not sufficiently enlightened, to limit the prohibition to the evening hours, but in any case to forbid any drink being served to children, even when with their parents.

In many countries, the laws also deal with the employment of children in the public house, either on account of morality or of health. In Switzerland the age limit is usually fixed at eighteen for girls (in Zurich it is twenty), and at sixteen for boys; but an exception is always made in favor of the publican's family. The German law fixes twelve as the age limit for boys, and thirteen for girls, as far as

regards waiting; the children of the publican make no exception except in towns of less than 20,000 inhabitants. The United States has been very energetic in this matter. The State of Wyoming forbids the employment of women and young girls under twenty-one. Connecticut, Idaho, Maryland, the same. Other states allow a lower age.

## A CONTRIBUTION TO THE STUDY OF THE INFLUENCE OF ALCOHOL ON THE DEGENERATION OF HUMAN OFFSPRING.

By Prof. Taav. Laitinen, M. D.,

Professor of Hygiene, Director of the Hygienic Institute of the University in Helsingfors, Member of the Finnish Academy of Science.

In my paper at the last Anti-Alcohol Congress in Stockholm in 1907 I showed that alcohol, although given in small quantities, causes a remarkable degeneration in the offspring of the animals upon which I have experimented, and mentioned that I had begun to make corresponding observations regarding human beings. The material for these studies I began to collect six years ago.

1. I studied a number of alcohol drinking and of non-drinking families in a little country town where the daily habits of the inhabitants are well known by everybody. I noted first the age of the parents, the number of rooms in the dwelling, the number of children, both living and dead, of miscarriages, and the weights of the children as far as possible.

2. As a physician I have studied in the manner above mentioned during recent years a great number of families with whom I have come in contact.

3. To get further material I issued 15,000 circulars, which ran as follows:  
**Honourable Fellow-Countrymen!**

You will do a great service to science if you will conscientiously fill in these circulars, respecting your newborn child during the first eight months of its life, and return the circular in the enclosed envelope to Prof. Taav. Laitinen.

Give the calling, age, residence (town, township, parish, village) of the parents (father's, mother's, or both).  
Are the parents healthy or suffering from any disease?

How many rooms in your dwelling?  
When was the child born (year, month, day)?

Was the child healthy or unhealthy (deformed) at birth?

Boy or girl?  
First child? if not how many have preceded it?

It seems to us that if women are allowed to serve in a public house the age of twenty should be the minimum, at least in regard to waiting. For youths eighteen at least. Exceptions in favor of children of publicans are not justifiable, at least in regard to serving.

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Weight at birth?  
Weight of naked child to be noted on the reverse of this paper every seventh day from birth during the first eight months.

When did the child cut its first teeth?  
How many teeth had the child at the age of eight months?

How long did the mother suckle the child?

Are the parents alcohol drinkers or abstainers? Both?

To what extent do they consume? (Say if daily: if beer, corn brandy, wine, brandy, or any other form of alcohol or all of these?)

4. I have studied the influence of the consumption of alcohol upon human blood.

By these means I have got information about 5,845 families with 20,008 children, by means of which I was enabled to study the question more closely.

The results of these studies may in the first place be seen in Table IV.

*The figures relating to the country town above mentioned are almost the same.*

The results may be seen, in the second place, in Table I., which shows the average weights and growth of children in the different categories.

In the third place the rate of development of children in the different categories is also to some extent shown by the following figures:

At the end of eighth month, of the children—

Of abstainers 27.5% were toothless; of moderates 33.9% were toothless; of drinkers 42.3% were toothless.

The average number of teeth at the end of the eighth month was nearly as follows:

Per child of abstainers 2.5; per child of moderates 2.1; per child of drinkers, 1.5.

We can therefore see from the results of this research also that alcohol, although

consumed in small quantities, has an injurious effect upon human offspring, as I have previously showed that it has upon the offspring of animals. I have remarked further an unfavorable influence of alcohol upon human blood.

TABLE IV.

	Average Age of Mother	Average Age of Father	Number of children	How many children still living	How many children died	Percentage of Miscarriages.
Abstainers ..	34.56	39.02	3695	86.55%	13.45%	1.07%
Moderates ..	33.40	39.75	6673	76.83%	23.17%	5.26%
Drinkers....	34.56	38.36	9640	67.98%	32.02%	7.11%

TABLE I.  
GIRLS.

In grammes	Wt. at birth	Wt. at 1 mo.	Wt. at 2 mo.	Wt. at 3 mo.	Wt. at 4 mo.	Wt. at 5 mo.	Wt. at 6 mo.	Wt. at 7 mo.	Wt. at 8 mo.
Child of abstainers	3600	4290	5180	5970	6710	7370	8050	8430	9090
Child of moderates	3570	4140	5100	5810	6620	7310	7860	8290	8910
Child of drinkers	3470	4120	4930	5560	6440	7140	7800	8250	8880

BOYS.

Child of abstainers	3870	4750	5930	6690	7360	8070	8740	9250	9880
Child of moderates	3780	4650	5710	6600	7370	9930	8490	9070	9810
Child of drinkers	3700	4410	5360	6240	6860	7570	8120	8600	9150

ALCOHOLISM AND TUBERCULOSIS.

By Prof. S. E. Henschen, Stockholm.

(1). Mortality in tuberculosis rises and falls with congestion of population. As the density increases the danger of infection increases.

(2). This density is almost always associated with insufficient light, sun, and air, as well as with dirt, etc., agencies which favor the lingering about of infection.

(3). The condition of the dwelling is a clear expression of the social and economic position of the family.

(4). The crowding of persons into narrow, poor houses indicates poverty.

(5). Tuberculosis, therefore, is a social disease, and is essentially the outcome of poverty.

(6). Poverty is mostly a result of the excessive use of alcohol, or of alcoholism.

(7). Consequently, tuberculosis is a result of alcoholism, in that drinkers are through their poverty compelled to herd in great numbers in small, dirty houses, by which their exposure to infection is materially increased.

(8). Laitinen, Woodhead, and Achard claim to have proved, by means of experiments on alcoholized animals, that alcohol predisposes to tuberculosis.

(9). Such authorities as Lancereaux, Brouardel, Lelalie, etc. agree that alcohol produces a predisposition to tuberculosis!

(10). Liebe, Lavarenne, Baudran, etc. also assert that they have proved by numerous statistics an increased predisposition to tuberculosis.

(11). All existing statistics regarding the relationship between alcoholism and tuberculosis are faulty, inasmuch as the expression "drinker" is a matter of opinion and the death certificates are untrustworthy on this point. A new system of death certificates is needed.

(12). In Sweden, after 1780, the mortality in tuberculosis rose *pari passu* with the increase in the consumption of alcohol.

(13). The mortality returns (von Cornet) for Prussia show a larger mortality in girls up to 15 years; from 20 years upwards the mortality in men surpasses it remarkably. The cause, in all probability, is the abuse of alcohol. So also in Stockholm as early as the seventeenth century.

(14). Similarly the mortality in celibate men is much greater than in the

married, and the cause would seem to be the same. proofs that alcohol increases the predisposition to tuberculosis.

(15). Tatham's statistics prove an excessive mortality in so-called alcohol traders. This is confirmed by the statistics of Prussia. The individual reports in 1,254 cases of tuberculosis. The results were:

	Sex	Abstainers	"Very moderate"	Total Percentage	Customary drinkers	Hard Drinkers	Total Percentage
Public and Private Sanatoria (489 tuberculous cases)	M	29.1%	60.0%	89.1%	9.1%	2.5%	11.6%
	F	28.9%	69.9%	98.8%	1.2%	0%	1.2%
Hospitals, General and Eye (532 tuberculous cases)	M	32.9%	46.0%	78.9%	16.3%	4.8%	21.1%
	F	49.6%	49.6%	99.2%	0.7%	0%	0.7%
Workhouse Hospitals (233 tuberculous cases)	M	5.9%	29.9%	35.9%	35.7%	29.3%	65.0%
	F	56.3%	32.4%	88.7%	5.6%	5.6%	11.2%

These figures do not support the assumption that alcohol is the most powerful factor in causing tuberculosis, and predisposes to tuberculosis.\* From 89 to 90% of all the consumptive patients in the Sanatoria, and from 79 to 99% of those in the hospitals, are either abstainers or "very moderate"—that is to say, they drink a glass of beer or wine now and then. And even in the workhouse hospitals 88.7% of the tuberculous women are abstainers or "very moderate."

Of all the tuberculous women in the institutions in question there were only four women inebriated in those for the poor, and in the hospitals and sanatoria, with more than 1,000 patients, only one single woman was a drunkard; but few took beer, etc., daily, and about 90% to 99% were abstainers or "very moderate."

But in the institutions for the poor, where the majority are drinkers, 29.3% were tuberculous. This proves nothing, as here they are mostly impoverished drunkards.

The inquiry showed further that the tuberculous often (about 30 to 50% came from tuberculous homes, and often had tuberculous ancestors.

Alcoholism and the consumption of alcohol lead to poverty, and consequently to a dangerous crowding of persons into dwellings where the exposure to tuberculous infection is very great, and where the infection is favored by the unhealthy conditions. In this way alcoholism produces indirectly tuberculosis. The great mortality which has been shown to exist is explained in this way, and by the co-operation of alcohol and tuberculosis.

THE CONSUMPTION OF ALCOHOL AND OF MILK IN THE HOSPITALS AND ASYLUMS OF GERMAN-SPEAKING COUNTRIES.

Dr. A. Holitscher, Karlsbad.

Secretary of International Union of Abstaining Physicians.

This investigation was suggested by the publication of returns as to the decrease of the consumption of alcohol, and the increase of that of milk in English hospitals. The statistics were obtained by inquirers addressed to 1000 institutions as to the amount of wine, beer, spirits, milk and seltzer water consumed in the years 1895, 1900, 1905, 1906 and 1907 respectively. Rather more than 100 sheets came completely filled in, and were collated. The result shows that the use of all intoxicants has very considerably fallen

\*In the discussion which followed there was much dissent by doctors present against this statement.

in Germany, Austria and Switzerland within the twelve years. This diminution of the consumption of wine in the three countries taken together amounts to 57.2 per cent per head in asylums, and 46.3 per cent in hospitals. In the case of beer the corresponding figures are 53.3 per cent and 28.8 per cent. The consumption of milk, on the other hand, has risen by 12.7 per cent in asylums, and 19.3 per cent in hospitals. Very considerable is the rise in the consumption of seltzer water and lemonade, of which from 20 to 30 fold the amount was required in 1907 than was dispensed in 1895.

Rather considerable differences exist between the three countries from which inquires were made. The Swiss institutions distinguish themselves by a very materially larger consumption of wine.

Very large sums were saved by this diminution. Thus the hospitals paid 1,426 less for alcoholic drinks in 1907, although the number of patients had risen 79 per cent. In German asylums the yearly saving amounts to 6,984 although the increase of patients here also was 79.6 per cent.

The staff in most institutions still have alcoholic drinks provided free, though in many this is not so; in others again a choice is given between wine or beer respectively, and a corresponding allowance in money or non-alcoholic drinks, such as milk and lemonade.

We may say that, in general, the average consumption of alcohol was considerably fallen during these twelve years,

Mrs. Martha M. Allen, Superintendent of the Department of Medical Temperance for the National Woman's Christian Temperance Union said:

"In order to gain accurate information as to present teaching pertaining to alcoholic liquors in therapeutics, I recently sent a circular letter to three hundred professors of medicine in ten well known medical schools.

"The following are the questions asked:

1. What is your opinion of the necessity for, or usefulness of, alcoholic liquors in the treatment of disease?
  2. Should alcoholic liquors be given to children?
  3. Is beer drinking deleterious to health?
  4. In your medical school, what is the teaching, so far as you know, in regard to alcohol as a food and stimulant?
- "Sixty-three answers were received. Thirty-four of these teach that there is little or no use for alcohol in disease:

both in asylums and hospitals. From the communications of many doctors who have replied we may conclude that this decrease will continue, and the consumption of alcohol be still further reduced.

In the discussion on Dr. Holitscher's paper ("An Inquiry into the consumption of Alcohol in Hospitals and Asylums," Wednesday, July 21) Dr. Hunt presented some tables prepared by Mr. M. I. Wilbert, of Washington, which showed the liberal extent to which alcohol and alcohol containing beverages are recognized in the Pharmacopoeia of the United States as compared with other National Pharmacopoeias. The tables also showed the number of medicinal wines that are included in the several National Pharmacopoeias and suggest further inquiry as to why there should be such a wide divergence in the number of alcohol containing beverages, and medicated wines in the several countries. The compliance or lack of compliance of the several Pharmacopoeias with the provision of the Brussels' Conference that "no potent drug shall be directed to be prepared in the form of a medicinal wine (Vinum)" may be an indication of the degree of progress that has been made in the healing art in any one country.

The tables also point out the desirability of greater uniformity in the nomenclature as well as in the strength of alcohol, which, because of its definite composition, is widely used for making medicinal preparations.

#### DISCUSSION

nine regard it as a stimulant under certain conditions, its after effect being depressant; seven speak of it as a food in some cases. Nearly all said it should never be given to children. Question three was answered in most cases by the one word 'yes', a few modifying this by, "Depends on quantity taken."

"An inquiry among hospitals shows also that the use of alcoholic liquors is decreasing materially. Most report from a half to two-thirds less than used ten years ago. Some report that practically none is prescribed by the staff.

"The Georgia prohibition law forbids the prescription of any alcoholic beverage as medicine: only absolute alcohol is permitted. The Kansas law provides that if a physician prescribes alcohol he cannot charge for it, nor is its sale for medical purposes permitted. Physicians in these states are not fighting these provisions. Indeed, the Georgia law was written by a physician."

## THE ACTION OF ALCOHOL ON MUSCULAR AND MENTAL EFFICIENCY.

By W. H. R. Rivers and H. N. Webber.

This work is a continuation of previous researches (Brit. Journ. Psych. 1908, vol. ii. p. 263, and Rivers, "The Influence of Alcohol and other Drugs on Fatigue," London, 1908) in which we failed to find the decided effects of alcohol on muscular and mental efficiency which have been recorded by most previous workers. In the new work in which the ergograph and a complex form of the multiplication-test have been used, the same general methods have been followed of which the most important is the administration of the alcohol in a disguised form. With doses of 10 and 20 cc. of pure alcohol we have tested five new subjects, and have again failed to obtain any decisive effect. With larger doses of 30 and 40 cc. of pure alcohol, and with doses of whiskey containing 20 cc. of alcohol the results have also been negative. Whenever there has been an apparent effect it has been an increase not followed by any sign of a reaction, but the

increase has been inconstant and not definitely beyond the range of accidental variations. The customary stimulating effect of alcoholic beverages is certainly complex, depending partly on sensory stimulation and the pleasure experienced in drinking them, partly in many cases to the satisfaction of a craving. It is probable, however, that there is in addition a true stimulating effect due to its more strictly physiological action, but this action is inconstant and easily obscured by other conditions.

Experiments by Macdougall's method with a new apparatus have been indecisive with one exception, in which a dose of 20 cc. of pure alcohol produced a definite though only slight decrease in the accuracy of aim.

The work has only dealt with the effects of alcohol on the capacity for work within a few hours after it has been taken, and we have not yet investigated the cumulative action.

#### ALCOHOLISM AND INSANITY.

Dr. Legrain, Ville Évrard, Paris.

No human and no social function can be properly discharged without a balanced life within the organism and harmony among the individuals concerned.

It is the reign of order which secures the conditions needful for healthy and prolonged life, and which also precedes happy relationships among men, and causes conflicts to cease. Every blow aimed at the common harmony recoils of necessity upon the individual, and indirectly upon the community also. This is especially true of the brain and nerve functions, whose special duty it is to bring about order, and to preserve it. Every shock to the brain, however slight, causes some disturbances of balance.

This is why lunacy, which is essentially disorder, is one of the most terrible human calamities. The community feels it severely through its cost, through the material and moral dangers that it causes and through its transmissibility from parent to child. Brain capital ought to have a vastly higher value in the eyes of the nations than the financial capital has. Every nation ought to strive to protect this capital from every harm. It is most fitting that social poisons, such as alcohol and opium, should be regarded with disquietude by all good citizens; and it

is most reasonable that a movement shall be organized to bring about their gradual prohibition.

In the West, alcohol is the brain poison most to be feared. In small doses it produces an intoxication which is only a brief attack of lunacy. There is no other term which describes the almost instantaneous disorders which follow the taking of alcohol—disorders which impair the judgment, the reason, and the exactitude of sensation, and which destroy the will only to instal brute impulse in its place. After a larger dose, and especially after repeated doses, the brain changes have a tendency to become permanent, a tendency the more dangerous because it is not constant.

The habitual drinker is the sport of a poison which deadens the nervous centers, disturbs the harmonious interworking of brain functions, and results in a deadly chain of actions which a man in perfect health would censure. The best proof of this allegation is the difference in mentality between a man who has been long, though not excessively, given to alcohol, and the same man as soon as he abstains. The man who has begun to abstain unhesitatingly condemns acts which he did when he mistakingly supposed himself

to be sane. Thousands of such cases are seen daily when men leave inebriate homes.

The transmission of the evil, which sends out into the world dwarfed, degenerated, fallen beings for several generations before it is extinguished, is the most deadly blow against the mental capital of a nation.

Greed of wealth, demoralization, political indifference, and the weakening of the social conscience, have today allowed alcoholism to spread terribly. This is why the number of the alcoholic insane has grown fearfully. Society is full of persons soaked to the very marrow with alcohol, either pure or adulterated. Alco-

hol intermingles with the public and private life of most persons. Such habits cause derangements which alarm those of the clearest vision.

There seems no more hopeful cure than the voluntary giving up of this brain poison. There is no means of general safety of greater value than prohibition. United efforts are justly directed against such poisons as lead and phosphorus, substances far less dangerous with a view to their prohibition. With far more reason should similar efforts be put forth against alcohol.

To refrain from doing this would be a distinct sign that we mean to bow before the modern deity, Mammon.

### THE RESISTIVE POWER OF THE HUMAN BRAIN AGAINST ALCOHOL, AND ITS LIMITATIONS.

By Dr. Clouston, Edinburgh.

More consideration hitherto given to the positive than to the negative effects of alcohol on the human brain. Defects of Kraepelin's and Macdougall's scientific experiments as to the effects of alcohol on normal brain action. Enormous power of resistance in really sound and normal brains to effects of alcohol. Majority of men in Europe and America drink alcohol moderately in some form, and many to great excess, without much apparent and immediate ill effects. Effect of this evident on popular opinion. "Immunity" against alcohol. Mankind willing to take risks in this and all other directions. The pleasurable sensations produced by alcohol. Mankind has always craved for, and will always crave for something that gives pleasure, produces a feeling of the ideal, and an elevation of the social instincts, and the emotions. Something more than food, and different in its subjective effects from food desired, e. g., alcohol, opium, Indian hemp, cocoa, tea, coffee, tobacco, spices, condiments, etc. Probably these have helped in the evolution of humanity. What we want to find out is the dangers of those things, and their special dangers to special individuals. This can only be done by studying scientifically the power of resistance of the brain generally, and in each kind of brain,

against alcoholic effects. Further considerations of "Immunity." Dr. Archdall Reid's views. Toleration and danger points of alcohol. Racial relations of alcohol. Power of resistance or toleration cannot always be ascertained accurately except by experiment. Danger of this. Mental inhibition and its impairment or destruction of alcohol, the great risk. The detailed effects of alcohol on the higher brain cell. How these effects are recovered from. Especial dangers of alcohol on the brain before twenty five years of age.—the developing brain, the brain of woman, and the especially bad effects adolescents are liable to.\* Alcohol and primitive peoples and savages—e. g., Red Indian.—Analogy of those results to the effects of certain kinds of brain in civilized peoples.—The "inebriate" or "dipsomaniac."—A disease mostly incurable when well established.—Public opinion greatly changed and advanced in regard to the necessity of restricting the liberty of the inebriate within the past twenty five years (The English and Scottish Departmental Reports on Inebriety). Other symptoms in the Inebriate than the uncontrollable craving for alcohol.—Inebriate is among the "unfit," either to procreate or even to live in the higher sense.—He is already dead to the privileges and the duties of citizenship.

\*Dr. Clouston's warnings as to giving intoxicating liquors to children is confirmed by the Syllabus for Scientific Temperance Education issued 1909 by the British Board of Education in the following words: "Children and young people ought never to take alcoholic beverages in any circumstances except by a doctor's prescription."

### THE EFFECTS OF ALCOHOL ON THE NERVOUS SYSTEM SHOWN BY HOSPITAL AND ASYLUM PRACTICE.

By F. W. Mott, M. D., F. R. S., P. R. C. P.

Dr. Mott began his paper by a rapid preliminary description of the structure and functions of the nervous system, and of the nervous system made "invalid" by alcohol, by causes other than by alcohol, and by a combination of these factors. Other points of his paper were as follows:

1. The transient effect of an abuse of alcohol upon the stable healthy nervous system.

2. The permanent effects of continued abuse of alcohol upon the stable healthy nervous system.

(a). The subtle unrecognizable changes which constitute a vicious habit.

(b). The structural recognizable changes in the brain, spinal cord, and nerves, not so much a direct result of the alcohol upon the nerve tissues as its effect

upon the organs of digestion, assimilation, excretion, and circulation, whereby poisons generated in the body by deranged bio-chemical processes, and poisons produced by microbes which have invaded the tissues of the body combine and conspire with the alcohol to produce a morbid vicious circle which can, however, be broken by withholding the alcohol.

Microscopic changes in the nerves, spinal cord, and brain, also in the organs of the body. Correlation of these changes with the mental and bodily symptoms.

3. The effects of alcohol upon the "invalid" brain. To the feeble-minded, the epileptic, the potentially insane, and all those who from inherent or acquired causes lack highest control, alcohol acts as a poison, even in moderate quantities.

Hospital and asylum statistics compared.

### ALCOHOLISM AND CRIME.

By Lt. Col. A. B. McHardy, C. B., Edinburgh.

It must be understood that these remarks refer to Scotland, and that the large figures quoted are accounted for by the fact that the popular beverage is whiskey, which, as sold, must contain 37½ per cent pure alcohol. In 1907, 58,000 cases of simple drunkenness were reported to the police, the population being 4,776,000 including all classes and all ages. The cases probably represented 39,000 different individuals. There were in addition, some 32,000 cases of breaches of the peace, mostly brought about by excessive drinking, so that in Scotland there were about 90,000 cases of public disorder due directly to the influence of drink. From 50 to 60 per cent of the cases of theft might be traced to drink; as to serious crime, personal investigations were made by experienced officers into the histories of 50 long-sentenced prisoners. The first result showed that (a) 34 per cent of the men were sober at the time of the crime, (b) 34 per cent of them had before the crime been engaged in a drinking bout, and (c) 32 per cent of them were to some extent under the influence of drink just consumed. A similar inquiry a few years later showed

that 60 per cent of long-sentenced criminals had been drinking just before the crime. A third inquiry gave drink as a factor in 50 per cent of similar case and a fourth investigation resulted in showing only 24 per cent of the men as sober at the time of the crime, and 76 per cent more or less under the influence of alcohol. During these inquiries it emerged that from 6 to 14 per cent declared themselves teetotalers. The proportion of more confirmed criminals reported as having been sober at the time of their crime to those who were not perfectly sober was as 30 to 70, these being all cases of crime against property with violence. The records of 153 cases ending in sentences for murder, culpable, homicide, etc., on careful examination showed that in no fewer than 129, or 84 per cent of them, was drinking associated with the crime, generally directly and immediately. The Chief Constable of a large city recently reported, that of the persons apprehended in the city in one month, 70 per cent owed their downfall to drink. A very competent authority said: "I do not know of anything which could be put in the place of strong drink which would approach it as a crime producer."



## LEGISLATION FOR INEBRIATES.

By R. Welsh Branthwaite, M. D., H. M. Inspector under the Inebriate Acts, England

The majority of inebriates have arrived at their state in spite of the influence of precept and example of abstinence, and to become an habitual drunkard some pre-existing constitutional peculiarity, weakness or defect, is almost essential. Temperance teaching has made the "capable thinking man" more sober, but it is extremely doubtful whether the same influence, unsupported by other measures, will similarly affect "thoughtless incapables"—who become inebriates. "It certainly behooves us to adopt any course likely to provide the best possible chances of recovery" our highest reason for requesting legal power to exercise restraint over the inebriate. Every inebriate is either a potential criminal, a burden upon public funds, a danger to himself and others, or a cause of distress, terror, scandal or nuisance, to his family, and those with whom he associates. Every inebriate moreover, by precept, example, neglect of children, and possibly by direct procreation of his species, is contributing to the supply; reproducing his like to the detriment of national welfare in years to come. Interference with the liberty of the inebriate, so that the persons and liberty of others may be safeguarded, is therefore justified, and to carry this out legislation, amply protected against misapplication, is needed.

Any law for inebriates must be elastic

### THE TREATMENT OF THE CRIMINAL INEBRIATE.

By Prof. G. Aschaffenburg, Cologne.

1. The man who habitually consumes alcohol in considerable quantity is to be described as an habitual drunkard.
2. Any quantity of alcohol must be regarded as considerable, which causes a disturbance, even if only transitory, of bodily or mental efficiency.
3. Every drinker is in danger of becoming an habitual drinker, and every habitual drinker of becoming a criminal inebriate.
4. The greater the hereditary, or the acquired, inferiority the more danger there is of an outbreak.
5. Legal penalties are insufficient in the case of the criminal inebriate. They must be completed and replaced by a system directed towards the underlying disease, namely, dipsomania.
6. The following legal measures are to be recommended:
  - (a). If a drinker has committed some breach of the law, and if it has been ascertained by medical opinion that the

accused is an habitual drinker, the law must sentence the man to be interned in an inebriate home.

- (b). The interment in an inebriate home may precede a term of imprisonment, in case the circumstances seem to call for this.
- (c). The length of stay in the home should depend, not upon the nature of the offence, but upon the efficacy of the treatment.
- (d). An *ex-officio* guardianship is created when the man enters the home.
- (e). Release should always be granted on probation at first. During the probationary period the guardianship continues.
- (f). If the habitual drinker falls back, he must be afresh interned in the home.
- (g). The tentative leave must not be granted until a period of at least two years has elapsed.
- (h). If the drinker shows himself to be incurable he should be sentenced to perpetual custody in an asylum.

### DISCUSSION.

## THE "POLLARD PLAN" OF PLEDGE PAROLE FOR DRUNKS IN POLICE COURT.

Judge W. Jefferson Pollard, St. Louis, U. S. A.

For the victim of intemperance who is not yet thoroughly poisoned by the virus of drink I believe in reformation as against punishment, in the pledge parole as against the jail, in protecting the innocent, helpless mother and children instead of making them suffer for the drunkenness of the breadwinner.

I shall not forget the poor habitual drunkard who needs a physician and not a police judge. It has been said, "It is about as hopeless to fine and imprison them into sobriety as to prosecute lunatics into sanity and self-control." The sots should be placed in care of physicians or upon a farm where they can provide for themselves and improve their condition.

I believe a judge should exhaust every means to reform a victim of drink before he sends him to jail which, as a rule, aids in his destruction. I speak for the wayward and his innocent victims, and especially in view of the fact that the sale of intoxicating liquors is licensed almost everywhere. Eighty five per cent of the crime as I see it is due to drink.

In the police court of St. Louis, several years ago, I began the plan of releasing those convicted on charges of drunkenness

and petty offences growing out of drunkenness upon their signing a total abstinence pledge in open court. Of course they must keep it or suffer the suspended penalty. This plan gave the offender an opportunity to work out his own salvation, and gave the state a better citizen, and protected an innocent family. I required the paroled man to report to me often at my residence after working hours, and so acted as my own probation officer.

I was enabled by this plan to save 95 per cent of those put on pledge parole. If any of this 95 per cent returned to drink, they did it so adroitly and moderately as to not again disturb the public peace or that of their family, and in this respect I won a victory.

Singing a pledge acts as a moral stimulant and a legal restraint because of the suspended punishment that will follow if the pledge is broken.

Our chief effort should be to reform first offenders, and for this I advocate salaried probation officers for all police courts.

As a judge I want to know more about the defendant than the mere charge on the docket, and to discover the cause of his arrest, and remove it, if possible.

### PREVENTION OF DRUNKENNESS.

Dr. Wilbur F. Crafts, of Washington, D. C.

"What impresses an American more unfavorably than almost anything else in this wonderful London, the world's grandest capital, is the presence of women on both sides of the drinking bars. I saw more women drinking at public bars in one hour last Sunday night, on my way to church, than I have seen in such places in the United States in forty years. Judge Pollard has spoken of prevention applied by a judge through pledge and probation after the first arrest for drunkenness. Better still to apply prevention before the first arrest by "the arrest of thought," showing that even moderate drinking reduces industrial efficiency in quantity and quality, and so the chances

### TEMPERANCE ADMIRALS.

An evening meeting in connection with the Congress, held in the Queen's Hall, was arranged as a demonstration of the temperance forces of the British national services, the departments represented being the Navy, Army, postal services, the railways, and the nurses.

of employemnt, as well as athletic successes and life insurance dividends."

Mr. C. E. Hecht, of the National Food Reform Association, said that the custodians of inebriates should have power to deprive them of meat and other substances which stimulated the craving for alcohol. The physician in charge of the Salvation Army's home for inebriate women reported that marvellous results had been obtained by the fleshless diet system.

Miss Agnes Slack, of the British Women's Temperance Association said success in treating inebriety depended largely on occupation. Experience at Duxhurst showed that congenial outdoor occupations were half the cure.

The Lord Chief Justice, Lord Alverstone, presided, and in a brief speech said that after forty years at the Bar and ten years as a judge he had no hesitation in saying that 90 per cent of the crime of this country was caused by indulgence in strong drink. There was a custom pre-

valent in the Temple of giving drinks to barristers, witnesses, and clerks on the completion of litigation cases. What was eminently desired was to promote, among the young fellows in the Temple the manliness and courage which would enable them to resist the temptations to drink.

Miss Agnes Weston said that temperance was going "full steam ahead" in His Majesty's Navy. The flags of two fleet admirals were flying between Westminster and the Nore at the present time. A great sober navy was a grand national insurance.

#### ALCOHOL AND THE EFFICIENCY OF THE POST OFFICE SERVICE.

F. J. Brown, M. A., B. Sc.

In the Post Office service modern conditions are making keenness of faculty and promptitude of decision more and more essential. This applies particularly to ordinary and wireless telegraphy and telephony, in which complicated apparatus requires niceties of adjustment and constant alertness. Here, then, as elsewhere, the man whose brain has become befogged by alcohol is at a hopeless discount.

The serious importance attached to intemperance in the Post Office service is shown by the large percentage which dismissals and degradations from this cause bear to those from other causes. In the year 1907-8 the number of dismissals from intemperance was 114, or 36 per cent of the total number of dismissals while the number of deprivations of "good conduct stripes" on account of intemperance was 158, or 66 per cent of

#### ALCOHOL AND THE EFFICIENCY OF THE RAILWAY.

A. Faulkner, J. P., Chairman, United Kingdom Railway Temperance Union.

The railway service is really the most important of the five representative services, for without the railways the others would be unable to carry on their work efficiently.

The extent and the importance of the railway services may be gathered from the fact that there are about 600,000 miles of railway open, which have cost upwards of £9,000,000,000 sterling. To operate this vast enterprise, upwards of 5,000,000 people are engaged—not thoughtless or indifferent persons, but well trained men, ready to risk their lives, to face the tremendous responsibilities connected with the conveyance of thousands of millions of passengers annually, not only quickly but safely, but also to take charge of and handle with all possible care the many

Sir George White said that of the 70,000 English soldiers in India no fewer than 42.5 per cent were enrolled total abstainers. In 1900 the convictions by court-martial among abstainers were 4.656 per thousand, and among non-abstainers 33.439 per thousand.

Hon. A. H. Holland-Hibbert told of the work done by the British Railway Temperance Association; Mr. John Ardron of the Post-Office Total Abstinence Society, and Baroness E. von Hausen of the German Army Nursing Reserve spoke of the opportunities for temperance work through the nursing profession.

the total number. The proportions to the total number of the established staff (91,000) were no doubt very small; but in the aggregate this mass of intemperance—which has no doubt in most cases existed some time before it has received official punishment—must represent a considerable loss of efficiency; while the misery entailed on these men and their families by their ruin through alcohol is untold.

The service temperance organization is comparatively small, but its influence is probably out of proportion to its size. Its membership (about 3000) is no criterion of the number of abstainers in the service. Most of these, owing to the conditions of their work, prefer to join local organizations near their homes rather than the service association. In some larger offices, the majority of the staff are total abstainers.

millions of pounds worth of property committed to their charge. Consider the brain tension upon the driver of a powerful express engine, speeding along at an average rate of from 50 to 60 miles an hour for hours in succession, every moment of which he must be alert, controlling the intricate machinery, watch incessantly the numerous signals along the way and ready for any emergency which may arise at any moment during the journey. Think also of the no less important men stationed at the signal boxes along the lines, whose duty it is to control numberless signals and points, by and through which the trains rush. A moment's absence of mind or the slightest error of judgment on the part of any one of these men, may lead to the loss of

valuable lives, grave injury and probable permanent disablement to many persons, besides great destruction of property. Think once again of thousands of other railway employees, to whose energy, care, and attention to detail, the safety and comfort of travelers depend, and it will still further be realized how essential it is in their own interests, as well as in the interests of the passengers and the prosperity of the company they serve, that they should totally abstain from alcoholic drinks, for the highest medical evidence, the result of scientific investigation over a long period of years, proves that alcohol deadens the nervous system, impairs the eyesight and memory, weakens the muscles and perverts the judgment. Hence it follows that for railway men who need steady nerves, keen eyesight, retentive memories, strong arms and the power to act quickly, total abstinence from intoxicating drinks is of supreme importance.

Yet it is a very remarkable fact, that although England is the home of the total abstinence movement, and the temperance propaganda has been of a very vigorous character, our railway directors and managers are behind those of the United States of America, Canada, and New Zealand in recognizing the importance of securing the services of total abstainers for all sections of the service, but more particularly of those who are employed actually on the line and the operation of the trains. But temperance reformers in this country long since recognized this need, and the United Kingdom Temperance Union was organized in 1882, the membership of which is today upwards of 44,000, and there are probably 60,000 more total abstainers in the service of the railways who are members of other societies.

That organization has its own official organ, "On the Line," having a circulation of 160,000 a year.

In Great Britain the railway companies do not prohibit the employees from drinking alcoholic liquors, yet strict supervision is exercised, and they are not permitted to enter refreshment rooms when on duty for the purpose of obtaining intoxicating liquors. Moreover, cases of intemperance while on duty are severely punished, sometimes with instant dismissal.

On the continent of Europe, temperance work amongst the railway employees is being carried on in France, Germany, Switzerland, Austria, Denmark, Norway, Sweden and Finland.

In no other countries is there any temperance organization for railway men, but in the United States of America, the Young Men's Christian Association has a special railroad branch, which is encouraged by the railway authorities. The working expenses of this Association for 1908 were £220,300, of which 35 per cent is defrayed by the railway companies, and the balance by the railway men and their friends.

Where the American railroad companies are ahead of the English is in the fact that on the important railways the standard rule adopted is as follows: "The use of intoxicants by employees while on duty is prohibited, and their habitual frequenting of places where they are sold, is sufficient cause for dismissal."

The Baltimore and Ohio Railway Company have issued a general notice as follows: "For the protection of life and property and the good of the service, the rigid enforcement of the company's rule against the use of intoxicants is imperative," and goes on to say that those occupying positions in any way charged with the direction or operation of trains who use intoxicants, either when on or off duty, will not be retained in the service, and no exceptions are made to this rule.

In some states, notably Michigan, there are laws to the same effect, which state that no person shall be employed in the operating sections of the railways who uses intoxicating liquors as a beverage; any company employing such is liable to a penalty of \$500 for each offense, to be sued for in the name of the people and the State of Michigan.

Many American railroad companies operating steamboats, have abolished the drinking bars, and exact total abstinence from the employees on the boats. There are similar stringent laws in Canada. In India, Japan, China, and Australia, there are no temperance societies for railway men. In Australia, however, railway men are prohibited from entering refreshment rooms for the purpose of obtaining alcoholic drinks. The laws of New Zealand are very strict and somewhat akin to those in America and Canada. Sir Joseph Ward, at a Congress of the railways in New Zealand some years ago, abolished all railway licenses as the contracts expired. Now it is impossible to obtain any intoxicating drinks at any one of the station refreshment rooms or in the dining cars throughout the whole of the Dominion.

The information which I have been able to put before you, gathered from the best sources, will have proved that in all civilized countries, those who direct the railway services are waking to the important fact that alcohol is not conducive to efficiency, and that in those countries which are comparatively new, and which are untrammelled by ancient traditions and customs, the abolition of

intoxicating drinks from the railway service is most drastic. The verdict, therefore, of the railways is that alcohol is dangerous, and the signals are set against it, for without doubt it impairs the brain power and physique of the workers, and it is essential that it be abstained from by the railway men, that they may be as efficient as the service requires, and the safety of the public demands.

### ALCOHOL AND THE EFFICIENCY OF THE NAVAL SERVICE.

Vice-Admiral G. King-Hall.

The Navy is certainly not made more efficient by the consumption of alcohol; therefore the converse must be true, that as far as alcohol in the shape of spirituous liquor made for efficiency, the further it is away the more efficient will be the service—for the greatest enemy to efficiency is drunkenness arising from the over-indulgence in alcohol.

My experience after forty-four years' service is that about 80 per cent of the crime against discipline, such as leave-breaking and insubordination, is owing to excess in taking spirituous liquor.

During the last thirty years great and growing advance has been made by temperance in the Navy, mainly owing to thousands and thousands of boys who enter our service, and who pass under the moral suasion of temperance workers, such as Miss Weston and her noble band of workers, eventually become Fleet men, leaving the service with temperance thought, and under God's blessing, helping to make the Navy what it is today.

Temperance reduces crime, improves the health of the men, and gives clearer minds and a higher development of the powers of the intellect, which are also necessary to meet the strenuous and arduous duties of the service at the present day.

There are now about 25,000 total abstainers belonging to the Royal Navy

### ALCOHOL AND THE EFFICIENCY OF THE ARMY.

Col. L. G. Fawkes, R. A., Hon. Sec. Royal Army Temperance Association.

Modern warfare has brought into prominence the need of teaching soldiers the laws of health. The Japanese recognized this, and reduced the deaths from other causes than wounds to a fraction of 1 per cent after six months' fighting in Manchuria.

Two reasons make it specially important in the British Army to warn the soldier against alcohol:

1. The soldier has to serve in bad climates.

2. Being a voluntary army the pay is high.

There has been a marked and steady increase in temperance. Twenty five per cent of the soldiers throughout the army are total abstainers, and the non-abstainers drink half what they did. In some

Temperance Society. The Lords of the Admiralty, and most of our admirals and captains are patrons, and there are branches in nearly all ships. There are magnificent rests and homes at all the ports where the seamen find a warm welcome. Small substitutes, such as tea and cocoa, are given in the service to men who stop their grog, and many more would stop it if given 1d. a day in lieu of their grog. Admiral Lord Charles Beresford writes that "The marked decrease of crime in the service is due to decreased drinking habits, and marked improvement in temperance sentiments in the Fleet, and to the support given it by officers and men. Temperance habits add to the happiness, cheeriness, and manliness of the men and directly to the efficiency of the fleet."

Admiral Von Müller, Chief of the German Emperor's Naval Cabinet, writes: "In the German Navy grog rations are excluded from ships, and all canteens on shore and afloat, and to every recruit joining the Navy is given a pamphlet warning them against abuse of alcohol."

Prince Bernadotte, Swedish Admiral, writes: "Alcohol is the greatest cause of disobedience to discipline, and to all the punishments given to sailors in our Navy. It would be a great blessing to our Naval forces if we could get rid of the use of alcohol."

depots 66 per cent of the recruits before enlistment are total abstainers.

The Royal Army Temperance Association has for its object the uniting of soldiers of all ranks for the promotion of temperance, and receives a grant from Government. In England and the Col-

onies there are 203 branches, and in India the temperance room is a recognized part of the regimental institutions. H. M. King is patron, and from Field-Marshal Earl Roberts and all the leading military men every encouragement is given to this association, which also seeks to get its members employment on discharge.

#### TEMPERANCE AS AFFECTING HEALTH OF TROOPS.

The Director General of the Royal Army Medical Department says that in India the worst climate the British soldier has to serve in, the following return has been received from the senior medical officer there for the first ten months in 1908:

	Total Abstainers	Non-Abstainers
Strength	60	213
Admissions into hospitals	29	321

In a regiment in North China in which there are 300 total abstainers the percentage of sick in 1908 among the abstainers was one-half per cent, and among the non-abstainers 2½ per cent. In a company of R. G. Artillery at Mauritius among the abstainers all are reported as in good health, among the moderate drinkers 76 per cent in good health, 19.5 fair and 4.5 bad.

#### TEMPERANCE AS AFFECTING CONDUCT.

Abstinence from alcohol affects conduct remarkably. Lord Kitchener states that in India with the diminution of drinking the number of courts-martial is reduced one-half. At Singapore in 1907 there were thirty-two courts-martial, but not one among the abstainers.

In a regiment stationed in North China, out of forty-five courts-martial in 1908 only one of the men tried appears on the books of the R. A. T. A. In a company of R. G. artillery at Mauritius the following return has been received:

	Total Abstainers	Moderate Drinkers
Good and high character	95.5%	79%
Fair	4.5%	18%
Bad	0%	3%

N. B. The above does not include the careless drinkers. Lord Methuen states: "Many good men who are, as a rule, temperate, have lost their chance of obtaining an exemplary character by over-indulgence in drink once or twice during their service."

Abstinence from alcohol affects character in promoting habits of thrift, self-control and independence. In a well-paid army like the British Army, a private soldier has been known to save \$200 in his twenty-one years' service through being an abstainer.

#### FRANCE.

The temperance societies to which soldiers are allowed to belong are:

Société l'usage des boissons spiritueuses, 5, rue de Pontoise, Paris.

Ligue Nationale contre l'alcoolisme, 50 rue des Eccles, Paris.

These are not exclusively military societies. Brandy and "aperitif" may

not be sold in the canteen.

Beer, wine, and cider are sold as they are considered in France as "boissons hygiéniques," and not as alcoholic drinks.

The French soldier is not much given to drink, it is not in the national character. Besides he is only paid ½d. a day, which is a deterrent.

#### HOLLAND, DENMARK, NORWAY, BELGIUM.

At the present moment there are no regimental canteens in any of these countries corresponding to the canteens in the British army. There is far less drinking than formerly. It is a not-

worthy fact that at the recent festivities on the occasion of the birth of Princess Juliana the military attaché states that though he walked the streets of the Hague nightly he never saw one drunken man or woman.

## DISCUSSION.

Among those who took part in the discussion was Surgeon-General Evatt who said that drunkenness in the Army in the old days was due to overcrowding and neglect. The bathroom, the library, and the gymnasium were absent, and the soldier drank. He stood for humanity, and humanity cared for had become the perfect gentleman he was today.

Mr. Gerald Thompson, Secretary of the Church of England Temperance Society, speaking as one who had spent many years on the sea, said he must sorrowfully admit that Mercantile Jack was an extremely intemperate person. He was nobody's child. But his drunkenness was due to an utter lack of good food and decent conditions of living.

## THE ECONOMIC EFFECTS OF THE PRODUCTION AND CONSUMPTION OF ALCOHOL.

The Right Hon. Sir Thomas P. Whittaker, M. P.

Of the £165,000,000 spent by the British people for drink, £38,000,000 goes to the Exchequer, but this revenue could be secured through some other medium. It is a matter of simple common sense that nothing could be of benefit of which it was no loss to be deprived. I challenge any one to say that there is anything in this world worth doing that cannot be done as well, or better, by abstainers as by those who indulge in alcohol.

In looking after the affairs of a large insurance office, I have encountered statistics ranging over a period of sixty years, which conclusively prove that the death rate among abstainers has been markedly less than that among alcoholic indulgents.

### Problems of Unemployment.

The problem of unemployment troubling the nation now is largely a problem of capacity. While capable people obtain employment for themselves and others, nothing begets incapacity like drink. To allow children to be neglected by working parents who spend a huge sum yearly on drink is not the way to develop capable citizens. Is it realized when so much about housing is said, that the working classes spend more on liquor than on rent? Just now we are hearing a good deal about land, but do the people of this country realize that the working men of England swallow every year the annual undeveloped value of every inch of land in the British Isles? This expenditure on liquor is an intolerable strain. In the United Kingdom we spend more on armaments than any nation on earth, but we spent

two and one-half times as much on liquor last year as we did on our army and navy. This is a scandal which I have the deliberations of the Congress will do a good deal towards removing.

The liquor traffic does give employment to many, but that is no proof of the value of the business. If the money spent on alcohol were spent on other useful articles a great impetus to trade would be given to many useful lines of business. I quite agree that if the manufacture of intoxicants in this country were to cease suddenly there would be great dislocation of employment, but no one imagines that there will be a sudden and entire cessation of drinking.

All moral and social reforms come gradually and almost imperceptibly, and any slight dislocation caused by an improvement in the drinking customs of the country would be splendidly compensated by a great increase in other forms of industry. Capital might be diverted, but it would be diverted into more useful channels. It has been said that the revenue would be seriously affected if the consumption of liquor declined, but my reply is that a people who spend £165,000,000 in a useless commodity could easily raise £38,000,000 when the "drink money" was more profitably expended.

There is no lack of wealth in England; the mischief is that the wealth is so unwisely expended.

I warn the foreign delegates against allowing a monopoly value in license bars to grow up, as has been the case in Great Britain.

## ALCOHOLISM AND WORKMEN'S INSURANCE.

Karl Kögler, Vienna.

1. Alcohol is not a food. It increases the effects of wounds, and causes pre-mature the number of diseases, lengthens the time of sickness, shortens life, aggravates the effects of wounds, and causes premature incapacity. Alcohol leads to a degeneration of the

whole race, and thereby to a general increase of the risks for every class of workmen's insurance.

2. The statistical investigation of the influence of alcoholism in regard to the frequency of illness, the number of accidents, and incapacity is still in its infancy. Notwithstanding, experience shows that alcohol is harmful to workmen's insurance.

3. It will not be possible to get a good table of statistics in regard to the influence of alcohol in relation to the frequency of sickness and accidents, the length of illness, incapacity, and deaths of workmen according to age, sex, and calling, because the number of chronic alcoholics (drunkards) can never be exactly reckoned. We must therefore depend on the ascertained relative figures given for the whole, in regard to the sickness, accidents, and incapacity and the deaths of alcoholics. With the help of doctors in attendance, we shall be able to prove which patients are alcoholized; and with these facts pay special attention to the length of illness, the number of cures, and the deaths, and establish the comparison with the non-alcoholized patients. In the same way we shall be able to regard the cases of accidents and incapacity. By taking account of the age, sex and occupation, as well as the kind of sickness we shall be able to get a wider and more valuable detailed knowledge than has yet been obtained as to where the evil is the greatest.

4. As means of combating the misuse of alcohol, the following are specially to be introduced:

(a). Enlightenment in regard to the baneful influence of alcohol (leaflets, popular and scientific lectures, congresses).

(b). Prohibition of the use of alcoholic beverages during work; providing good and wholesome drinking water, also mineral waters and non-alcoholic drinks

(milk, lemonade, coffee), if possible under cost price.

(c). Exchanging the free drinks in breweries for payment in money.

(d). Granting premiums for abstaining workmen.

(e). Altering the pay from day to day before Sundays and holidays.

(f). Removing the working places of workmen's unions, sick clubs, and such like from public houses.

5. Officers and public representatives for insurance have taken steps against the use of alcohol. (See circular issued July 17, 1906, by the Insurance Department of the German Government to the business associations and institutions for disabled members, giving instructions in regard to granting of loans and receiving inebriates).

In consequence of this circular, all the business committees of the insurance associations recommended their members to combat alcoholism. The declarations of the central German union (1902), and also of the Austrian and Hungarian unions, recommended that the members should be instructed regarding alcohol, and that the societies' doctors should constantly point out the dangers of alcoholism, and include the protective regulations issued by the Austrian Minister of the Board of Trade.

6. The Administrations of Workmen's Insurance Societies must take into account the necessary permission of inebriates' asylums, and workmen's building societies, in regard to sending inebriates to asylums. The consequences resulting from wages being partly paid in liquor must be pointed out, and efforts made against the practice.

The payment for the result of minor injuries shall not be made to the drunkard, but shall be added to his insurance against incapacity, old age, or life.

## ECONOMIC LOSSES FROM MODERATE DRINKING.

Rev. Wilbur F. Crafts, Ph. D.,

Superintendent of the International Reform Bureau, Washington, D. C., U. S. A.

"Hitherto we have reckoned as the chief economic losses to a nation from the use of intoxicating beverages, their direct cost to the people and the cost of their social products in crime and dependency. These together average annually not less than \$150 (£30) per family in the United States more than one-fourth of the average family income, and as the people of every European country drink more per capita on a smaller income, their case is certainly as bad.

But recent scientific experiments show an average loss in daily productivity, of typesetters, for example, in quantity and quality, of not less than ten per cent. from a daily "bottle of ordinary wine" or its equivalent in beer (Henry Smith Williams' Alcohol, page 19). These experiments suggest that a nation's largest loss by drink is the diminished efficiency in body and mind, of the great host of moderate drinkers.

The consumption of all forms of intoxi-

ating beverages in the United States in 1907 was 23 gallons per capita, and, as our women and children seldom drink, the average consumption of the one-third of our people who are bread winners must have been nearly three times as much, that is, about a gallon and a half a week, two pints a day, which is more than the daily portion that in German experiments decreased the work of typesetters from 6 to 14 per cent. Of our more than 83 millions of people about twenty-five millions are wage earners, and not less than two millions are "captains of industry" and their salaried lieutenants. The average wage is about \$1.50 (6s) per day, but the product is worth at least \$2 to the employer, who must have a profit, and at least as much to the nation. One-tenth of that for 300 days means \$60 per year for each workman, and a total for all wage earners of \$1,150,000,000 (£230,000,000). In the United States, we have passed the period of millions in describing the damage from drink, for alcohol as well as oil has become a "billionaire," and Europe, too, must talk of alcohol's economic damage in billions when more data enables its nations to see clearly the losses from moderate drinking.

We are not dependent on laboratory experiments for proof that even a moderate use of alcohol impairs efficiency. Benjamin Franklin, in the eighteenth century, observed as a printer, what Dr. Aschaffenburg has just proved by tests, that sober printers do more and better

#### RECENT DEVELOPMENTS IN "NO-LICENSE" LEGISLATION.

Alderman F. S. Spence, Toronto.

Maine took the first step in 1829 by enacting that sale of liquor on the premises should only take place after consent given at the annual town meeting. Local option is now in active operation in 30 out of 37 states which have a license sys-

	Territory sq. miles	Population
Under Federal Prohibition	445,000	4,000,000
Under State-Wide Prohibition	456,372	9,213,316
Under Prohibition by Local Option	221,748	24,750,000
<b>Totals</b>	<b>2,123,120</b>	<b>37,963,316</b>
Under license	1,429,626	38,340,071

The Dominion of Canada has two kinds of local option, one applicable to counties and cities under an act of the Dominion Parliament, known as the "Scott Act," and one applicable to Primary Municipal

work than drinkers. That is why 51 per cent of the replies from a representative list of American employers, questioned by the United States Bureau of Labor some years since, reported that they discriminated in all or a part of their work in favor of abstainers as employes. The athletic records and the tests of soldiers in marksmanship and marching all tell the same story, that even moderate use of intoxicants decreases efficiency. When we turn to the "Captains of Industry" and their lieutenants, from whose ranks life insurance has obtained most of the test cases that have shown that total abstainers, other conditions being equal, live fully fifteen per cent longer than even those very moderate drinkers who are allowed to insure, we see that the losses in valuable lives must rise to millions more. The loosening of the tongue and drugging of judgment and conscience, and the shortening of a life worth \$10,000 a year becomes a very costly matter when the man is the manager of a great business or the leader of an army, or the arbiter of a nation's politics. In this age of keen competition, national as well as individual, it is the 'fit' that 'survive' and succeed. Many Japanese gave up "sake" during the war with Russia that they might contribute the money thus saved as a patriotic offering to the nation's war fund. In Britain, Germany, and other lands, patriots might well abstain for a patriotic reinforcement to the nation's efficiency, by which the supreme industrial "battle of the nations" shall be ultimately decided.

tem, and prohibition—state-wide—has been enacted, up to January 1, 1909, in eight states. (Tennessee since added).

The extent of territory and population under prohibition at that date (on basis of census of 1900) was as follows:

	Territory sq. miles	Population
Under Federal Prohibition	445,000	4,000,000
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<b>Totals</b>	<b>2,123,120</b>	<b>37,963,316</b>
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Bodies, including cities, under statutes passed by the Provincial Legislatures.

Canadians generally prefer their Provincial laws. Prince Edward Island has Provincial Prohibition, and Nova Scotia

secures it by local option. Several provinces require a three-fifths majority. Local prohibition is better enforced in Canada than in the United States, chiefly owing to difference of self-government.

Results.—Crime. Georgia is a typical southern state on the Atlantic seaboard. Police court crimes for ten months under license in 1907 and the first nine months under prohibition in 1908 were:

	1907	1908
Cases of drunkenness	4,352	1,598
Total cases tried	15,086	8,990

Massachusetts, cities over 30,000 population, last year of license and first of prohibition in each case, arrests for drunkenness:

	1898 License	Arrests	1,627
Brockton	1899 No-License		455
Brockton	1902 License		4,077
Lowell	1903 No-License		2,304
Lowell	1903 License		1,432
Salem	1904 No-License		503
Salem			

Similar evidence might be given from convictions for general crime in proportion to population. Tennessee, Texas and New Brunswick. There is improvement of general trade under Prohibition and a reduction in working up to entire Prohibition. Local option is an effective means of

#### FINLAND'S PROHIBITION VICTORY AND DEFEAT.

Dr. Matti Helenius-Seppala, Helsingfors, made the following interesting statement as to the fight for Prohibition in Finland:

I desire to say a few words about the modern problems of State Prohibition, but regret that I have only two minutes in which to deal with a subject on which volumes could be written. As a brief introduction, I must refer to the short but in some regards rather interesting story of the prohibitory law of Finland, the first law of the kind in Europe, and the most complete Prohibition law adopted by any parliament in the world. Some people think we have gone too fast in Finland, that the Prohibitory law is the result of some revolutionary action. This is quite a mistake. The prohibitory law passed by the Finnish Parliament on the 31st October, 1907, was the fruit of about thirty years' effort in our country. At the first national temperance convention in Finland in 1883 the resolution was passed: "That the aim of temperance societies is to move alcoholic drinks to the chemist's shop, which is the right place for them." We proceeded step by step. Beginning in 1885, the Prohibition question has been earnestly discussed in almost every session of our Parliament. One obstacle in our fight has been in local government of Finland, refused to recommend the prohibitory law to be sanctioned by the Grand Duke of Finland, the Russian Czar. As the Secretary of the Parliamentary Committee, I do not hesitate to say that the Finnish Parliament will pass the prohibitory law again in two or three months, amended a little. By and by we got local option, and years we have had in the country towns in Finland, practically speaking, full Prohibition. In the cities we have local option in the hands of town councils in connection with a partial "Gothenburg system." As to public opinion on the subject in Finland, let me submit a few

distillers engaged lawyers who advocated their right to claim full compensation if the law should be sanctioned. Members of the Finnish government very politely asked the brewers and distillers how much compensation they required. However, the advocates of the alcohol trade were unable to produce any strong argument

#### DISCUSSION.

Mr. G. Rowland Munroe, New Jersey, U. S. A., showed what astonishing progress Prohibition has been making, by means of very striking diagram maps of New Jersey, Ohio, Illinois and Arkansas. Professor Charles Scanlon, Pittsburgh, U. S. A., said: It is a law of nature that the fruit shall contain the seed or the germ to reproduce itself. The temperance reform is largely the fruit of the Gospel, but for the most part it has not redounded to the credit of the Church which sowed the seed because she left to other organizations the practical application of her own teachings. The Christian religion is not simply a subjective influence. It teaches that men must do good as well as be good; that it

#### NO-LICENSE BY LOCAL OPTION.

Mr. Charles Roberts, M. P.

Most areas which adopt No-License do not, or cannot, by law prevent the importation of alcoholic liquor into their midst. The American states that are under a system of State Prohibition have at present no constitutional power to prevent liquor from being imported into their territories, if the liquor is duly ordered and bought outside the state boundaries. Hence, though the consumption of liquor inside the No-License area is reduced, a legal consumption of liquor continues. It is possible owing in part to this cause that the plan of No-License is often in practice supported by moderate drinkers for particular areas.

But then, our opponents triumphantly ask, what is the good of a No-License system if it admittedly does not secure the desired annihilation of alcoholic liquor or provide a zone inhabited by none but total abstainers? The answer is, that within its limits definite good results do follow. It does not secure the total suppression of liquor in the area; it does secure the extinction of the bar, and this banishment of the bar-room is found in practice to have certain results:

(1). No-License countries have a much lower drink bill than countries under a licensing system' This is due in part to

that there was any legal compulsion to compensate, and the general public could not see that it would be the moral duty of the state to fill yet more the pockets of brewers with the money of the people. Our new law includes a paragraph clearly stating that no compensation shall be paid when the law goes into force.

is not only a duty to refrain from doing wrong, but a sin to refrain from doing right. Since the angel with the flaming sword stood at the gates of Eden, history does not record an instance when vice and virtue, truth and falsehood, love and hate, right and wrong, stood more squarely face to face than when the liquor traffic confronts the Church of God and demands the right to live. If the Church is right the liquor traffic is wrong. Therefore the Church must not condone, nor excuse, nor evade, nor apologize, nor be silent; she must smite to kill. Christ did not say that he came to regulate the works of the devil but to destroy them, and it is certainly enough for Christian people that they be as their Lord.

face to face with the problem, and has to make up his mind before the polls. Secondly, even where No-License is not carried, the cautionary influence upon "the trade" is felt. The possibility of a poll is a great guarantee against lax management and abuse. Recent experience both in Norway and Massachusetts surely shows that not only in rural conditions, but in towns and large urban areas, it is possible to win communities for the No-License experiment. It is true that an irreducible minimum of violation and evasion of a No-License law must be anticipated. But we do not propose to repeal the Ten Commandments because a certain number of cases of theft and murder occur every year. Under No-License, and, indeed, under every system, the liquor traffic is an habitual and persistent violator of whatever laws exist for its restriction. The alleged laxity of enforcement in parts of the United States, so far as the stories are not mere interested and unscrupulous lying, is not due to any inherent impossibility of administering a No-License law. It is much more to be ascribed to a general weakness of law enforcement in many parts of the United States, traceable to the American habit of electing judges and chief constables and officers of police by popular vote for short terms of office. Local Option may prove, as in Georgia or Prince Edward Islands, the stepping-stone to a wider Prohibition. But it may only succeed in effecting, as in Massachusetts, a partition between the systems of License and No-License. England and some other countries have by this time felt the necessity for the restriction of the liquor trade. They believe that it is well to cautiously to diminish facilities for drinking. For England, at all events, I believe that the partition of territory between licensed areas and areas of No-License is the next great step forward in temperance reform. For we refuse to recognize that the liquor trade is indispensable in all localities, or that there is any need for its omnipresence. Any one who watches the growing tide of Local Option victories in New Zealand, in Canada, in Scandinavia, and, perhaps, above all, in the United States, will recognize that the No-License plan is the fighting policy of advanced temperance reformers all over the world.

#### DISCUSSION.

Dr. Daum, of Vienna, said that inful classes, who exerted an undue influence on legislation affecting the trade, was dominated by the wealthy and power-

#### THE NORWEGIAN SYSTEM FOR THE CONTROL OR MANAGEMENT OF THE LIQUOR TRAFFIC.

Lars C. Jensen, Bergen.

In Norway the distillation of spirits (litres) and during this period 26 new samlags were started. The samlags then sold about 43 per cent of all the spirits sold in Norway, and from 1887 some samlags had also sold beer and wine without having a monopoly of the retail trade in these drinks. But from 1888 the consumption of spirituous liquors again increased, and it was resolved to extend the monopoly of the samlags to quantities of 250 litres instead of 40 litres. This law was passed in 1894, and it also gave to all men and all women above 25 years of age the right to vote down the samlag in their town. By virtue of this law 28 samlags were closed, and the consumption decreased from 3.7 litres in 1893-4 to 2.4 litres in 1897-8. Then a reaction came and the consumption increased to 3.4 litres and the liquor men tried to have the law of 1894 repealed. In this they failed, but among them Bergen. The consumption, on the other hand, the temperance party did not succeed in abolishing the private spirit shops still in existence in Chris-

As, however, the consumption then began to increase, the Gothenburg or company system was advocated as a new means to check intemperance. In 1871, the first "samlag" or company was started, and by 1876 there were 25 samlag towns, 1894 repealed. In this they failed, but among them Bergen. The consumption, which had been increasing (6.6 liters in 1875-76), now decreased up to 1888 (3.0

tiania. The new law is of May 17th, 1904. It is now the program of the temperance party in Norway to have all the retail trade in spirits (up to 250 litres) brought under the samlag system, and in many of our towns, such as Bergen, it is the local program of the temperance party to have beer and wine brought under the samlag system too.

From the history of temperance reform in Norway we learn:

1. The samlag system was not originally introduced into Norway by total abstiners. During the latter years it has, however, been the acknowledged policy of the temperance party that wherever spirituous liquor is permitted to be sold it should be sold under the samlag system, and where it can be prohibited it should be prohibited.

2. On the other hand, the liquor men, many of whom first praised the system, now try to prevent its introduction wherever the choice is between the samlag system and private licenses, and only recommend it where the choice is between samlags and prohibition.

3. In most Norwegian towns the spirit trade has first been brought under samlag control, and then been prohibited altogether. In some towns the same thing has been done with beer and wine.

4. The trade in spirits carried on by samlags is generally regarded as less respectable than the trade in beer and wine, which is not controlled by samlags. In fact, many object to the placing of wine and beer under samlag control because this would imply that this trade was not quite respectable. So the samlag system does not seem to "have made drinking respectable."

5. The surplus of the samlag may tempt the inhabitants to keep the drink trade in spite of its evils. To meet this danger we give to the state the greater part of the profits, but reserve to the inhabitants of the town the right to decide

#### DISCUSSION.

Dr. J. Bergman, of Stockholm, opposed the Gothenburg and any similar systems of dealing with the liquor traffic. He was opposed equally to the liquor monopolies of Switzerland or Russia, and objected strongly to the proposal to transfer the Gothenburg system as it is to other municipalities. The tendency of the Gothenburg system was to make prohibition impossible. His own opinion was that the revenue from intoxicants in Scandinavia should not go to the public exchequer, but be spent solely on methods for

whether there is to be a samlag in the town or not. Experience has told us that it is more difficult to have drink-shops closed when private individuals are supposed to suffer than where a comparatively small public revenue is at stake.

6. When the profit goes to the state or to the town it will not help to strengthen the liquor party by furnishing them with the necessary capital to defeat all temperance measures. Therefore, it is the wine and spirit merchants, not the spirit dealers, who make up the strength of the liquor party in Norway.

7. All agree that drunkenness has decreased in Norway. As to how far this decrease is due to the samlags there is a difference of opinion. The greatest decrease took place before the introduction of the samlags, and cannot, therefore, be due to them. On the other hand, all seem to agree that the samlag system will help to prevent the worst forms of drunkenness, because there is not for the bartender the same inducement to push the sales, nothing is sold on credit, it is easier to have the liquor law enforced, and to have the drink-shops closed earlier, if public opinion so demands. Statistically, it is difficult to prove this influence. Comparison between the number of arrests in some samlag towns in Norway and some English and American towns are of very little value, as other conditions may be quite different.

8. The samlag system has been in operation in Norway, Sweden and Finland. Now of all the countries of Europe it is these three that show the greatest decrease in drunkenness; it is Norway and Finland where the consumption of alcohol is smallest. It may be said that this is so in spite of the samlag system of these three countries, but it is universally believed in Norway that the samlag system has been of some help in this respect, and that it may be used to further temperance reform.

system had not studied the question sufficiently, to which observation there were several cries of dissent.

Mr. F. Topham, of Newcastle, and Rev. Bruce Meikleham opposed anything in the nature of disinterested management as applied to the control of the liquor traffic.

Dr. Harford, having spoken in favor of disinterested management, Mr. R. B. Batty, of Manchester, opposed it, as did also Miss Agnes E. Slack.

Dr. Helenius-Seppala, of Helsingfors, referred to the strength and influence of the spirit merchants and brewers who sold their products to the companies in Scandinavia. How was it, he asked, that these men said nothing against the Gothenburg system? In supporting the com-

panies they were therefore supporting the enemies of Prohibition. Finally, he asked whether they ought to compromise with a moral evil.

Mr. Tennyson Smith, Mr. Charles Smith, and Councillor J. Malins having also spoken against the management system, Professor Jensen maintained, in spite of what he had heard, that the samlag system had done something to reduce drunkenness, but also declared that wherever they could get rid of samlags they would do so.

Sir Thomas P. Whittaker then made the concluding speech favoring disinterested management, which drew forth expressions of strong dissent. The opinion of the meeting as a whole was overwhelmingly against the management system.

#### PROTECTION OF NATIVE RACES.

Hon. J. K. Victor, Bremen.

Formerly, Germany agreed unwillingly to the raising of the duty on spirits in Africa at the Brussel Conference. Today Germany takes the first place to abolish the pernicious gin trade. It is very deplorable that the proposal of His Excellency, Mr. Dernburg, last year, to raise again the duty has failed by the opposition of France, Spain, and Portugal. It is shown by history how little influence the European occupation of the coast exercised upon the development of the natives until the year 1884. Since the slave trade had ceased, trade had been very slow, and the interest of the nations was occupied by other parts of the world. This was changed in the above year, when Africa was divided between the European nations. Since that time much work has been done. A good administration was introduced far in the interior, peace and tranquility followed, good roads and railways were constructed. At the same time people found out that the character of the native was quite other than was expected. He proved to be a good farmer, and performs today a great deal of work. Twenty years ago not one bag of cocoa was imported from West Africa to Hamburg. In the year 1898, out of 246,150 bags imported into Hamburg, 42,660 bags were from West Africa. In the year 1907, out of 554,524 bags, 203,300 bags came from the West Coast. In a few years West Africa will send more cocoa to Hamburg than the whole rest of the world. This is a great success, but we cannot be

satisfied with it, for with the enlargement of the general trade the importation of spirits has increased every year enormously. The drunkenness becomes worse year by year, and overtakes new tribes perpetually, which were untouched before. The raising of the duty has been in vain, as the natives have become so much richer. The English, Dutch and German exportation to the Coast amounted in the year 1905 to 30,324,700 marks. and from this 3,760,680 marks were spirits, more than 14 per cent. In Southern Nigeria the importation of spirits increased in the years 1900 to 1907 about 60 per cent, in the French Colonies from 1899 to 1905 about 55 per cent. The percentage of the spirits imported has dropped a little. In Togo, for instance, it amounted in some years to 30% of the whole importation. The reason for this seems to be, however, not that the drinking has ceased so much, but that the governments now import yearly railway, harbor, and other building materials amounting to hundreds of thousands of pounds.

I know the blessing of the European Colonial policy for the natives, as exercised today by the Anglo-Saxon and French nations. By their work the native is able to lead a life worthy of a human being. The wrong done to the Africans by the slave trade has been expiated to a certain degree. The deserts which arose through slave-robbery and slave-hunting begin slowly to be populated again where the

drunkenness, as on the coast, has not yet ruined the people. Shall we allow this grand success to be abandoned thoughtlessly? Shall we not rather stop the trade in intoxicating drinks altogether, particularly as now the natives themselves are founding temperance societies in Africa?

The following resolutions I propose to submit to the International Committee for Protecting Native Races from Alcoholism, which meets this afternoon:

1. The International Committee for Protecting Native Races from Alcoholism, meeting in connection with the Twelfth International Congress against Alcoholism, draws the attention of the European

Colonial Governments to the awful disaster caused by the excessive yearly increasing importation of spirits into Africa, and calls for entire suppression in this import by international law.

2. Should this prohibition not be obtainable at once, the least demand of today's Congress is—

(a). The prohibition of the importation of spirits in casks. The importation in bottles only to be allowed, when paying a duty of 2s. 6d. to 3s. a liter.

(b). The sale of spirits shall only be allowed on payment of a high license duty, after examination of the need. Every village or town can forbid by the decision of the majority the sale of spirits in its territory."

## DISCUSSION.

Dr. Charles D. Harford, Principal of Livingstone College, said that the Magna Charta of this movement was to be found in the late Lord Salisbury's declaration that the native races in question were for all practical purposes children, and that, so far as we could do it, they must be protected. Lord Milner, in promulgating an ordinance which provided a penalty of six months' imprisonment for a first

offense against the law prohibiting the sale of liquor to natives in the Transvaal and Orange River Colony, had described the traffic as "one of the most degraded agencies for making money by the corruption of one's fellow-creatures."

At a private meeting later in the day, the International Committee for protecting Native Races from Alcoholism passed the resolutions given above.

## INTERNATIONAL ARGUMENTS FOR TOTAL ABSTINENCE AND PROHIBITION.

The Chairman of the official delegates of the United States to the 12th International Congress on Alcoholism unofficially, presents the following arguments from Germany, France, Great Britain and the United States, respectively, as the strongest arguments presented at the Congress for total abstinence and prohibition. I. AN ARGUMENT FROM GERMANY. Foremost of Nations in experimentation on alcohol, Germany gives the world laboratory proof that even the most "moderate" use of beer and wine diminishes physical and mental efficiency; for example, the experiments of Dr. Aschaffenberg on typesetters, showed that one ounce of alcohol per day, taken in a bottle or less of wine or in three glasses or less of beer, cut down the number of words set about one tenth (8.7) on the average. II. AN ARGUMENT FROM FRANCE. The official posters on "Alcoholism", invented by the French Republic, put up on city halls and in hospitals and other public places under the mottoes, "Liberty, Equality, Fraternity," proclaim the verdict of the health department, that "alcohol engen-

ders the most varied and deadly maladies." It drugs our "white body guard," the leucocytes, and so leaves us undefended against the deadly armies of bacteria all about us. III. AN ARGUMENT FROM GREAT BRITAIN. By sixty years experience in classified insurance, Great Britain proves that moderate drinking is slow suicide; for example, life abstainers sixty years of age have an expectancy of 15 years more of life, while the most moderate drinkers of that age will die, on the average, in half that time. IV. AN ARGUMENT FROM THE UNITED STATES. The most conclusive argument for prohibition is that the United States, which has been the chief experiment station for liquor laws, after full trial of low license and high license and government dispensary and even "doxology saloons," has concluded that prohibition and "No license," whose imperfections our traveling nation knows well, are the most effective methods of restraining the liquor traffic. The only statistics needed are those of prohibition's increasing areas after experiments of a hundred years.

[From chapter by Scientific Temperance Federation, Boston, Mass., in "World Book of Temperance."

## Alcohol and Degeneracy.

Prof. F. Martins, Director of the Rosstock Medical Clinic, said at the Congress of Internal Medicine, 1905, in an address on "Predisposition and Heredity" (*Der Abstinent*, July, 1905), that alcohol causes a certain receptivity for other diseases, and that it effects the generative as well as other organs of the body, and that this is the main factor in degeneracy. This subject of degeneracy is one in which undoubtedly the most far-reaching investigations of all have been made. Prof. C. F. Hodge, of Clark University (*Psychological Aspects of the Liquor Problem*) found that only 17.4 per cent. of the progeny of his alcoholized dogs were able to live, while 90.2 per cent. of the progeny of the non-alcoholized pair were normal. Prof. Demme, of Berne, found almost the same proportion of normal and abnormal offspring in the descendants of ten alcoholic families (17 per cent.) and ten temperate families (88.5 per cent.) whose histories he followed. Dr. T. A. MacNicholl, of New York, found that of the 3,711 school children whom he studied, over 70 per cent. of those whose parents or grand-parents had been drinkers, were dullards. Of the children with abstaining parents and grandparents, only 4 per cent. were dullards. Prof. G. von Bunge, of Basle, found from an extensive investigation that a very large proportion of the women who were not able to nurse their children were the daughters of drinking fathers, that, in fact, the proportion of women unable to nurse increased with the degree of the alcoholization of their fathers. That the inability in question was accompanied with other indications of degeneracy was shown by a greater prevalence of tuberculosis, and a greater proportion of bad teeth in the descendants of the drinkers.

## Is Alcoholism a Cause or Effect?

Some writers on the alcohol question have intimated that those who become addicted to alcohol were previously afflicted with some hereditary or other defect, which made them susceptible to alcohol, or to the desire for it; that mental weakness is a cause of alcoholism, instead of alcoholism being the cause of the weakness. This idea is corrected by the investigations above referred to, and by others which show that alcohol is a prime cause of all grades of defectiveness, from simple dullness to the severer forms of mental and physical degeneracy.

Prof. Forel (*Paris Review of Political Economy*) explains this as follows: "It is not a case of the simple transmission to descendants of ancestral characteristics, nor of the new combination of the latter. It is an instance of a destructive agent coming from without to deteriorate a germ which in itself was good. But this element once a part of the hereditary mechanism does not soon leave it. It perpetuates the defects which it engenders, according to circumstances, in several generations. These defects may be—the facts prove it—of a widely different nature, such as: general feebleness, dwarfed stature, rickets, epilepsy, idiocy, weakmindedness, nervousness, monstrosities." A Russian investigator, Rybakow, has recently published a work (*Archiv fur Rassen-und Gesellschafts-Biologie*, vol. 20) in which he shows that 92 per cent. of all alcoholics had drinkers among their nearest relatives. In only 21 per cent. was the hereditary influence due only to nervous and mental diseases in the parents.

## Growth and Development.

Prof. Hodge's experiments with the alcoholized dogs yielded significant testimony on this point. Examination of the brains of the still-born puppies of the alcoholized pair showed certain parts of the brain undeveloped, which in puppies of the normal pair, killed at birth, were more perfectly formed. (*Physiological Aspects of the Liquor Problem*, Vol. 1, page 374). Prof. Laitinen's experiments are particularly instructive on the hereditary influences of alcohol on growth and development. They were performed on a large number of animals, 600 rabbits and guinea pigs, and with very small doses of alcohol, equivalent to what an adult person would get from half a pint of three and a half per cent. beer a day. The young of the animals receiving this small quantity of alcohol averaged less in weight at birth, and grew less during the first one hundred days after birth, which was as long as the observations were continued.

## Society's Self-Defence.

Popular knowledge of the effects of alcohol is necessary to show that it is not only the right, but the duty of society to protect itself from the dangers caused by drink. Only those ignorant of these dangers oppose public efforts to use the most efficient means of abolishing the danger, legal prohibition of its sale and education of the people out of primeval customs.



## WHY ABSTAIN? WHY PROHIBIT?

Reasons that Should Be Placed in Every Home, School and Shop in the World



ABRAHAM LINCOLN.  
Copyright, 1896. S. S. McClure.

Whereas, the use of alcoholic liquors as a beverage is productive of pauperism, degradation and crime; and believing it is our duty to discourage that which produces more evil than good, we therefore, pledge ourselves to abstain from the use of intoxicating liquors as a beverage.  
ABRAHAM LINCOLN.

"Conclusive proof has been found that this pledge was not only signed and advocated by Mr. Lincoln but actually composed by him"—Dr. Louis Albert Banks in "Lincoln Legion." SIGN WITH LINCOLN.

ABRAHAM LINCOLN, Springfield 1853 "The most effectual remedy would be the passage of a law altogether abolishing the liquor traffic. There must be no more attempts to regulate the cancer; it must be eradicated."

Lincoln to J. B. Merwin, Apr. 14, 1865, morning before assassination.  
"After reconstruction, the next great question will be the overthrow of the liquor traffic."

PRESIDENT WM. H. TAFT, in an interview in The Defender N. Y., Aug. 1906, declared himself an abstainer and told young men it was the best plan; and in 1908, he turned his wine glass down and said it was 'going to stay down forever.' In his Yale Lectures he declared for local option:

"In this class of laws affecting the sale of liquors, legislators have devised a method of local referendum called Local Option, which has worked well because it is practical. It may be impossible by general referendum for the people at large understandingly to pass upon the various questions arising in the framing of complicated legislation and to reach a satisfactory result; but upon the simple issue whether saloons shall be prohibited in a particular community it is entirely easy for the local public to consider the issue and decide it."

RT. HON. JOHN BURNS, foremost of labor leaders: "My participation in many of the greatest labor movements of the present generation has enabled me to witness how drinking dissipates the social force, industrial energy and political strength of the people. Give up drink or give up hope of holding your place in the industrial world."

PRESIDENT C. W. ELIOT, of Harvard University, at Mass. No License Convention, 1908:

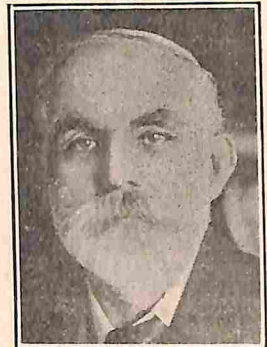
The recent progress of medical science, largely accomplished through animal experimentation, has satisfied me that even the moderate use of alcohol is objectionable, that the habitual use of alcohol in any form is lowering to the intellectual and nervous power.

As I have grown older and seen more, I have changed my view about license and no-license. It is physically and mentally and morally for the advantage of a population as a whole to go without alcoholic drinks, as a rule. The collective good, in excluding saloons from Cambridge, justified the abridgment of the individual liberty.

ANDREW CARNEGIE, in the "Empire of Business," said: "You are more likely to fail in your career from acquiring the habit of drinking liquor than from all other temptations likely to assail you."



PRESIDENT WM. H. TAFT.



RT. HON. JOHN BURNS



ANDREW CARNEGIE.



PRESIDENT C. W. ELIOT  
Copyright, Notman Studio.

## How a Missouri Jurist "Showed" the British Parliament

For several years Judge Jefferson W. Pollard, of St. Louis, Missouri, has followed a unique and original method of dealing with "drunks" brought before him. His method is to withhold sentence and release the accused on personal recognizance upon the pledge not to drink within a year's time, but, breaking the pledge, the offender is to come up for sentence if called upon so to do. According to temperance authorities, the plan of Judge Pollard has proved eminently successful; it has kept many poor unfortunate victims of the drink habit from doing time on the "rock pile" and has been the instrument in "showing" numbers of erring brothers the better way.

There are many who think the methods of Judge Pollard would accomplish good results if practically applied in other cities and sections. Even "Old England" has been impressed, and the method is now, by solemn enactment of Parliament, a part of the law of that country. The new English law gives magistrates power to release an offender on probation without first recording a conviction. It is the first act of Parliament in English history to give magistrates even the discretionary power of requiring an offender to abstain if he desired the benefits conferred by the act and to abstain if he desired to purge his offense.

Judge Pollard's actions are based upon judicial discretion under the law, and not the result of any State statute. England has

not only enacted a law embodying the Missouri judge's plan, but has gone farther, and, in addition to total abstinence, requires the probationer to keep away from saloons and questionable companionships. Probation officers are named to see that the pledges are kept, and to that end all probationers are required to report to these officers at stated intervals. If the probationer takes even one drink, he can be rearrested and sentenced for the original offense.

The act of Parliament provides as a condition of probation:

1. Total abstinence.
2. Abstention from association with undesirable companions and from frequenting undesirable places.
3. The probation officers, who are paid, must make periodical visits to the probationers and make reports to the magistrates.
4. The recording of the conviction is withheld.

A conviction under the British law is a debarnment to civil, military, and naval service of the country.

The enactment of the law, based upon the American judge's method of treating inebriates, was due to a discussion and explanation of the procedure by Judge Pollard himself while in Europe during the summer of 1906, supplemented by the efforts of the temperance organizations. Judge Pollard addressed public meetings in many of the larger cities of Europe, and personally explained his system to many members of Parliament who were interested in temperance reforms. The influence of Herbert Gladstone, the Home Secretary, was sought and

secured, while Walter East, the honorary secretary of the National Independent Temperance party, labored zealously to secure the enactment of the law.

English magistrates are very conservative as to new measures, and, above all, they are mostly averse to any innovation which imposes upon them any additional duties, as necessarily will the new law. But as the temperance folk of Europe are united in support of the measure, public opinion will be such as to secure the enforcement of the statute.

It is no mean compliment to the American jurist that his plan of dealing with an element which has long taxed the attention of statesmen of all countries has been adopted, by the Parliament of the mother country.

### Bang!

"My rubber," said Nat Goodwin, describing a Turkish bath that he once had in Mexico, "was a very strong man. He laid me on a slab and kneaded me and punched me and banged me in a most emphatic way. When it was over and I had gotten up, he came up behind me, before my sheet was adjusted, and gave me three resounding slaps on the back with the palm of his enormous hand.

"What the blazes are you doing gasped, staggering.

"No offence, sir," said the man, "it was only to let the office know that I was ready for the next bath. You see, sir, the bell's out of order in this office."

31 1907  
Bang



...will happen when the con- sideration of the Bill is resumed.

In one of the committee rooms of the House of Commons yesterday Mr. Leif Jones handed to Judge William Jefferson Pollard, of the Second District Police Court, City of St. Louis, Missouri, U.S.A., the following memorial, in the presence of several of the signatories :—

London, Nov. 9, 1906.

Sir,—We, the undersigned, members of the British House of Commons, have observed with both interest and pleasure your unique methods of dealing with the drunkards who come before your Court. The fact that, instead of inflicting a fine, you give an offender a chance of escaping the penalty for his offence by consenting to take the total abstinence pledge for a definite period, is to our mind one of the most interesting and hopeful experiments yet tried in connexion with the administration of the laws against drunkenness. The good results which have attended your efforts, and the high percentage of successful cases which you have obtained, shows that law can be made genuinely remedial as well as punitive, an object all good citizens must heartily desire. We sincerely congratulate you on the success which has attended your humane policy, and hope that many Courts, both here and in the States, may soon follow your example:—

LEIF JONES (President, U.K.A.)	V. H. RUTHERFORD
CHARLES H. ROBERTS	GEOFFREY HOWARD
THOS. R. FERENS	G. NICHOLLS
DONALD MACLEAN	G. BARNES
D. J. SHACKLETON	W. HUDSON
F. MADDISON	J. HERBERT ROBERTS
T. W. WILSON	ARTHUR HENDERSON
WILL CROOKS	WILLIAM REDMOND
J. ALLEN BAKER	THOMAS H. SLOAN
	ROBT. CAMERON.

*From The Times*  
*London, England*  
*Nov 10 1906*  
When the Plural Voting Bill comes before the House of Commons for third reading, Sir Henry Kimber intends to move an amendment leading to pass a measure having for its sole object the prohibition and curbing of a large class of his Majesty's subjects in the exercise of admitted rights and franchises without consideration being given to the whole subject of electoral franchise, without any relief from the known gross anomalies involved in the present misrepresentation of the people in this House."

