BEER AND THE BODY.

TESTIMONY OF PHYSICIANS AGAINST THIS GREAT EVIL

FROM THE

TOLEDO BLADE.

SURGEON GEN'LS OFFICE
204
LIBRARY

NEW YORK:
THE NATIONAL TEMPERANCE SOCIETY AND PUBLICATION HOUSE
58 READE STREET.
1884.

National Temperance Society.

MARK HOPKINS, D.D., *President.* | WM. D. PORTER, *Treasurer.* | J. N. STEARNS, *Cor. Sec. and Pub. Agent.*

THE NATIONAL TEMPERANCE SOCIETY, organized in 1865 for the purpose of supplying a sound and able temperance literature, have already stereotyped and published over one thousand publications of all sorts and sizes, from the one-page tract up to the bound volume of 1,000 pages. This list comprises books, tracts, and pamphlets, containing essays, stories, sermons, argument, statistics, history, etc., upon every phase of the question. Special attention has been given to the department

FOR SUNDAY-SCHOOL LIBRARIES.

One hundred and nineteen volumes have already been issued, written by some of the best authors in the land. These have been carefully examined and approved by the Publication Committee of the Society, representing the various religious denominations and temperance organizations of the country, which consists of the following members:

PETER CARTER,
REV. W. T. SABINE,
A. A. ROBBINS,
REV. HALSEY MOORE,
REV. A. G. LAWSON,
T. A. BROUWER,
D. C. EDDY, D.D.,
J. B. DUNN, D.D.
REV. ALFRED TAYLOR,
A. D. VAIL, D.D.,
R. R. SINCLAIR,
JAMES BLACK,
J. N. STEARNS.

The volumes have been cordially recommended by leading clergymen of all denominations and by numerous Ecclesiastical bodies and Temperance Organizations all over the land. They should be in every Sunday-school Library. The following is a list of some of the latest and the best issued:

Profit and Loss. By Mary D. Chellis. 12mo, 387 pages..... 1 25
Congressman Stanley's Fate. By Harriet A. Harp. 12mo, 403 pages..... 1 25
How Billy Went Up in the World. By Annette L. Noble. 12mo, 396 pages..... 1 25
Competitive Workmen. By Faye Huntington. 12mo, 272 pages..... 1 00
Hannah: One of the Strong Women. By Mrs. I. McNair Wright. 12mo, 290 pages..... 1 00
Golden Threads. By Ernest Gilmore. 12mo, 265 pages..... 1 00
Effie Raymond's Life-Work, and Other Stories. By Jeannie Bell. 12mo, 270 pages..... 1 00
Save the Boys. By Miss M. E. Winslow. 12mo, 379 pages..... 1 25
Sunset on Mount Blanc. By Mrs. M. F. Martin. 12mo, 456 pages..... $1 50
Mabel's Work. By Mrs. S. M. I. Henry. 12mo, 468 pages..... 1 50
Voice of the Home (The). By Mrs. S. M. I. Henry. 12mo, 405 pages..... 1 25
Her Inheritance. By Laurie Loring. 12mo, 352 pages..... 1 25
Lost Estate (The). By Mrs. J. P. Ballard. 12mo, 218 pages.. 1 00
Rex Ringgold's School. By Rev. Pliny Steele Boyd. 12mo, 399 pages..... 1 25
Prince of Good Fellows (The). By Margaret E. Wilmer. 12mo, 367 pages..... 1 25
Secret of Victory. By Miss M. E. Winslow. 12mo, 170 pages. 75
Little Blue Jacket. By M. A. Paull. 12mo, 212 pages..... 75
Our Homes. By Mary Dwinell Chellis. 12mo, 426 pages..... 1 50
Rose Clifton. By Mrs. E. J. Richmond. 12mo, 426 pages..... 1 50
Over the Way. By Mrs. H. J. Moore. 12mo, 213 pages..... 1 00
White Hands and White Hearts. By Ernest Gilmore. 12mo, 278 pages..... 1 00
Amid the Shadows. By Mrs. M. F. Martin. 12mo, 412 pages. 1 25
Sought and Saved. By Miss M. A. Paull. 12mo, 396 pages.. 1 25
Consecrated. By Ernest Gilmore. 12mo, 434 pages..... 1 50

Address **J. N. STEARNS, Publishing Agent,**
58 Reade Street, New York City.

"BEER AND THE BODY."

THE National Temperance Society has just published in pamphlet form with the above title the very remarkable medical testimony against beer called forth by the Toledo *Blade* from distinguished physicians. It shows beer-drinking to be a most prolific source of drunkenness, disease—especially of kidney and liver diseases—and of premature death. It is demonstrated that beer is even more deleterious than whiskey and the stronger liquors as a cause of incurable physical disease and of mortality, and that beer patients beyond all others are prone to succumb to surgical operations. It is a striking and powerful arraignment of beer and beer-makers. It is one of the most valuable pamphlets ever published by the Society, and ought to be very widely circulated. 12mo, 24 pages. Price 5 cents; $4 per 100.

Address J. N. STEARNS, Publishing Agent, 58 Reade Street, New York.

SURGEON GEN'L'S OFFICE
LIBRARY.

BEER AND THE BODY.

Terrible Testimony of Physicians Against this Monstrous Evil of the Day.

[Reprinted from the Toledo *Blade*.]

THE alarming growth of the use of beer among our people, and especially the spreading delusion among many who consider themselves temperate and sober, that the encouragement of beer-drinking is an effective way of promoting the cause of temperance, and of aiding to stamp out the demon Rum, impelled the *Blade* to send a representative out to a number of the leading physicians of Toledo, to obtain their opinions as to the real damage which indulgence in an appetite for malt liquors does the victim of that form of intemperance, and the dangers which threaten the whole community from a lack of restraint upon this terrible devastator of our people's lives and health, intellect and bodily vigor, it being indeed a pestilence which literally stalks at noonday throughout the land, wherever the poison-breeding breweries are allowed to distribute their broth of degradation and debasement through the community.

Every one is not only a gentleman of the highest personal character, but is a physician whose professional abilities have been severely tested and have received the stamp of the highest endorsement by the public and their professional brethren. Abler and more skilful physicians are not to be found anywhere. Each has also practiced for many years in Toledo—the shortest

time for any one of them being more than twelve years —and this practice has been of a kind to make them accurately acquainted with the matters of which they speak.

The indictment they with one accord present against beer-drinking is simply terrible. It is a curse for which there is no mitigation. The fearful devil-fish crushing a fisherman in its long winding arms, and sucking his life-blood from his mangled body and limbs, is not so frightful an assailant as this deadly but insidious enemy which fastens itself upon its victim, and daily becomes more and more the wretched man's master, clogging up his liver, rotting his kidneys, decaying his heart and arteries, stupefying and starving his brain, choking his lungs and bronchia, loading his body down with dropsical fluids and unwholesome fat, fastening upon him rheumatism, erysipelas, and all manner of painful and disgusting diseases, and finally dragging him down to the grave at a time when other men are in their prime of mental and bodily vigor. But we can not hope to tell the story so well as the physicians themselves, who speak out of the fullness of a rich experience. Here are their statements:

Dr. S. H. Burgen, a practitioner for over thirty-five years, twenty-eight of which have been in Toledo, says: "I think beer kills quicker than any other kind of liquor. My attention was first called to the insidious effects of beer-drinking years ago, when I began examining for a life insurance company. I passed as unusually good risks five Germans—young business men—who seemed to be in the best of health, and to have superb constitutions. In a few years I was amazed to see the whole five drop off, one after another, with what ought to have been mild and easily curable attacks of diseases. On comparing my experience with that of other physicians I found that they were all having similar luck with con-

firmed beer-drinkers, and the incidents of my practice since then have heaped up confirmation upon confirmation. The first organ to be attacked is the kidneys; the liver soon sympathizes with them, and then comes, most frequently, dropsy or Bright's disease, both of which are certain to end fatally. Any physician who cares to take the time will tell you that among the dreadful results of habitual beer-drinking are lock-jaw and erysipelas, and that the beer-drinker seems incapable of recovering from the effects of mild disorders and injuries not usually regarded as of a grave character. Pneumonia, pleurisy, fevers, etc., seem to have a first mortgage on him, which they foreclose remorselessly at an early opportunity. The beer-drinker is much worse off than the whisky-drinker. The whisky-drinker seems to have more elasticity and reserve power. A whisky-drinker will even have delirium tremens and tear everything around him to pieces, but after the fit is gone you will sometimes find good material to work upon, and good management may bring him around all right. But when a beer-drinker gets into trouble it seems almost as if you have to re-create the man before you can hope to do anything for him. I have talked this for years, and have already had an abundance of living and dead instances around me to support my opinions."

Dr. S. S. Thorn, a physician of an experience embracing a period of service in the army as well as some twenty years' practice in Toledo, said: "Adulterants are not the important thing in my estimation—it is the beer itself. It stupefies and retards his intellection, because it is a narcotic, and cumulative in its effects. For instance, mercurials are cumulative. They gather in the system. A dose of 1-16th or 1-32d of a grain would have no appreciable effect upon the system; but a number of these small doses administered consecutively would soon produce salivation and other destructive

results. So beer accumulates and gathers certain pernicious agencies in the system, until they become very destructive. Every man who drinks beer in any quantity soon begins to load himself with soft, unhealthy fat. This is bad, because it is the result of interference with the natural elimination of deleterious substances. No man, no matter what his constitution, can go on long with his system full of the morbid and dead matter which the kidneys and liver are intended to work off. If you could drop into a little circle of doctors, when they are having a quiet, professional chat over matters and people in the range of their experience, you will hear enough in a few minutes to terrify you as to the work of beer. One will say, 'What's become of So-and-so? I haven't seen him around lately.' 'Oh, he's dead.' 'Dead! What was the matter?' 'Beer.' Another will say, 'I've just come from Blank's. I'm afraid it's about my last call on him, poor fellow.' 'What's the trouble?' 'Oh, he's been a regular beer-drinker for years.' A third will remark how —— has just gone out like a candle in a draft of wind. 'Beer' is the reason given. And so on, until the half-dozen physicians have mentioned perhaps fifty recent cases where apparently strong, hearty men, at a time of life when they should be in their prime, have suddenly dropped into the grave. To say they are habitual beer-drinkers is a sufficient explanation to any physician. He never asks anything further as to causes. The first effect on the liver is to congest and enlarge it. Then follows a low grade of inflammation and subsequent contraction of the capsules, with the effect of producing what is known in the profession as 'hob-nailed liver,' or 'drunkard's liver.' The surface of the organ becomes covered with little lumps that look like nail-heads on the soles of shoes. This condition develops dropsy. The congestion of the liver clogs up all the springs of the body, and makes all sorts of mental and physical exertion as difficult and labored as it would be to run a clock, the wheels of which were covered with dirt and gum. The life insurance companies make a business of estimating men's lives, and can only make money by making correct estimates of whatever influences life. Here is the table that they use in calculating how long a normal, healthy man will probably live after a given age:

Age.	*Expectation.*
20 years,	41.5 years.
30 "	34.4 "
40 "	28.3 "
50 "	20.2 "
60 "	13.8 "
65 "	11. "

" Now they expect that a man otherwise healthy, who is addicted to beer-drinking, will have his life shortened from 40 to 60 per cent. For instance, if he is 20 years old and does not drink beer he may reasonably expect to reach the age of 61. If he is a beer-drinker he will probably not live to be over 35, and so on. If he is 30 years old when he begins to drink beer he will probably drop off somewhere between 40 and 45, instead of living to 64, as he should. There is no sentiment, prejudice, or assertion about these figures. They are simply cold-blooded business facts, derived from experience, and the companies invest their money upon them, just the same as a man pays so many dollars for so many feet of ground or bushels of wheat. All beer-drinkers have rheumatism, more or less, and no beer-drinker can recover from rheumatism as long as he drinks beer. You will notice how a beer-drinker walks about stiff on his heels, without any of the natural elasticity and spring from the toes and the ball of the foot that a healthy man should have. That is because the beer has the effect of increasing the lithia deposits—'chalk-stones' they are sometimes called—about the smaller joints, which cause articular rheumatism. Beer-drinkers are absolutely the most dangerous class of subjects that a surgeon can operate upon. Every surgeon dreads to have anything to do with them. They do not recover from the simplest hurts without a great deal of trouble and danger. Insignificant scratches and cuts are liable to develop a long train of dangerous troubles. The choking up of the sewers and absorbents of the body brings about blood-poisoning and malignant running sores, and sometimes delirium tremens result from a small hurt. It is very dangerous for a beer-drinker to even cut his finger. No wound ever heals by 'first intention,' as it does upon a healthy man, but takes a long course of suppuration, sometimes with very offensive discharges, and all sorts of complications are liable. All surgeons hesitate to perform operations on a beer-

drinker, that they would undertake with the greatest confidence on any one else. I have told you the frozen truth—cold, calm, scientific facts, such as the profession everywhere recognizes as absolute truths. I do not regard beer-drinking as safe for any one. It is a dangerous, aggressive evil that no one can tamper with, with any safety to himself. There is only one safe course, and that is to let it alone entirely."

Dr. M. H. Parmalee, physician and surgeon of twelve years' practice in Toledo, says: "The majority of saloon-keepers die from dropsy, arising from liver and kidney diseases, which are induced by their beer-drinking. My experience has been that saloon-keepers and the men working about breweries are very liable to these diseases. When one of these apparently stalwart, beery fellows is attacked by a disorder that would not be regarded as at all dangerous in a person of ordinary constitution, or even a delicate, weakly child or woman, he is liable to drop off like an over-ripe apple from a tree. You are never sure of him for a minute. He may not be dangerously sick to-day, and to-morrow be in his shroud. All physicians think about alike on this subject, as their observations all lead them to similar conclusions. It is a matter so plain that there is hardly room for any other opinion. The most of them are like myself in another thing: I have come to dread being called upon to take charge of a case of sickness in a man who is an habitual beer-drinker. Experience has taught me that in such persons it is impossible to predict the outcome. The form of Bright's disease known as the swollen or large white kidney, is much more frequent among beer-drinkers than any other class of people, and also that its prevalence seems to have kept pretty fair pace with the rapid increase in the consumption of beer in this country."

Dr. W. T. Ridenour served during the war as Surgeon of the 12th Ohio Infantry, was Medical Inspector of the Department of West Virginia, has resided in Toledo for fourteen years, has served some years as Health Officer of the city, and has been Lecturer on Physiology in the Toledo Medical Schools for three years. The following is his testimony:

"The first effect of the habitual use of beer is upon

the stomach, merely a physical one, and is to greatly distend it. In making a post-mortem examination a physician instantly recognizes a beer-drinker's stomach by its greatly increased dimensions. The liver is the great laboratory, the great workshop of the body. Any derangement of it means the immediate derangement of all the rest of the vital machinery. There can be no health anywhere when the liver is out of order. Beer-drinking overloads it and clogs it up, producing congestion. The liver is composed of a number of little cells united together into what are called lobules. When the beer-drinker begins to overload his liver, the first effort of nature is to enlarge it to do the extra work it is called upon to do. But this enlargement is mainly in the interstitial tissue, the tissue connecting the cells and lobules, which keeps on growing until the cells themselves are diminished in size by pressure, and less fitted for their office. This deranges and permanently cripples the organ. One of the functions of the liver is to separate from the blood excrementitious and effete substances that should be thrown off through the kidneys in the urine. Naturally, when the working capacity of the liver is crippled, this function of preparing the excrementitious matters for elimination by the kidneys is interfered with, the salts—urea and the urates—are imperfectly elaborated, and much of them is thrown into the blood and kidneys as uric acid, which is comparatively insoluble and very irritating to those organs, and produces a long train of harmful sequelæ. Later the kidneys are assailed. I have no doubt that the rapid spread of that terrible ailment—Bright's disease of the kidneys—is largely due to the great development of the beer-drinking habit in this country. I have always believed that Bayard Taylor fell a victim to the German beer that he praised so highly. He died of Bright's disease at fifty, when he was comparatively young, and should have lived, with his constitution, to a green old age. He did not want to die, either. He was full of ambition, and had much work that he was eager to do before he passed away. But he went, just as habitual beer-drinkers are going all the time, and everywhere. My first patient was a saloon-keeper on Cherry Street, as fine a looking man physically as I had ever seen—tall, well-built, about thirty-five years old, with clear

eyes, florid complexion, and muscles well developed. He had an attack of pneumonia in the lower lobe of the right lung. It was a simple, well-defined case attack, which I regarded very hopefully. Doctors are confident of saving nineteen out of twenty of such cases. They will, in fact, usually cure themselves in a little while, if left alone, as the disease is regarded as a self-limited one with tendency to recovery. I told my partner—Dr. Trembly—so, when we spoke of it in the evening, to my surprise he said quietly, 'He'll die.' I asked what made him think so. 'He's a beer-drinker,' answered Trembly, and he persisted in predicting a fatal termination for the case in spite of all my assertions to the contrary. My confidence seemed justified when my patient began to recover from the attack on the lower lobe. Suddenly I discovered that the disease had lighted up in the middle lobe. This did not go through the various stages of the disease toward convalescence, but passed into the third stage of pneumonia-suppuration; then the upper lobe became involved, and finally it crossed over and attacked the other lung, and my patient succumbed. Beer-drinkers are peculiarly liable to die of pneumonia. Their vital power, their power of resistance, their *vis medicatrix naturæ* is so lowered by their habits that they are liable to drop off from any acute disease, such as fevers, pneumonia, etc. As a rule, when a confirmed beer-drinker takes pneumonia he dies. They make bad patients. Beer-drinking produces rheumatism by producing chronic congestion and ultimately degeneration of the liver, thus interfering with its functions, among others its metabolic function, by which the food is elaborated and fitted for the sustenance of the body, and by which function the refuse materials resulting from the nutrition and action of the tissues of the body are oxidized and made soluble for elimination by the kidneys as before stated, thus forcing the retention in the body of the excrementitious and dead matters I have spoken of. The presence of uric acid and other insoluble effete matters in the blood and tissues is one of the main causes of rheumatism, and I have shown how beer-drinking retains it in the system."

Dr. J. H. Curry, whose specialty is diseases of the eye and ear, and who is a successful practitioner of many years' standing, declined to discuss the general

physiological effects of beer and other intoxicants. "I can't say that I know any strictly beer-drinkers. No matter what they have begun upon, all the drinkers that I know now drink whisky about as regularly as they do beer, and also wine, when they can afford it. They have all progressed pretty rapidly from beer to something stronger, which they alternate with beer. A man can go on a spree once a year, or once in six months or so, without doing himself any material injury, but a man who drinks what he calls 'moderately' every day, lowers his vital powers very much by the practice. This is universally conceded by the profession. He is especially unable to stand any shock or strain to his system, and breaks down under what would not seriously affect non-drinkers. The habitual 'moderate' drinker *saturates* his system, injures his bodily fibre, and loads it up with noxious matters that are very injurious. The fact of a man being an habitual drinker is always regarded as a very bad factor by every physician and surgeon in making a prognosis of his case. Medical men dread having such for patients. Oculists have to contend with a disease that has been named 'amblyopia potatorum,' or 'drunkard's blindness,' which usually manifests itself as an atrophy of the optic nerve, a wasting away for want of nourishment. When this proceeds to a certain stage in the optic nerve, the result is total and incurable blindness. Sœlberg Wells, one of the first authorities on eye diseases, says on Amblyopia Potatorum: 'This toxic effect may be especially produced by alcohol, tobacco, lead, and quinine. The amblyopia met with in drunkards (*Amblyopia Potatorum*) generally commences with the appearance of a mist or cloud before the eyes, which more or less surrounds and shrouds the object, rendering it hazy and indistinct. In some cases the impairment of vision becomes very considerable, so that only the largest of print can be deciphered; but if progressive amblyopia sets in, the sight may be completely lost.' 'Stellwagen on the Eye,' another author of the highest repute among physicians, says: 'By the complete giving up of alcoholics the disease may be brought to a standstill, and often cured. Of this we are certain, that amblyopia is observed in an extremely large percentage of habitual drinkers.' 'Noyes on the Eye,' the latest publication in this spe-

ciality, says: 'In alcoholic amblyopia we usually find a dull red nerve, with swollen veins, rather hazy borders, and torpid circulation. Atrophy may subsequently ensue.'

Dr. S. S. Lungren, one of the leading homœopathic physicians and surgeons in the country, has been practicing in Toledo for nearly a quarter of a century. "It is difficult to find any part of a confirmed beer-drinker's machinery that is doing its work as it should. This is the reason why their life-cords snap off like glass rods when disease or accident gives them a little blow. Beer-drinking shortens life. That is not a mere opinion, however. It is a well-settled, recognized fact. Physicians and insurance companies accept this as unquestioningly as they do any other undisputed fact of science. The great English physicians decide that the heart's action is increased 13 per cent. in its efforts to throw off an alcoholic stimulant introduced into the circulation. The result of this is easily figured out. The natural pulse-beat is say 76 per minute. If we multiply this by 60, for the number of minutes in an hour, and by 24 for the hours in a day, and add 13 per cent. to the sum total, we will find that the heart has been compelled to do an extra work during that time in throwing off the burden of a few drinks (4.8-10ths ozs. of alcohol) equal to 15½ tons lifted one foot high. The alcohol in the beer causes a dilation of the superficial blood-vessels, as it does of all of them, in fact. This gives the ruddy look. But it is really an unhealthy congestion there and everywhere. Everywhere—heart, brain, stomach, lungs, liver, kidneys—it breaks down, weakens, enfeebles, invites attacks of disease, and makes recovery from any attack or injury precarious and difficult. The brain and its membranes suffer severely, and after irritation and inflammation come the well-known dullness and stupidity. There is no question in my mind that many brain diseases and many cases of insanity are produced by excessive beer-drinking. But it is everywhere the same, everywhere it is degeneration; and this ruinous work is not confined to the notorious drinkers, but every one must suffer just in proportion to the amount he or she drinks. No man who drinks much beer is the physical and mental equal of one who abstains. He diminishes his present powers, shortens his life, and wrecks himself by his indulgence in it."

Dr. J. T. Woods, three years in the United States service as surgeon in charge of important brigade and division hospitals, five years professor of physiology in the Cleveland Medical College, now chief surgeon of the Wabash system of railroads, has practiced in Toledo sixteen years. He says: "I have never had reason to think that any beneficial results came from the use of beer as a common drink, but on the contrary regard it as slowly, but positively detrimental to the system. Its indiscriminate use as a beverage produces the most damaging effects as other drugs would do. I can conceive of no greater fallacy than that any active medicine can even in small quantities be used with impunity. It does not follow because we can not measure results that there are none. That beer is foreign to nature's demands is plainly evident. The whole organism at once sets about its removal. Every channel through which it can be got rid of is brought into active play and does not cease its efforts until the last trace is gone. The reaching of a certain end depends only on the frequency of the repetitions. The whole is made up of the parts; each and every drink counts one. These *ones* added together make the wreck, and to secure this result it is only necessary to make the single numbers sufficient. I do not see how to excuse any one from its effects. In short, each leaves its footprint in one way or another, and the idea that because you stop before you stagger, the system takes no note of the damaging material you put into it, is a ruinous delusion. The condition of the habitual drinker is considered as an unnatural one, a portion of his diet having been such that vital organs are more or less impaired, the nervous system in a peculiarly unreliable condition, blood deranged in quality, and the reparative power below what it would naturally be. Treatment before and after any severe operative procedure is conducted with especial view to this unnatural or fictitious life, experience having long since taught this fact in the face of all contrary theory. That confirmed beer-drinkers are especially unpromising patients on whom to perform surgical operations, I am sure all practical surgeons will agree. There can be no question about it."

Dr. C. A. Kirkley, in constant practice in Toledo for fifteen years, says: "I do not believe that the healthy

organism needs an artificial prop to sustain it. Depression below the standard of health always follows, just in proportion as the system is stimulated above that standard, and its effect upon nutrition, upon the nervous system, and upon the circulation must therefore be injurious. The organs directly affected are the stomach, liver, kidneys, heart, and brain. Stimulants are so quickly absorbed that their action is perhaps especially exercised upon, first, the vascular system, then the nervous system, and then upon the nutrition. What is called the portal vein conveys the stimulants through the liver, after it is absorbed, the function and structure of which is liable to suffer. This is also true of the kidneys, which naturally eliminate such extraneous matters. As is well known, there is no more fruitful source of Bright's disease. The heart and blood-vessels are excited at first, then their tone is impaired, and then digestion and nutrition become impaired. The nervous system is of course especially liable to disorder. Every physician is familiar with cases in which nervous 'wear and tear' in an active life has been kept up by stimulants without apparent loss of power for years; bodily and mental vigor, however, suddenly fail, mental exertion produces fatigue, there is depression, loss of appetite, enfeebled digestion, and all the symptoms consequent upon this condition. The individual has believed that he could keep up his strength for a longer time with the assistance of stimulants; he has been constantly overtaxed, but his delusion is to the contrary. The repeated application of the stimulus that the over-exertion might be prolonged has really expended the powers of the nervous system and prepared him for more complete prostration later in life. The temporary advantage gained was purchased at a great cost. The greater the expenditure of nervous power by the use of stimulants, the more complete the exhaustion. The tired brain, from habitual overwork, may feel the consequences less speedily when kept up by artificial stimulation to extraordinary activity, and the stomach may perhaps be less susceptible to the loss of its natural energy; but when the crisis comes there is poor repair of nervous matter, the nutritive powers are depressed, and the health slowly restored, if at all. On the other hand, the man who has abstained from the use of alco-

holic beverages, having over-taxed his nervous system, only needs a short period of rest and change for the renovation of his system and the recovery of mental and bodily vigor. My experience is that sickness is always more complicated—more fatal—in beer-drinkers, and that serious accidents are usually fatal with them. The rate of mortality among life-policy holders is much lower than among the average population, owing to the fact that those of intemperate habits are rejected. The effect of alcoholic and malt liquors in producing disease and predisposing to it is perhaps greatest in tropical countries. As a general rule, the more unhealthy the locality the more do the inhabitants indulge in stimulants, either from the mistaken notion that they can better withstand the effects of the climate, or a disposition to make their short life a jolly one. Under its influence the mental powers are even more inactive than the physical. There is hardly a single cause that operates more powerfully in the production of insanity, and not only that, but it excites the action of other causes that may be present. Plutarch says that 'one drunkard begets another,' and Aristotle says that 'Drunken women bring forth children like unto themselves.' A report was made to the Legislature of Massachussets some years ago—I think by a Dr. Howe—on Idiocy. He had learned the habits of the parents of 300 idiots, and 145, nearly *half*, are reported as known to be habitual drunkards, thus showing the enfeebled constitution of the children of drunkards. I have in mind an instance where three children were born to the mother, begotten when the father was intoxicated, and all died within eight months of their birth. They should have recovered, and would have recovered had they not had the relaxed and enfeebled constitution inherited from their intemperate father. Instances are recorded where both parents were intoxicated at the time of conception, and the result was an idiot. There is not a doubt but that inebriety not only makes more destructive whatever taint may exist, but impairs the health and natural vigor for remote generations. I believe that forty-nine out of fifty diseases of chronic Bright's disease are directly produced by it. I have never met with a case in which the patient has not been intemperate to a greater or less degree. The propor-

tion may be too high, but that is certainly my experience. Mr. Christison, a celebrated author, states that three-fourths to four-fifths of the cases met with in Edinburgh were in habitual drunkenness."

Dr. W. C. Chapman served during the war as a surgeon in the Army of the Potomac, and since then has practiced in Toledo. He is Professor of Materia Medica and Therapeutics in the Northwestern Ohio Medical College. He says: "Alcohol is a cerebral sedative, that is, an agent which, having first stimulated the brain and nervous system to an abnormal degree, causes sedation, an exactly opposite condition. It matters not in what form the alcohol is taken, whether as whisky, brandy, wine, or beer, this physiological effect is always shown as the principal one. There are other results from its use, which, although perfectly well established and understood by the physiologist, remain unknown to the drinker, as the condensation of albumen, congestion of the stomach and liver, thus impairing digestion, and even causing structural changes in the various organs themselves; causing enlargements, followed by contractions of the liver, fatty degeneration of the blood, the blood-vessels, heart, and kidneys, and the brain itself may be similarly affected. Of course small doses, not frequently repeated, do not bring about all these results; but sooner or later, if drinking to moderation becomes a habit, many of these results will become apparent. I certainly do consider beer as harmful as the ardent spirits, if not more so. I can not see how any one can drink from ten to twenty glasses of beer a day, an amount quite low for a beer-drinker, without producing pathological conditions fully as grave as those found in one who constantly drinks his brandy or whisky. I know that some good men consider beer is a food, and even alcohol, but I can not so look at it. The fact is, that after very many experiments, it is supposed that about one and a half ounces of alcohol will be retained during twenty-four hours in the system, and that more than that will be excreted. Therefore within that limit alcohol acts as a food. Making allowance for errors in collecting all the excreta during twenty-four or forty-eight hours, what a narrow limit do we find for its use as food. Hence, by the drinking of one and a half ounces of alcohol as much nourishment would be obtained as

from three cents' worth of sugar candy. And even the most enthusiastic of its supporters as food say that no matter how much is taken during twenty-four hours only one and a half ounces is retained, and more than that is injurious. Just look at it. Pure beer is 91 per cent. water, 5 per cent. alcohol, and 4 per cent. of malt extract, adulterations, hops, etc. Not as much nutrition in ten pints of beer as in one slice of bread and butter."

Dr. G. A. Collamore, in practice about twenty-five years, and formerly Division Surgeon of the Third Division, Twenty-second Army Corps, said :

"Beer contains from 3 to 5 per cent. of alcohol, and produces the well-known effects of that substance on the vital organs, especially the brain, stomach, liver, kidneys, and blood.

"The brain is kept in a hyperemic or congested condition, which prevents normal cerebration or the accurate use of the mental faculties.

"The stomach becomes catarrhal, inactive, and finally dilated.

"The liver is overburdened in disposing of the excess of hydro-carbon, is first congested, then contracted or cirrhotic, which condition partially stops the free circulation of blood through it and leads to abdominal dropsy.

"The kidneys are overworked to get rid of the superfluous water, and become first enlarged and then contracted (Bright's disease), a state of things which results in enlargement of the heart (hypertrophy), derangement of the circulation, and eventually general dropsy.

"The lungs have an extra amount of labor thrown upon them in burning up (or oxidizing) the alcohol, and are in a favorable condition for attacks of congestion, inflammation or edema (dropsy), which are very liable to prove fatal.

"Every physician or surgeon will testify that, other things being equal, the beer-soaker has a much smaller chance of recovery, if overtaken by serious illness, accident, or the necessity of surgical interference, than the one who abstains. In this one particular effect beer is, in my judgment, more injurious than more concentrated forms of alcohol, which tend rather to local disorders."

Dr. Andrew McFarland writes thus: "It is your stout old hero, who goes to bed every night with liquor enough under his belt to fuddle the brains of a half-dozen ordinary men, and yet lives out his threescore years and ten, that will be found at the head of the stock that pour into the world, generation after generation, such a crop of lunatics, epileptics, eccentrics, and inebriates as we often see. The impunity with which one so constituted will violate all physical law gets its set-off in a succeeding generation, when the great harvest begins. That 'the iniquities of the fathers are visited upon the children'; that 'the fathers have eaten sour grapes, and the children's teeth have been set on edge,' are truths that no Scripture is needed to teach; in other words, he who sins through physical excess does not do half the harm to himself that he does to the inheritors of his blood. The penalty must be paid as surely as there is a seed-time and a harvest."

The President of the Connecticut Mutual Life Insurance Company, one of the oldest in the country, has for years been investigating the relation of beer-drinking to longevity. His object was that he might solve the problem whether beer promotes vitality or otherwise; in other words, to know whether beer-drinkers are desirable risks to a life insurance company. We give his conclusions. He declared, as the result of a series of observations carried on among a selected group of persons who were habitual drinkers of beer, that although for two or three years there was nothing remarkable, yet presently death began to strike, and then the mortality became astounding and uniform in its manifestations. There was no mistaking it; the history was almost invariable; robust, apparent health, full muscles, a fair outside, increasing weight, florid faces; then a touch of cold, or a sniff of malaria, and instantly some acute disease, with almost invariable typhoid symptoms, was in violent action, and ten days or less ended it.

It was as if the system had been kept fair on the outside, while within it was eaten to a shell; and at the first touch of disease there was utter collapse; every fibre was poisoned and weak. And this, in its main features, varying in degree, has been his observation in beer-drinking everywhere. It is peculiarly deceptive at first; it is thoroughly destructive at the last.

THE LETTER OF AN INDIGNANT BREWER AND AN ANSWER THERETO.

THE BREWER TO THE BLADE.

MILWAUKEE, WIS., Jan. 29, 1884.

To the Editor of the Toledo Blade.

I protest against your indiscriminate denunciation of the trade in liquors, more especially of those engaged in brewing. Brewing is as legitimate a business as any other, and is conducted upon precisely the same principles. There is a demand for beer, and we, the brewers, supply it. There are, of course, good men in the business and bad men. I have been in the business twenty years, and consider myself doing just as legitimate work as though I was selling flour or boots and shoes. No one need drink whisky or beer unless he wants to, any more than he is compelled to eat bread, against his will. This is a free country, but you and those like you would make us worse than slaves by dictating to the people what they shall eat and drink. My business is just as legitimate as yours.

A BREWER.

THE BLADE TO THE BREWER.

You are not the only brewer who has written us in this strain. Every brewer holds his business to be legitimate, and they all base the claim upon the assertion that a man may drink alcoholic stimulants or let them alone, as he elects, and that if any harm grows out of the traffic the fault lies with the consumer and not with the producer.

There never was a statement so utterly foundationless. You know that, as the business is now conducted, you are not uttering truth. Twenty years ago it would have been partly true, but not now. Twenty years ago the brewing of beer was in its infancy, and the beer-shop existed only where there was a demand for beer. It was then a passive nuisance, not an aggressive evil. The snake was then lying quietly waiting for

people to come to be bitten. It was not skirmishing around searching for people to bite.

But when the enormous profits of brewing came to be known, when men hungering for money saw there was a net profit of from $1 to $2 on every barrel sold, capital and business capacity were put into it and the style of conducting the business was changed entirely.

When you went into the business you did not wait for a demand for your stuff, but you set about *creating* a demand. And you went about your work cleverly. You established beer shops where there had never been a call for them, and you proceeded with an ingenuity that was devilish, and a persistency that was infernal, to *make* customers for your product. You laid traps for the people. You took houses and rooms everywhere, and put into them men fitted by nature for the business, and made it to their profit to entice men and boys into your places to be taught to drink beer. The number whose stomachs were already trained to the liquid were altogether too few for your purpose, and you began a regular systematic recruiting of the ranks of drunkards, which you have faithfully followed ever since, your success in this nefarious trade increasing with the money you make by it.

You understood enough of the make-up of the human system to know that when a boy was once accustomed to drink, a stoppage was almost impossible, and that when his stomach was once sufficiently inflamed he would go on so long as he had energy enough to earn the price of a glass and the strength to lift it to his lips, giving you a mortgage upon him till the certain end came to him.

Basing your business upon this physical law, you used every device that cupidity could suggest to entice men and boys into your places. You encouraged the playing of games, the stakes being always beer, to the end that winner and loser should both drink, whether they wanted to or not. You encouraged the pernicious system of treating, that the man who came in intending to take one glass should take a dozen, provided enough of his friends were present, and you went so far as to set upon your counters free lunches, always of material that was thirst-provoking, and prepared solely to keep the infernal stream running.

In short, instead of nursing an evil which people might come to, you have gone out to thrust it upon them. There being a profit so enormous on beer you have lain awake nights to devise ways and means to sell the largest amount of it possible.

Yours is the cunningest scheme ever invented for the making of money. The youth once initiated into the habit is its bond-slave forever, unless saved by a miracle. You can count your gains with a certainty by estimating the earnings of your customers. All you want to gain wealth is to have customers enough, and your principal business is to make customers. Once made, you need never look after them. They are as certain to come to you as the sun is to rise, and you and your guild are just as busy making customers as you are making the beer to supply them.

Don't try to escape the responsibility of this systematic drunkard-making by claiming that it is the work of the beer-seller and not the beer-maker. That won't do. You own the fixtures in these saloons, you selected the fellow who stands behind the bar, and if he does not sell so much beer each day the place is taken from him. You have scores of such places in Milwaukee. You have established them in the same way all over the country, and you are looking for more. You not only splotched your own city all over with these hell-holes, but you went out into the towns and villages of your own and other States to establish them. Wherever a beer shop was not you planted one, each one a missionary of the devil. It is a part of the contract by which the poor devil holds his place that he shall make his canvass for drunkards thorough. Your hand does not strike the blow, but it guides the hand that does.

You are unwise to institute a comparison between the business of beer and flour. Your business is not as legitimate as dealing in flour, because it is not true, and never was, of you or any other man, that one can drink or let it alone as he chooses. You know, or ought to, that every drop of your stuff that goes into a man's stomach diseases it, and creates an irresistible craving for more. You know that every drop taken lessens the power to resist, and that this sapping of the will-power goes on steadily and irresistibly till the victim of it is entirely incapable of turning from it; that he becomes so helpless in the grasp of the appetite that he will steal his baby's shoes to get the means

to gratify it. To commence is to continue, and you induce the commencing. Your comparison is very unfortunate. No man eats bread to the point of congesting his liver and enlarging his kidneys, nor can there be an appetite for bread which requires excess to satisfy it. Bread does not create a diseased stomach which can only be satisfied with bread, and even if it did the glutton can only injure himself. Men do not get crazy upon bread, nor do they commit murder under its effects. No man ever starved or froze his family to get bread for himself, Bread is strength—beer is weakness.

Any business that is based upon a canvass for drunkards; that has for its foundation not only the supply of drink to drunkards, but the conversion of sober men into drunkards, is not legitimate. Your business is not only not legitimate, but it is a curse to every business that is. Every dime you take from your victims is just that much robbed from the grocer, the shoemaker, the butcher, the baker, and the dry-goods merchant. It is that much taken from the wealth of the world and worse than wasted, for it not only goes for nothing, but it destroys the power of production in the man using it. It is a robbery of the community in a double sense. You are not only absorbing the proceeds of labor, but you are destroying labor itself. The drunkard not only does not consume, but, under your manipulation, he ceases to produce. Your use of him ends with his incapacity for labor; and after you have deprived him of the power to labor, you turn him and those dependent upon him over to the general public to support, and look about for new paupers to take his place.

There are degrees in badness as in goodness, and there are, doubtless, honest men making and dealing in liquor. But you know very well that every prostitute in Milwaukee bases her business upon alcoholic stimulants. You know that beer is the one staple in every thieves' den in your city. You know that every gambler depends upon liquor as his mainstay. You know that wherever crime and degradation are, liquor is, and that it is always first in the procession. There may be liquor without crime, but there is no crime without liquor. It is father of murder, the twin brother of every species of crime, and the parent of every kind of evil. It stupefies the victim of the dives in your bad quarters, and nerves the arm of the ruffian who kills

him. It is the chief dependence of the pimp and prostitute, and the invariable help of the gambler and thief.

You claim to be a respectable brewer. Do not your wagons stop regularly in front of these low dives? Do you not supply the gambling hells and houses of prostitution, the same as you do the "respectable" places? Do not your agents canvass these places for business, and when one of them is established is it not a foot-race between you and your competitors to secure the trade? And you know perfectly well to what uses your beer is to be put.

The business of manufacturing and selling anything in which there is absolutely no good, and which is confessedly bad, can not be properly counted as legitimate. Whoever embarks in such a business does it because he so loves the almighty dollar that he is willing to part with the respect of good men and women, and for its sake set at defiance the opinion of the world. Every drop brewed is a curse, and no one on earth knows it better than you. You may drink it yourself, but we venture to say you do not do it to any greater extent than is necessary for the good of your trade. You would not have your son drink it, and you would not marry your daughter to a man addicted to it.

To say that the public, which has the legal right to kill mad dogs, and restrain criminality, and all that sort of thing, has not the right to bring you under the control of law, is absurdity itself. To say that the law which has the power to restrain the criminal shall not restrain the criminal maker is worse than absurd. The community has the right to protect itself, and we know of nothing that calls for more stringent work in the way of self-protection than the saving of men and boys from you and those in your business.

When the public conscience is sufficiently aroused, when the ghastly list of those who have gone down to death through you and your lieutenants is a little longer, your business will not be regulated and restrained, but utterly destroyed. This will be the first step the people will take.

Pulverize the Rum Power!

BEER.

We devote much space in this issue to the statements of the best physicians and surgeons of Toledo as to the effect of beer upon the human system.

We ask for it a careful and critical perusal. The statements are of all classes of physicians. We have not selected those of known temperance principles, but have taken all. What they say of beer is not colored by any feeling for or against temperance. Their statements are the cold, bare experiences of men of science, who know whereof they speak.

It should be borne in mind that Toledo is essentially a beer-drinking city. The German population is very large; there are five of the largest and most extensive breweries in the country here, and there is probably more beer drank, in proportion to the population, than in any city in the United States.

The practice of these physicians is, therefore, largely among the beer-drinkers, and they have had abundant opportunities to know exactly its bearing upon health and disease.

Every one of them bears testimony to the fact that no man can drink beer safely, that it is an injury to any one who uses it, in any quantity, and that its effect upon the general health of the country has been even worse than that of whisky.

We know that it has been, for one reason, if for no other. It has entered the field of drunkard-making under false pretenses. It was accepted by many as a safe substitute for whisky, and thousands favored its use on that ground, forgetting that it is an alcoholic beverage the same as whisky; and that whoever uses alcohol as a stimulant must have the amount of alcohol that is necessary to produce the effect desired, and, so far as effect is concerned, it does not make a particle of difference whether that alcohol is in the form of beer, wine or whisky, because every drinking man will take what alcohol he wants into his system to produce the desired effect.

To reduce it to plain English, men drink to get whatever degree of drunkenness they desire. There is drunk in beer the same as in any other liquor. Beer is from 8 to 12 per cent, alcohol. If an ounce of alcohol is what is required to produce the desired effect upon a man, he may get it in four drinks of whiskey, while it would require a gallon of beer to produce the

same effect. If he craves the ounce of alcohol, and seeks for it in beer, he is going to drink the gallon, thus not only getting the same amount of alcohol, but loading his stomach with a gallon of fluid charged with all sorts of unhealthy principles. Thousands upon thousands of confirmed drunkards have been made by beer because it has been held that it could be indulged in safely.

There is no safety in alcohol. When a man says, "Oh, I drink nothing—I take a glass of beer now and then," that man is fairly on the road. Better for him the naked fact of undisguised whisky.

We especially call attention to another fact. Life Insurance Companies have no sentiment. They are as cold-blooded as banks. They do business upon strictly business principles. Their business is one based purely upon experience from which certain inexorable rules have been established. *A life insurance company will not insure the life of a confirmed beer-drinker.* Why? Because it is a certain fact, as certain as anything can be, *that the beer-drinker can not live long enough to make insurance profitable to them.* The "expectation" of life in a beer-drinker is cut short by his appetite. No life insurance company is going to take a risk upon a body into which is being poured every day the seeds of disease, any more than a marine insurance company is going to take a risk upon a rotten hulk. No life insurance company is going to take a risk upon a man who is inviting Bright's disease of the kidneys, inflammatory rheumatism, congestion of the liver and enlargement of the kidneys, all of which are as certain to come to him as he is to persevere in beer. And the beer-drinker, as a rule, does persevere till death stops his contributions to brewers.

These institutions dread beer more than they do whisky, for its effect upon the system is even worse. A non-beer-drinker at 40 is considered a good risk—a beer-drinker at that age can get no insurance at all. As we said, there is no sentiment in life insurance companies. They act entirely upon facts, which are the result of experience. Their figures never lie.

One other fact we desire to call attention to while we are about it. There are degrees in beer. Much more beer may be drank without death in Germany than in America, for one reason: In Germany the brewers are under Government control

and here they are not. Beer in Germany has to be made of malt and hops only—here it may be made of anything that the brewer chooses. He may use any poison in it that his cupidity suggests. There is a very great percentage of them who would use strychnine if it would lessen the cost of beer.

Then, again, in Germany beer is kept till it is sound. It is not exposed for sale till it has undergone all its fermentations and is as harmless as any alcoholic liquor can be. It is not so in this country. The rate of interest makes it an object to turn beer into money as soon as possible, and, therefore, beer made Monday is sold Saturday, with the yeast not yet half worked off, and in a condition to undergo fermentation in the stomach of the drinker. The beer made and sold in this country, were it pure, is altogether too new for even the confirmed beer-drinker. It is bad enough at best—as we get it, it is worse than vile.

We especially ask every man who indulges in this most vile decoction to read most carefully what the best physicians and surgeons in the country say about it. They know, and their evidence is perfectly safe. It is science speaking through its devotees.

NEW TEMPERANCE PUBLICATIONS.

THE NATIONAL TEMPERANCE SOCIETY has recently added the following valuable pamphlets to its list:

Law and the Liquor Traffic. By F. A. Noble, D.D. 12mo, 24 pages ..... .10

A very able paper, read before the Illinois General Association of Congregational Churches. He asks, and answers most conclusively, the questions: 1. "Has Prohibition a legitimate place in government?" 2. "Is the sale of intoxicating liquors an evil of sufficient magnitude to justify resort to prohibitory laws?" and 3. "Can prohibition be made effective?" In force of statement, logic, and argument, in behalf of the entire prohibition of the liquor traffic for drinking purposes, it is one of the ablest pamphlets ever published by the Society. It will be a most valuable campaign document, and ought to be very widely circulated.

The Physiology of Alcoholics. By William B. Carpenter, M.D., LL.D., F.R.S., of England. 12mo, 22 pages ..... .10

This address, recently delivered in Boston, and carefully revised by the author, is a very able and valuable exposition of the verdict of science against alcohol, rendered by a most competent authority. It is a most powerful, convincing plea for total abstinence from scientific, physiological considerations.

Moral and Legal Force. By George Lansing Taylor, D.D. 12mo, 24 pages ..... .10

An able and convincing argument, showing the uses and successes of moral suasion in the promotion of temperance and the necessity of the employment of legal force for the suppression of intemperance.

Drinking and Abstinence. By Rev. C. H. Spurgeon. 12mo, 12 pages ..... .05

Like all the addresses of this wonderful preacher, clear, cogent, and full of power.

Liquor Laws of the United States, revised and corrected. Over 75 new pages. 12mo, 213 pages ..... .25

A complete compendium of Legislation on the Liquor Traffic.

Philosophy of Prohibition. By John Bascom, D.D. 12mo, 24 pages ..... .10

Prohibition Does Prohibit; or, Prohibition not a Failure. New edition, 48 new pages. By J. N. Stearns. 12mo, 96 pages ..... .10

A cloud of witnesses in relation to the success of Prohibition.

Jack's Horseshoe. By E. S. Ellis. 12mo, 95 pages ..... .10

This is No. 9 of the "Fife and Drum Series," a story of thrilling interest. It is the history of a noble-hearted young man led astray by strong drink, subsequently reclaimed by a beautiful young woman, who became his wife and the mother of his remarkable little boy, but who fell again through a physician's prescription of whiskey "bitters"; but once more, on the verge of ruin, was reached, rescued, and this time sustained by Divine grace.

Betty's Bright Idea, and other Stories. By Mrs. Harriet Beecher Stowe. 12mo, 90 pages ..... .10

This is No. 10 of the "Fife and Drum Series." These stories, written in Mrs. Stowe's most attractive style, teach very effectively the fundamental lesson of total abstinence, and the mighty redeeming power of Christian love as an unfailing dependence for the rescue and rehabilitation of the victims of the drink appetite. It is one of the most stirring and deeply interesting, as it is one of the cheapest publications ever issued by the Society—ninety pages for ten cents.

Blackboard Temperance Lessons. By Mrs. W. F. Crafts. 16mo, 40 pages ..... .10

This is a new pamphlet of forty pages, just published, consisting of twelve choice and instructive lessons written expressly for the Society by Mrs. W. F. Crafts, one of the best writers for children in America. Each lesson is complete in itself, and contains strong temperance truths, with blackboard illustrations engraved expressly for these lessons, and will be found very interesting and beneficial. Address

J. N. STEARNS, Publishing Agent,
58 READE STREET, NEW YORK.

STANDARD
TEMPERANCE WORKS

THE NATIONAL TEMPERANCE SOCIETY have issued a number of standard temperance works from the pens of some of the best writers in the world upon the vital principles upon which the temperance reform is founded. The following should be in the hands of every friend of temperance, and in every library in the land. Most of these are in paper covers, as well as in cloth binding, for wide circulation.

The Temperance Lesson-Book. By B. W. Richardson, M.A., M.D., LL.D., F.R.S. 12mo, 220 pages. Paper 25 cts.; cloth,..... .50

This is a series of short lessons on alcohol and its action on the body, accompanied with suitable questions, designed for study in public and private schools, and reading in schools and families.

Alcohol and Hygiene. An Elementary Lesson-Book for Schools. 12mo, 234 pages. By Julia Colman. Paper, 30 cents; cloth,..... .60

The great question of temperance, the relations of alcohol to health, are here set forth simply, concisely, and comprehensively. The questions at the bottom of every page are so planned as to draw out, in the answers of the scholars, the most important facts.

Ten Lectures on Alcohol. By B. W. Richardson, M.D. 12mo, 338 pages. Comprising "Cantor Lectures," "Alcohol on the Body and the Mind," "Moderate Drinking," and "The Liberty of the Abject." Paper edition, 50 cents; cloth,..... $1.00

Alcohol and Science. $500 Prize Essay. By William Hargreaves, M.D. 12mo, 366 pages, with colored plates of the Stomach, Liver, and Kidneys..... $1.50

This is a thoroughly scientific work, containing all the latest authorities, and important to all students of Temperance, Hygiene, and the Effects of Alcohol.

Alcohol and the State. A discussion of the problem of law as applied to the liquor-traffic. By Robert C. Pitman, LL.D., Associate Judge of the Superior Court of Massahcusetts. 12mo, 411 pages. Paper, 50 cents; cloth..... $1.50

It treats, with great conciseness and marked ability, of what the state loses in various ways through alcohol, and, in turn, of what is the duty and proper function of the State concerning alcohol.

Our Wasted Resources. By Dr. Wm. Hargreaves. 12mo, 202 pages. The Missing Link in the Temperance Reform, giving the most valuable statistics ever published. Price in cloth, $1.25; paper..... .50

Talks on Temperance. 12mo, 198 pages. By Canon Farrar, D.D. Cloth, 60 cents; paper..... .25

The Text-Book of Temperance. By Dr. F. R. Lees, F.S.A. 12mo, 312 pages. Historical, Biblical, Physiological, Statistical, Political, and Moral. It gives a thorough discussion of the entire question. Cloth, $1.25; paper..... .50

Juvenile Temperance Manual. By Miss Julia Colman. 12mo, 140 pages. Cloth, 60 cents; paper..... .25

Any of the above sent by mail on receipt of price. Address

J. N. STEARNS, Publishing Agent, 58 Reade St., New York