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THE QUARTERLY JOURNAL OF INEBRIETY

AUTUMN, 1906

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THE QUARTERLY JOURNAL OF INEBRIETY

Volume 28

AUTUMN, 1906

Number 3

THE PSYCHIC TREATMENT OF INEBRIETY AND ITS RELATION TO THE SO-CALLED "CURES."*

By *L. D. Mason, M.D., Brooklyn, N. Y.*

We apply the term inebriate to a class of persons, who involuntarily, and not as a matter of choice, have become habituated to the use of alcoholic liquors in excess—either periodically or more or less habitually, and who under these conditions have lost their self-control, and whose will-power is entirely in abeyance to their appetite. We maintain, however, that in a large proportion of cases the will-power is not destroyed, or so handicapped as to be beyond the power of resuscitation, but is overcome and held in subjection by a master passion, which dominates the will. The indications latent will power and make it aggressive—in other words oppose the psychic to the physical nature—"The flesh lusteth or strives against the spirit." We must reverse this order of things. All forms of inebriety are not subject to this method of treatment—we exclude all cases complicated with organic disease as the later forms of Syphilis, or alcoholic lesions or other organic changes—complications not uncommon in this class of cases—con-

ditions with which the will-power has little or nothing to do, and which must receive direct and appropriate medical treatment.

We are considering the simple uncomplicated form of inebriety, more especially in its earlier stages before serious lesions have occurred—and especially that earlier and formative stage, which by common usage is often called "habie" or "vice," and so it is important to note the fact that psychic treatment should be *strictly* and applied only to appropriate cases.

Every student of psychology is familiar with the "influence of mind over matter." We see this in the sick-room—as physicians we know—"a pleasant face doeth good like medicine," and we are strongly inclined to believe, that the personality of the medical attendant has as much to do with his success—either in his institutional or private practice—as his professional attainments. It should be the effort of every practitioner, when he can conscientiously do so, to instil his optimism into the mind of his patient. It is related of a distinguished

*Read before the "American Society for the Study of Alcohol and Narcotics," at the regular annual meeting held at Boston, June 4-5, 1906.

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London physician that he was called to see the wife of a prominent and well known member of society.—The said physician prided himself on what he pleased to call his "bed-side manners"—after he had left the sick-room the husband asked his wife, how she liked the physician; she besought her husband not to call him again as he reminded her of the *undertaker*.

The sooner that we as physicians recognize the fact, that our patients are other than blood and bone, sinew and muscle, and that we should consider something else than tongue, pulse, temperature and excretions; and recognize the fact that there is an intangible, impressionable, sensitive, immaterial nature, influenced by material conditions and environments, which we can depress or elevate according to our relations to the patient; then our success in dealing with certain classes of diseases will be proportion as we fully recognize the importance of the fact cited, and apply it to a limited number of cases, and to a certain degree in all where the patient is at all responsive. From time immemorial—illegitimate medicine and quackery has thriven along the line of psychic influence—whether consciously or unconsciously—there has been a tacit—practical recognition of the fact, and it has been acted upon and constitutes the capital stock of all forms of nefarious schemes which are "shapen in iniquity and conceived in sin"—that endeavor to make gain out of those unfortunates who are afflicted with "all the ills that flesh is heir to"—and who can be brought under its malign influence. Within a few years comparatively—legitimate or shall we say orthodox medicine—has put its

head out of its shell, looked around, and "taken in the situation" recognizing the influence that mental suggestion and various psychic influences may play in the role of therapeutics; that certain conditions from without affect certain conditions within according to psychic law and so constitute psycho-therapy as a department of therapeutics, and that there is a class of mental disease in which the will power and the mental condition can be greatly influenced, benefitted and often cured by such treatment, and the active manifestations which are the symptoms or outcome of the *mental conditions* removed.

It is only by accepting the fact of the relation of psychic and physical law and the influential and causative relation the two hold to each other and their mutual dependence that we can explain certain conditions which are otherwise apparently contradictory.

The inebriate is before us; he is a complex study; he is of all around interest to us—not only body, but mind and will—his intellectual and emotional nature—his psychic as well as his physical make-up must be considered. We cannot divorce the psychic from the physical, "What God hath joined together let no man put asunder." The study of mankind is man, but we have studied him from his physical, not from his psychic side.—"The body is more than the raiment;" and the body is simply the clothes that the man is wearing, behind the veil of flesh—is the real man himself—the sentient, emotional, controlling, master of the body.

We can only account for the success of the so-called temperance move-

ments or instances of reformation in individual cases of well-known drunkards by accepting as an explanation that of psychic influence—when under strong mental emotion—the will becomes dominant, asserts itself and masters the alcoholic craving—the psychic overcoming the physical. As we have stated we would limit the application of psychic treatment to the simple, uncomplicated forms of inebriety in the early or initiatory stage known as "vice or "habit"—and exclude all cases complicated with organic disease, which of course call for special treatment. Coincidentally, however, in all cases we should use, as far as possible, those influences that would affect beneficially the mental or emotional nature of the patient.

We are now prepared, at least in a measure to understand why cases of "alcoholism," so-called, are "cured" outside of the methods of the theory and practice of medicine. It will not do to decry the facts concerning the so-called "cures," because well authenticated cases are continually before us—where men and women drunkards have reformed and remained sober as the apparent result of the "cure" or have become so *independent* of any "cure" or treatment.

We are therefore driven to one of two conclusions:—that there are two classes of inebriates:

First:—Those in whom the will-power is not seriously impaired, only latent—and who are free from serious organic lesions and who are amenable or responsive to psychic influence.

Second:—Those in whom the will-power is radically impaired, who are the subject of irremediable disease, progressive and eventually fatal—

and over whose condition psychic measures can have no influence, and such we believe, is the rational and therefore logical conclusion, if we would explain success in one case and failure of success in another under similar psychic conditions. We must *classify* the inebriate therefore, especially if we desire to subject him to *psychic influence*, for we believe it is only applicable to a certain class of cases.

All forms of irregular medical practice—patent medicine vendors—the dispenser of specifics and nostrums—quackery in various forms, flings its bait to all classes inebriates.—its treatment to a certain extent is non-selective—necessarily so—especially what this is carried on through the mails or the press, by letter or advertisement, Let us analyze the method rather than the drugs of the so-called "cures"—Whether unconsciously or not the promoters of these various financial enterprises—for such they are "*per se*"—act along the line of "mental suggestion" influencing certain psychic conditions, not directly or openly but by the presentation and medium of certain drugs or "cure-alls," by which the impression is conveyed that through the instrumentality of certain potent, infallible, special, proprietary, medicines a speedy cure will be effected.

The "modus operandi"—by which the "cure" is directed to affect the psychic centers of the individual, and call out his latent will-power is ingenious, as well as of interest.

Let us consider then in detail how every move in the plan of these astute students of human nature is centered on the one object—to raise the indi-

vidual along his emotional nature to that point where he shall exercise his will-power and at least decide to "try the cure"—by appealing to his confidence, hope, self-respect, pride, shame, fear—all the attributes of his moral nature that influence volition. The whole process being to him a dark "seance" over which the glamour of mystery is spread—the potent influence being concealed in the infallible, precocious, and mysterious drug or "cure."

Hence the promoters of these "cures" differ from the regular specialist in psycho-therapy, who practises directly upon the psychic centers without the medium of drugs or other forms of therapeutic measures and with the full consent, and knowledge of his patient as to the methods used.

We all know that the average drunkard, when he is capable of any feeling at all, and his mental responses are not totally submerged or obliterated is deponent, hopeless as to cure or reformation, if he is not in a state of total indifference. Acting now along the line that our "infallible cure" promoters would adopt—we propose to act along psychic lines, using the "cure" as a blind and using various measures as decoys to attain our end.

First, we must secure the *confidence* of the subject and the public in general in our truthfulness and our ability, and so we announce that we have discovered an infallible, never failing cure. We are very assertive, very positive—and we present first-class credentials, testimonials, etc., in evidence, and we procure a long list of prominent names to certify to the benefit of our special method—the Right—Rev., so and so, and the Wrong—Rev., so and so, and the great

and good of the earth—to attest to the fact of the efficacy of our "cure."

Our next step is to instil *hope*—(confidence being attained), to show the poor inebriate—despised and trodden under foot—the scum of the earth—that he has a real disease—that he is not the victim of a "vice" or "habit"—that he is not a case for the law or the clergy, but for the doctor. That having a disease, he is a respectable member of society—that he is therefore entitled to move in the highest circles (not necessarily alcoholic). Moreover—he has a disease of such rarity and extreme interest and value—hitherto unappreciated except by our special syndicate—that ordinary medicines—suitable for ordinary, every day, common-place diseases—will not do, and so we propose to "recover him of his leprosy" by using the rarest of medicaments and the most valuable of drugs. And so this poor, forlorn and necessarily hopeless outcast is to be treated with a "gold cure" or pearls dissolved in vinegar, or powdered diamond dust in capsules, if that were possible. He must have the rarest and best—the world has made a mistake and you have appreciated his worth—does not self-pride and especially hope—the strongest mental stimulant you can put into the heart of man—come up under these conditions, which are purely psychic.

One of old said "according to your faith be it unto you," and our subject is rapidly approaching that point. We have secured his confidence, we have stimulated his hope—our pseudo-sympathy, mock compassion, pseudo-philanthropy, positive assertion, and assumed confidence have secured their end—we

are successful as "confidence operators," and we can shake hands with the "Gold-brick man" and the vendor of "green goods." Now our subject has a will—a desire to try our remedy. We are in the position of the spider and the fly, relatively—we have asked him to "walk into our parlor" for "it is the prettiest little parlor that ever he did spy" and he is ready to accept our invitation. He is assured of a positive cure in a short time—at a moderate cost, and absolute secrecy, no detention from business—cheap, painless, absolute—prompt cure. The burden of years to be removed in a few hours or days—what more could he ask.

But certain preliminaries are necessary—mind you; we want gold—*spot cash gold*—we are not under any psychic spell. We agree to put so much gold into the blood of our patient—but the contract is he must put so much into our pocket, and our claim has the priority. This trivial matter being settled, our prospective patient starts for the "institution," arrives at the station, receives a pre-arranged ovation from those who have already become inmates of the "institution." All this stirs up self-respect and pride—and "that fellow feeling which makes one wondrous kind" and that communism of the unfortunate, which constitutes its own fraternity—asserts its influence.

Again after a short treatment—he "graduates"—mind you—from the "Institution," which hereafter he must regard as his alma mater, not a hospital or a sanitarium. Being now graduated "he is eligible for membership" in one of the numerous "gold cure clubs," which he is invited to join—

environment after cure, influence of association, and following up our subject, should not be lost sight of.

So far so good. All this has been along optimistic lines, but before our friend leaves the Institution another element in his psychic make up is appealed to, and that is *lean*—to the effect that if he should get intoxicated—and fall away, and thus disgrace the Institution and dishonor his alma mater—he must never return, and he will be cast out of the synagogue and ever thereafter be regarded as a "pagan and sinner."

Although we have thus treated the so-called "cures" in a satirical vein, our illustrations are founded on fact. We would ask—if as we have shown the methods used, they are not all along purely psychic lines, and do they not act by calling out the prominent elements of the emotional and intellectual nature—confidence, hope, fear, pride, self respect—all of which strongly stir up the will to action, and to assert, and maintain its authority.

Does not this method also explain how "cures" occasionally result *irrespective of the action of drugs*, or when the latter play a feeble, irrational or illogical part.

The methods used we certainly describe as a species of mercantile trickery and unprofessional, and deny the action of any drug as a factor in the "cure"—but can we so easily explain away the results, although these may be temporary or incomplete.

We now appreciate the well-known psychic laws, through which these results can be obtained, although masked and covered by false methods and operated under false colors. To the public and the patient—the psychic

side of the "cure" or "reformation"—the *real influence* is out of sight and so is out of mind and evidence, and the prominence is given to the drug or cure exhibited, because in this the financial part of the venture is assured—which alone can succeed as a *secret proprietary medicine* operated, or controlled by a few individuals, or a syndicate as the case may be.

But the question naturally arises what part do drugs play in the general scheme of the "cure." They act along the line of "mental suggestion." Drugs have a psychical value. If we announce a disease, we must proclaim a "cure"—a medicine, a drug. The public stomach and mind are so constituted with reference to medicine that the stomach always has the priority—you cannot cure without medicine and you cannot substitute an influence for a substance—a dose of psychic for a dose of physic. The public will not tolerate any such substitution. Indeed we of the regular profession do not unfrequently give a drug for its psychic value. The "bread pill" or the oft used *placebo* will rise up and condemn us. Tell it not in Gath, publish it not in the streets of Askelon.

2. Again the drug may act also as a *therapeutic band-aid* by obscuring the vision and nauseating the stomach, a temporary disgust for liquor may be produced and the insane craving held up for the time being. Then something is doing or being done for the patient and that of itself is of psychical value, and all this is essential to hold the imagination of the patient to the idea advanced and give your contract force. But all drugs that may produce a distrust for

the latter un-ethical. Our sole motive is to show that the reason of their apparent success is not due to any drug or specific remedy, but that it is through the psychic conditions evolved, and finally when we are brought face to face with the "cures" or reformations resulting from irregular methods, or without the intervention of any method or drug, we can explain the result in these cases satisfactorily—inasmuch as they are in accordance with psychic laws, which are independent of any therapeutical agency through the action of drugs.

Mystery is the great stock in trade of all forms of irregular medical practice. We have endeavored to pull aside the curtain, and reveal the secret; the "cabinet trick" loses interest and vanishes away—when we are familiar with the mechanism that produces the optical delusion. Publish the formula and the charm of the secret specific and nostrum will be lost.

The basis of all medical humbug and charlatanism is secured by operating on the credulity of the public—and securing results by appealing to all the attributes of its moral nature.

We do not bring forward as an inducement any mercenary motive when we allude to the alarming array of figures as to the consumption and cost to the public of the patent medicines and "cures" with which every civilized community is flooded.

We are beginning to recognize psycho-therapy as a valuable adjunct to general therapeutics—if the quack and the medical humbug, illiterate, unscrupulous, unscientific have met with success even in their rough, and

ignorant manipulation of this, the most delicate, and refined of all our methods of therapeutics—what a future will be in store for those, who fully educated and thoroughly conversant with this branch of medicine—win new laurels in the field of mental therapeutics—especially as applied to the unfortunate class under consideration.

Nor must we fail to learn the lesson although it may come to us from an irregular source. Let us summarize in brief the points that we have endeavored to emphasize in this paper.

1. That the so-called "cures" or specifics for alcoholism or inebriety, do not secure their effect through the action of drugs, but through the influence of psychic law, which is the primal factor in the cure.

2. The action of drugs is indirect and secondary, but in the line of *mental suggestion* may have a psychic value.

3. The class of alcoholics or inebriates who are susceptible to such influences, is limited to such persons as are responsive and in the earlier or formative stage of the disease.

4. That the originators of the "so-called cures" are illogical in their use of remedies and therefore untrue in their assertions, and in their practice are not in accord with rational therapeutics or the theory and practice of medicine. That they are not ethical nor in any sense humanitarian, and therefore, should be excluded from all the protection afforded legitimate or regular medical practice—and all should be placed under the laws which regulate and control proprietary or patent medicines.

5. There is not any medicine,

drug, preparation or "cure all" which is a specific in the treatment of alcoholism or inebriety in the same sense that quinine is a specific for malaria, or mercury and the iodides in syphilis.

6. That in a certain class of selected cases of inebriety it is proper to use psycho-therapy, as a therapeutic

agent, especially in the earlier stages, before complications develop, and when the patient is responsive to such treatment. In cases complicated with organic disease appropriate medical treatment should precede or be used coincidentally with psycho-therapeutic measures, should the latter be deemed advisable.

ALCOHOL AND PHYSICAL TRAINING

By Professor H. Irving Hancock

The present writer has had the advantage, though a doubtful one it may seem, of having been in both camps on the question of the value of the use of alcoholic beverages in the care of the body. Fortunately, at the time when he held the view that liquors in moderate use were beneficial to health he was neither a physical trainer nor a writer of works on physical training.

Experience and observation, far more than technical study, have convinced me firmly that there is no relation whatever between alcoholic beverages and physical training. The use of intoxicants bluntly defeats the very aims of physical training.

In the first place, the wise physical trainer sets out to build up the muscular strength and power of the pupil's heart. Alcohol weakens the heart. It has been noted, too frequently to require discussion, that all confirmed alcoholics of long standing have weak hearts. It is plain therefore, that if the trainer attempts to build up the heart of his pupil, and the latter opposes the attempt by continuing alcohol dosage, then the most wisely chosen gymnastics must

fail to produce the results for which they are intended.

Just as we develop the biceps by giving this muscle all the work that it can reasonably endure, so we build up the heart through work that increases the rapidity and force of the beat up to nearly the safe limit. Just as the biceps, properly trained, is gradually able to endure more and more work, so is the heart under the effects of judicious physical training.

There are bound to be times when the biceps muscle is tired. So, under training, there are times when the heart "feels tired" for a while, though safely so. The proper remedy for either biceps or heart, when tired from reasonable exercise, is rest. This relaxation brings certain relief.

But your alcoholic knows another way of bringing relief. He takes a drink or two, and soon feels (delusively) comfortable around the heart. The reaction of rest upon the much though wisely exercised heart is increased endurance. When alcohol is used to bring about the desired reaction after activity, the result is always an impairment of heart action and function.

It cannot be denied, of course, that

an alcoholic with a weak heart may somewhat strengthen the heart through physical training. But the improvement, where intoxicants and exercise are used jointly, is so uncertain and unreliable that the writer has found it necessary to make a hard-and-fast rule never to accept a pupil who will not pledge himself to leave alcoholic beverages wholly alone during the period of training.

It has been proposed to employ a certain amount of physical training in alcoholic cases in the belief that by degrees the physical work will overcome the craving for alcohol. In my opinion this plan is utterly worthless. I have never known a case in which physical training could be successfully applied as a *gradual* corrective of the alcohol habit.

One case may be cited as a sample of the lot. P had a weak heart and had been using liquor to keep up its action. I advised him to drop alcohol and take regular physical training in its place. He was convinced that he could not give up his alcohol immediately, but proposed to try liquor and physical exertion together in the hope of being able gradually to drop his alcohol. He joined a bowling club, and became a nightly attendant, displaying a great deal of enthusiasm.

Of course I felt it necessary to drop in at the club. For nearly two hours I watched P. He bowled steadily—and in that time called for and drank eight drinks of whiskey!

"The bowling does me a lot of good," he explained, "but I have a weak heart and have to have something to tone it up, or I couldn't keep on at the bowling."

At last accounts P had given up bowling, though he still adhered to self-treatment with whiskey. Five years of trial of whiskey as a tonic, during which that organ grew steadily more erratic, had failed to shake his faith in his favorite medicine!

It will always be a useless compromise to think of *gradually* supplementing alcohol with physical exercise. The separation between the two must be sharp and absolute—a divorce, in fact!

Of course the alcoholic with a weak heart must be restored to physical and nervous vigor. There is just one way in which this can be done. The patient must be put under the care of a physician or placed in a sanitarium for the thorough cure of his alcohol-disease. When he is cured and can voluntarily abjure alcohol, then "the case" should be placed in the charge of a capable physical trainer at once.

When the heart is only functionally weak, or when, at the worst, no serious organic disease is present, that heart can be built up as surely as can an atrophied biceps. But not if alcohol be employed, even in "very light doses."

In building up the heart of a recent alcoholic the closest attention must be paid to the pupil during his hour of exercise. In the first place, the exercise must always be less than the full amount that the heart can safely stand; by easy but rapid stages the amount and severity of the exercise can be increased, though at every turn in the gymnastic work the trainer's judgment must be used.

It is never safe to lay out a line of work, and then to turn the pupil

loose in the gymnasium, to go ahead on his own initiative. Nor can the recent alcoholic, when he becomes a pupil in physical training, be placed in a squad or class. If either of these things be done, it is certain that, in a rather large percentage of cases, the pupil will be driven to a resumption of the use of intoxicants in order to "tone up the heart" that has been overtaxed.

The recent alcoholic who needs heart building can be handled safely in only one way. While exercising, he must have the undivided attention of his trainer, who must have a finger frequently at the pulse, and who must watch respiration and color unflaggingly. In this way only is it possible to stop the exercise or order a rest before the heart has reached a condition of discomfort that tempts the pupil to go back to alcohol.

When free from organic disease, a lately alcoholic heart that is functionally very weak can be trained back to power in a very short time. Such a pupil, to whom the medical examiner at first permits only a very restricted list of gentle exercises, may easily be brought, within four weeks, to a point in heart action where the

medical examiner then approves of such exercise as running, low hurdling and rowing in moderation. Nor is this a statement of theory, but of observed fact.

In preventing a subsequent return of the former craving for alcohol systematic physical training is of the utmost value. The pupil who, free from alcohol, is rapidly improving in heart-strength, in respiration, in general muscular power and in cheerfulness, finds keener joy in this gradual process of making a MAN of himself.

It is necessary that the physical trainer be well versed in the physiological effects of alcohol. To the one whom he is helping to become a man at last he is able to explain how it is that all the good results now being achieved through physical training are surely nullified by the use of intoxicants.

To sum up in a sentence, physical training is wasted when employed as a gradual corrective of alcoholic craving; when the habit has once been dropped, capable physical training is the one effective means of restoring the late alcoholic to health and of saving him from a returning of the craving.

"If forever the scolding demon of drunkenness, finds a ship adrift, with no steady winds in its sails, and no thoughtful pilot directing its course, he steps on board, seizes the helm, and steers straight to the masthead."

"There is no fancy in saying that the lassitude of tired-out men and women, and the languor of imaginative natures, in their periods of collapse, with the scarcity of training and discipline, fit the soul and body for the germination of the seeds of inebriety."

"It is true that before any vice can develop, the body, mind and moral nature must be debilitated. Parasites which fasten on the human body always choose that which is already enfeebled."

SCIENTIFIC DIETETICS AND INEBRIETY*

By David Paulson, M. D., Chicago, Ill.

History informs us that the Babylonians were compelled by law to bring their invalids out into the public streets and to inquire of all the passers-by whether they had ever seen any other person similarly afflicted and what remedial measures were successful in their restoration. The historian adds: "It is obvious the progress of physic must be very slow under this regulation, but it is undoubtedly a proper method to gain an experience and in process of time to bring the science which was then in the embryo." And Hippocrates says, "I am persuaded that the whole art was first acquired in this manner."

In this scientific age such primitive means of obtaining the requisite knowledge to care for the afflicted seems very crude, but until very recently the management of the inebriate was, if anything, even less scientific than the methods that were in vogue thirty centuries ago, but it is very encouraging to note that the mist is being dissipated and scientific methods are now beginning to be employed in the cure of the inebriate.

In this paper it is my purpose to only call attention to the importance of scientific dietetics in the prevention and cure of inebriety. There is evidently a physiological reason for the drunkard's thirst just as surely as there are definite causes for the fever for his weariness and fatigue. The researches of Bouchard, Boix, Roger and others have shown clearly that the poisons produced in the gas-

tro-intestinal canal by an unsuitable and unhygienic dietary, when absorbed into the blood not only lay the foundation for many of the most chronic disorders, but also produce, especially in neurotic individuals, a depression which seems well-nigh unendurable and which so frequently leads the poorer sufferer to indulge in some form of alcoholic drinks in order to chase away, even if it be but temporarily, this almost unbearable despondency.

Lauder Brunton has well said that the frying-pan drums up trade for the man who sells hard whiskey; while if the food had been selected with reference to the proper proportions of food elements, sufficiently cooked and daintily prepared, the necessity of which Pawlow has taught us by his epoch-making experiments, then each digestive organ would have contributed its requisite quantity of digestive juice, so that instead of a large portion of the food being digested by microbes with the production of corresponding toxins, it would instead have undergone normal digestion, thus nourishing the individual instead of poisoning him, and thus would have removed the temptation, as Dr. Brunton expresses it, "of trying to lessen the effect of the worry by a glass of spirits at the nearest tap."

The result of prescribing an exclusively fruit dietary four times a day for this class of inebriates for a day or two or even longer has an effect which is almost magical, the real secret of this being that the germs which are flourishing in the alimentary canal and

* Read before the Society for the Study of Alcohol and Narcotics at the Boston meeting, June 6, 1906.

which have been preying particularly upon the protid portions of the food, producing most virulent toxic products, are thus not only deprived of their necessary pabulum but, as has been shown by actual experiments, their activity is to a large degree inhibited in the presence of the fruit acids. This serves to remove much of the source of the poisoning thereby lessening the general toxemia which is shown by a decreased amount of ethereal sulphates in the urine and also by the diminished urinary toxicity. It is very gratifying to note how the craving for liquor often disappears in proportion as the general toxemia is lessened.

Those who have given the most thought to this question are beginning to realize that the nation's eating has much to do with the nation's drinking. It is becoming more and more evident that if the dinner table could be cleared of a host of things that create an appetite for liquor there would be more vacant places at the bar table.

When a neurotic individual who has inherited a weakened, hyper-sensitive nervous system partakes freely of highly-spiced, fiery foods which taste hot even when they are cold, they create in him a thirst which water does not satisfy, and it is not surprising if he should ultimately discover that the saloonkeeper and the patent medicine vander dispense the stuff that satisfies his abnormal craving.

Practical experience has shown that an excessively high proportion of the protid food element is not only unnecessary, but is positively detrimental to the organism, but Professor Chittenden's recent exhaustive experiments on this subject have not placed this

subject upon an unquestionable scientific basis. His experiments are convincing evidence to the fact that when only ten per cent of the necessary total food units are derived from proteids, this proportion comes much nearer meeting the real physiological needs of the body than when the much larger proportion required by the long accepted Voit standard is used.

The inebriate's long continued use of alcohol has especially crippled his system from utilizing an excessive amount of proteids and from eliminating the correspondingly large amount of nitrogenous waste, so for this reason any considerable proportion of this food element beyond the physiological requirements of the body becomes particularly a menace to his physical well being and sets up the very physical disturbances, as vascular hypertension, which will demand more liquor to dilate the peripheral vessels in order to lower the blood pressure and to smother other distressing symptoms. This is unquestionably one reason why a non-flesh dietary has proved such a valuable adjunct in the management of inebriates.

Dr. Brunton said years ago that an unnecessary excess of animal food not only led to physical disorder, but to an irritable and irascible frame of mind, which led to the taking of wine or spirits.

The personal experience of Eustace H. Miles, the world's champion amateur tennis player and well-known author, illustrates this point. He says:

"I began to suffer from depression, headaches, increasing tiredness after hard exercise, constipation, and albuminuria; the latter made it neces-

sary for me to give up alcohol, but I felt a strong liking for it and the struggle was hard. Then I tried the simple or fleshless foods. Before long I way went my depression, my headaches, my tiredness after hard exercise, my constipation, and the symptoms of albuminuria. Away went my desire for alcohol too. . . . Physically, intellectually, morally and economically, my condition has improved." He then goes on to relate that whenever he has gone back to a flesh diet the liking for alcohol has always returned.

The Salvation Army Headquarters in England are carrying out an extensive experiment in this respect in their inebriates' home, which is of interest. The matron reports the following concerning their results:

"About three years ago I was induced by Mrs. Booth to try the vegetarian cure for drunkenness. I had been working in the Home for four years previous to this, with the usual mixed diet—joints, bacon, salt fish, pickles, pepper, mustard, oysters, vinegar, etc., and I was very skeptical about this new idea.

"Since that time one hundred and ten women of all shades of society have passed through the Home. Two-thirds of these have been (so far as the drink and the drug habit are concerned) the worst possible cases; the majority of ages being from forty to sixty, most of them habitual drunkards of ten, fifteen, and even twenty-five years' standing; some so bad that other Homes would not receive them.

"There were those suffering from delirium tremens, there were morphia maniacs, having periods of fierce craving for the drug, at times amounting

to madness. Others were so un-nerved, and such physical wrecks (not having eaten food of any description for weeks and even months), that I felt doubtful as to what would happen as a consequence of giving them this diet. You will agree with me that I had a variety of material to work upon. Now for results!

"Both myself and workers were quickly convinced that we had taken a right step. We found that the strain and anxiety about our work (inmates) gave place to a much more restful and peaceful state of mind; also that we could think and sleep better. Some of us had suffered from severe headaches for years, which gradually disappeared. This was splendid! We also found less need for medicine.

"But what was taking place with us was rapidly developing in the inmates, only their sad condition made the change much more marked. Lazy, vicious, bloated, gluttonous, bad-tempered women heavy with years of soaking, whose bodies exhaled impurities of every description, who had hitherto needed weeks, and even months of nursing and watching, to my astonishment and delight under this new treatment made rapid recovery, assuming a fairly normal condition in about ten days or a fortnight. Mrs. W., who had been drinking hard for sixteen weeks—twenty-five years a drunkard—came to us on a Thursday, and was up and about on the following Monday!

"Within four months we had practically abolished the meat diet! The people, as a whole, are much happier. We do not have violent outbreaks of temper as we used to, they are more

contented, more easily pleased, more amenable to discipline.

We have had abundant opportunities to verify the soundness of this principle in our Life Boat work in Chicago, which has brought us in contact with thousands of inebriates, and it is also becoming more evident to us why saloons flourish so abundantly as they do in the slums. The following is a copy of a typical bill of fare at one of the ordinary State street cheap eating houses:

Pork chops.
Pickled pigs' feet.
Coffee and doughnuts.
Fried oysters.
Liver and bacon.
Sardines.
Cheese sandwich.
Shrimps.
Red hot.
Hot tamales.
Sour-kraut.
Kidney stew.
Liver and onions.
Mexican hash.
Ham sandwich.

Can anyone question that the eating three times a day of such unnatural and unphysiological foods does create a thirst for stimulants, particularly in already hereditarily predisposed individuals?

In addition to other practical remedial measures, which we have instituted to aid in uplifting this class of humanity to a higher plane morally and physically, I present by the way of contrast our Workingmen's Home menu. This institution is located on State street only a few hundred feet from the place where the previous bill of fare was copied:

Bean soup.

Corn on cob.
Baked potatoes.
Sweet potatoes.
Boiled rice.
Macaroni.
Peas.
Sliced tomatoes.
Ponched eggs.
String beans.
Granola.
Granose.
Zwieback.
Apples.
Peaches.
Grapes.
Caramel cereal.
Milk.

It can be readily seen that there is nothing in this bill of fare which either blisters or burns or which is calculated to fill the system with toxins or abnormal waste products.

We observe that if our restored drunkards or rescued women return to such a dietary as doughy bread, pasty mush, juicy beefsteaks, condiments, spices, tea and coffee, in a short time they invariably return to their old career. I will relate one instance which came under my personal observation, which, although, perhaps more striking than many others, nevertheless only illustrates what could be said in principle of hundreds of similar cases.

This poor man had in missions and elsewhere more than a score of times most resolutely determined to be delivered from the liquor habit and just as many times had been doomed to the despair resulting from a sad downfall. After a debauch of unusual length and severity he was brought to our dispensary ward, where he received the necessary physiological

treatments. When he left we instructed him to take his meals at our Workingmen's Home lunch counter, which he did for a short time without having any craving for liquor. He was then invited to dinner with some of his friends where he partook of pork chops, highly spiced foods, etc. He had scarcely finished his meal when the desire for liquor became so overmastering that he yielded, which resulted in a ten days' spree and a final return to our dispensary in a most wretched condition.

After he again was restored he adhered strictly to the dietary suggested for him. He soon had a good position which he held for months to the complete satisfaction of his employers. One day being seized with a slight attack of indigestion he thoughtlessly stepped into a drug store and asked for something to settle his stomach. He was given some drug containing alcohol. This aroused at once the old appetite and it was but a short time before he was almost a total wreck. This unfortunate experience also emphasizes the danger of the restored drunkard tampering with patent medicines containing liberal proportions of alcohol.

There is more drunkenness created at the dinner table than is generally recognized by those who have not given this matter careful observation or who have had but little experience in dealing with inebriates. Frequently the kitchen becomes a veritable veritable to the saloon. In such cases, if we wish to be successful in dealing with the inebriate we must lay the ax at the root of his difficulties and make it possible for him to eat for strength instead of for drunkenness. On this

point Dr. Brunton says:

"Some may think that, in speaking of cookery as a moral agent, I am greatly exaggerating its power; and they may regard it as idle folly if I go still further and say that cookery is not only a powerful moral agent in regard to individuals, but may be of great service in regenerating a nation. Yet, in saying this, I believe I am speaking quite within bounds, and I believe that schools of cookery for the wives of working men in this country will do more to abolish drinking habits than any number of teetotal societies. Good Templars, Blue Button Army, and others which have not been altogether a failure; but I do not think that their plan will ever be crowned with complete success, and I believe that there is a better way of attaining their object.

"Supposing you go to visit a friend and find him taking a wet pack. He is in bed, wrapped up in blankets so that he cannot move hand or foot; a fly settles on his nose, and he begins making faces to try and remove it. You do not like to see him make faces, and wish him to stop. Which would be the most rational method of doing so? Would it be to exhort him to summon all his fortitude to keep his face still, notwithstanding the annoyance, or would it be better for you to drive away the fly? No doubt it might be an excellent moral training for him to use his self-control and keep his countenance placid notwithstanding the irritation, but the simpler and more effective method would be to drive away the fly. Moreover in nine cases out of ten, his power of self-control would be insufficient; and this is exactly what occurs with persons who

have a strong desire for intoxicating liquors.

"Many years ago I read an account of an old drunkard, who uttered the bitter complaint: 'The neighbors always speak of my drinking, but they never speak of my drouth.' The old man was right; and if we are to abolish drunkenness, we must remove the thirst which leads to drink."

Mr. Horace Fletcher, who has advocated so earnestly and persistently thorough mastication as to have properly earned the title of "The apostle of chewing reform," related to me an incident that occurred in one of his earlier experiments which he conducted to establish his ideas on a sound basis. He engaged a number of tramps to come and eat their meals in his presence, and to masticate the food according to his instructions. After a few days one of these men came and called attention to a dollar which he had in his hand. Mr. Fletcher asked what about it? to which he responded that it was the first time in twenty years that he had a dollar in his pocket that had not at once got into the saloon-keeper's till. Then he explained that since he began to masticate his food according to Mr. Fletcher's directions he had ab-

solutely lost his desire for liquor.

Without attaching undue importance to this man's fortunate experience it is unquestionably true that it is not only essential to select for the inebriate a non-irritating and non-stimulating dietary, sufficiently cooked and tastefully prepared, with the food elements in proper proportions, but it is also extremely important to instruct him how to eat it. Dr. Norman Kerr has called attention to this in the following words:

"Deliberate eating would save no inconsiderable number of human beings from falling into inebriate courses. The bottle has a potent ally in the bolting of food. The hasty despatch of a meal leaves masses of food, not properly broken up and dissolved in the mouth, for the stomach to encounter, a task never intended to be thrown on that organ. The result is that digestion is attended with considerable difficulty, followed frequently by flatulence, severe pain, and depression of spirits. This diseased condition craves for relief, and an alcoholic soother is employed, in too many cases the introduction to a course of periodic or constant inebriety."

ALCOHOL AS A FACTOR IN CONSUMPTION *

By Thomas F. Mays, M. D., Philadelphia, Pa.

I am not one of those who believe that the world would be better off if alcohol had never been discovered, yet there is no gainsaying the fact that directly and indirectly it is the cause of a great deal of misery and suffering. Its prominence as a factor in producing pulmonary consumption is certain. Anyone who watches the dissolution of families sees the fre-

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ALCOHOL AS A FACTOR IN CONSUMPTION

quency of alcoholism in the forbearers of consumptive sufferers. One of the saddest experiences in a large dispensary service is the almost daily application of young consumptives, of both sexes, for help, whose family history is absolutely free from the trend of inherited phthisis but who on inquiry, tell you with the blush of innocence on their faces, that their father or their mother, perhaps both, or some other near relatives were accustomed to the inordinate use of alcohol. In the *Clime for Home Treatment of Consumption* which we recently started in Philadelphia, of the first twenty-eight consumptive male patients, 58 per cent were, or had been, alcohol tippers. One of the most remarkable demonstrations of the close affiliation between alcoholism and phthisis, and one which speaks more eloquently than many similar cases that could be related, is the following case contributed by Dr. T. D. Crothers to the *Journal of Inebriety*: (October, 1888, p. 390). "G. came from England in 1798 and settled in Connecticut. He was a harness-maker, a beer drinker, and after middle life drank rum to excess until he died at the age of sixty one. His wife was healthy and lived to the age of eighty. Eight sons grew up and married. Six of them died of consumption under forty five. One was killed by accident, and the other died from excessive use of spirits. Two daughters grew up and married; one died of consumption and the other in childbirth. The daughter left four children; two were inebriates, and the two others were eccentric and died of consumption. Of the children of the eight sons only ten

grew up to manhood. Four of these drank to excess and died. Three of the remaining six died of consumption, and two others were nervous invalids until death in middle life. The last one, a physician of eminence, became an inebriate. He is the only surviving member of all this family, the male members of which were farmers, tradesmen, and men of more than average vigor in appearance. The married women (so far as can be ascertained) without any heredity to consumption or inebriety."

In a very interesting paper published in Vorchow's Archive, (vol CLXXV, p. 185) on "Alcoholism and Degeneration," Professor G. von Bunge investigates the influence of alcohol, in the first place, on the capacity of mothers to suckle their infants. Thus in 422 cases, in which both mothers and daughters were capable of suckling their children, it was found that 98.7 per cent of the daughters, 98.9 per cent of the mothers and 90.4 per cent of the fathers were abstemious or moderate drinkers; and 1.3 per cent of the daughters, 1.7 per cent of the mothers, and 9.5 per cent of the fathers were immoderate and excessive drinkers. On the other hand in 281 cases in which the mothers were incapable of nursing their infants, it was found that 94.8 per cent of the daughters, 97.2 per cent of the mothers and 22.2 per cent of the fathers were abstemious or moderate drinkers; and of 5.3 per cent of the daughters, 2.9 per cent of the mothers, and 77.9 per cent of the fathers were immoderate or excessive drinkers. By comparing the amount of alcohol consumed by the

father in the two groups; its influence in producing incapacity in the daughters. For in the first group in which both daughters and mothers were "capables," the fathers were abstemious or moderate drinkers, in 90.4 per cent of the cases; while in the second group in which the daughters were "incapables," the father drank immoderately and excessively in 77.9 per cent of the cases.

In the second place Professor von Bunge investigated the influence of alcohol as a cause of consumption and of nervous diseases and psychoses in the same group of cases. Thus in the first group of 442 cases in which the fathers, mothers and daughters were on the whole abstemious, and in which both mothers and daughters were "capables," consumption prevailed as follows: fathers 3.3 per cent., mothers 2.8 per cent., daughters 1.6 per cent., and sisters and brothers of daughters, 8.9 per cent. In the same group, nervous diseases and psychoses prevailed as follows: fathers 0.5 per cent., mothers 1.7 per cent., daughters 1.6 per cent., sisters and brothers of daughters 3.0 per cent.

In the second group of 281 cases in which the fathers used alcohol to excess in 77.9 per cent of the same, and in which the mothers were "capables," and the daughters "incapables," consumption prevailed as follows: fathers 7.7 per cent., mothers 5.5 per cent., daughters 7.0 per cent., and sisters and brothers of daughters 21.3 per cent. In the same group nervous diseases and psychoses prevailed among fathers 3.4 per cent., mothers 5.5 per cent., daughters 10.7

per cent., sisters and brothers of daughters 9.3 per cent.

In a third group of 455 cases in which the fathers, mothers and daughters used alcohol to a greater extent than in the first and second groups, and in which both mothers and daughters were "incapables," consumption prevailed as follows: among fathers 16.2 per cent., mothers, 18.2 per cent., daughters, 16.5 per cent. and sisters and brothers of daughters 27.8 per cent. In the same group nervous diseases and psychoses prevailed as follows: fathers 12.6 per cent., mothers 18.5 per cent., daughters, 25.9 per cent. and sisters and brothers of daughters 18.6 per cent.

If we compare the three last groups with one another it will be found that consumption predominates in round numbers from two to four hundred per cent in the second group, and from three hundred to one thousand per cent in the third group, over that of the first group, which represents the normal prevalence of consumption, nervous diseases and psychoses among abstemious families; while nervous diseases and psychoses prevail from three to six hundred per cent in group two, and from three to fifteen hundred per cent in group three over those in group one.

The last three groups do not, however, represent the real pernicious power of alcohol in producing consumption and nervous diseases in the offspring, because in a certain number of instances the fathers themselves were sufferers from these diseases, and hence Professor von Bunge constructed another group in which these defects are eliminated. Thus in 318 cases in which the fathers were ab-

stemious, or moderate in the use of alcohol, consumption among the offspring prevailed in 19.4 per cent, and nervous diseases and psychoses in 10.5 per cent, while in 127 cases in which the fathers used alcohol to excess, consumption, flourished to the extent of 38.1 per cent, and nervous diseases and psychoses to the extent of 31.00 per cent.—actually showing that the children of alcoholic fathers are a hundred per cent more liable to consumption, and 300 per cent more liable to nervous diseases and psychoses than those coming from more abstemious fathers.

From what has been said I think it may be taken for granted that alcoholism and consumption are allied to each other as cause and effect, and that the latter is frequently the indirect product of the pernicious influence of alcohol on the nervous system. That alcohol destroys the integrity of the nervous system is certain. Dr. James Jackson of this city (Boston) and Dr. Wilks of England were, I believe, the first to point out this phase of disease. It is now known as alcoholic neuritis. In its early stages it is characterized

by numbness, tingling, hyperaesthesia at first, and later anaesthesia of the extremities, paralysis of motion, loss of knee jerk, quickened pulse, shortness of breath and pulmonary embarrasment. The brain and spinal cord remain comparatively normal, while the principal changes occur in the peripheral nerves.

It being established, then, that alcohol destroys the integrity of the nerve fibres, it does not require a reckless flight of fancy to perceive how, by operating on the same textures, it may bring about that peculiar destruction of lung substance known as pulmonary consumption. Degeneration of a nerve implies degeneration of the organ which it supplies. Thus degeneration of the sciatic nerve is followed by impaired sensation and motion in the muscles and other textures of the leg—a condition which is almost constantly present in chronic alcoholism, and degeneration of the pneumogastric nerves, which is frequently present in alcoholic neuritis, is just as naturally followed by disease of the lungs, heart, stomach, and all the other organs supplied by them.

TREATMENT OF INEBRIETY BY HYPNOSIS

By *John D. Quackenbush, M. D., New York City.*

The studies upon which I shall base the following statements were drawn from the histories of four hundred cases treated by me along these lines during the last ten years. So far my experience warrants me in asserting that 80 per cent have been practically saved, of the remaining 20 percent a large number have disappeared after

submitting to one or two treatments, others have failed. It is probable that a larger part of this number have been practically hopeless from the beginning. The success of this treatment of course bears a distinct relation to the amount of injury inflicted on the brain cells and the resultant deterioration.

I have always found that it is well to speak with positiveness to all sufferers, something like the following: "If you sincerely desire to be cured of this malady, and will carry out my instructions faithfully for a year, you can be cured beyond a peradventure."

In default of a more perspicuous philosophy, I have accepted the theory of duplex personality, and explain the phenomena of suggestion on the supposition of self-manifestation in two distinct spheres of consciousness described by psychologists as the objective or supraliminal and the subjective or subliminal. The subliminal, superior, or Better Self—the pneuma or spirit of the New Testament—is that deathless entity that constitutes the self or "inner man." The objective is the expression, imperfect at its best, of this subliminal soul through "the flesh" that is, organs of body and faculties of mind. The possibilities of subliminal control are boundless in the objective life, and the whole purpose of hypo-suggestion is the establishment of such control, either where it has become relaxed or in fields where it has not before been exercised.

Sound organs, all defects or irregularities in the fulfilment of their functions may be remedied by assumption of the natural psycho-physical control, and so diseases that are not organic are curable by appeal to the subliminal self. Still further, all attitudes of the objective mind—its trends of thought, opinions, beliefs, desires, propensities, tendencies, emotions and passions—are controllable and alterable by this higher human personality, exclusively along lines

that are moral and true. For the subliminal self of man, *per se*, is that principle in us which dictates what is right and inclines to good—that "spirit" in which, or under whose control, the Apostle Paul urges men to walk in order that they may neither be condemned by the moral law nor bound by the law ceremonial.

So man in his higher personality is adequate to the extirpation from his objective nature of any abnormal craving or passion, like the craze for alcoholic drink. And he will always act in response to that "touch of explosive intensity," as Professor James has described it—that suggestional force which awakens ethico-spiritual activities in the supraliminal life and subordinates the lower tendencies of the carnal nature—when imparted by a pure-minded suggestionist who is in genuine sympathy with the in-briate and operates with the courage of his convictions.

By means of the enlightened employment of hypo-suggestion, the subliminal self may be brought into active control. It happens to be a psychological fact that, in the state of sleep, either natural or induced by an intelligent physician through ordinary hypnotics, a human being is suggestionable—that is, obnoxious to the insinuation of a belief, impulse, or thought, which may dominate the waking life.

The technic adopted by me involves the arrest of the visual attention by some brilliant object, the concurrent establishment of the patient's confidence in my desire and ability to help him; and monotonous sleeping suggestions, as an accompaniment of impression by my personality (the

several steps being relaxed eye muscles, vacant stare, blank objective mind, reverie, sleep). Dipsonmaniacs, as a rule, are easy subjects in that they yield readily to hypnotic influence, and accept unconditionally the suggestions communicated by the operator. Regular drinkers may be dealt with whenever they can be induced to sober. I have found it unprofitable to attempt influencing an intoxicated person. Periodic drinkers should be treated just before the close of the cycle of sobriety. Regularly recurring debauches have periods of varying length, the longest in my experience being three years; and I have satisfied myself that in many instances a relationship exists between the abuse of tobacco and the oncoming of the irresistible thirst, the depressing effects of the nicotine instinctively suggesting recourse to the antidote. Periodic drink-storms are usually forecast by significant indications, well known to the family and friends of the victim—irritability of temper, unreasonable suspicion, so-described "cranky spells," abnormal restlessness, unaccountable depression. Immediately upon the appearance of these symptoms, the patient should be treated by suggestion, before opportunity is given for indulgence of the craving. Such a subject frequently recognizes his danger, and sincerely wishes to be cured. He is tactfully conducted into the subliminal sphere, and then assured that, in accordance with his own desire and decree, he has lost all craving for beer, wine, whiskey; that alcohol in any form will disgust him, and, as a safeguard, that he cannot swallow it, cannot carry the containing glass to

his lips. The society of low companions is tabooed; the pleasure associated with drink and the glamour of the bar-room are pictured as meretricious and placed in vivid antithesis to the chaste delights of home life. The physical, mental, moral, and economic bankruptcy that accompanies dipsomania is held up before the view of the sleeper, and he is forced to the conviction that begotten of his apprehension has come into his soul an abhorrence for drink and all that it stands for. He realizes the presence of efficiency within him adequate to the enforcement of radical abstinence as the principle of his life; and he is rendered insensible, for the future, to any such combination of passion and allurements as has usually constituted temptation. So he is led instantaneously to scorn recourse to alcoholic stimulants, or to extrinsic exaltations of any kind, either for convivial reasons, or in time of depression, misfortune, or sorrow; and to depend exclusively, under any mental or physical strain, on the units of energy legitimately manufactured out of nutritious food, non-intoxicating drinks, air, exercise and sleep. The subpersonal mind is then directed to the vocation or the avocations, or both, as circumstances suggest, and a career of wholesome activities and satisfactory success is imaged as the legitimate result of the abandonment of the compromising habit.

It will thus be seen that hypnosuggestion is of the nature of inspiration. It is a summoning into control of the true man; an accentuation of insight into life and its procedures; a revealing—in all its beauty and strength and significance—of absolute, universal

and necessary ethical truth, and a portrait of happiness as the assured outcome of living in consonance with this truth. It is not a mere pulling up of weeds by the roots, as Horace Fletcher describes it in "Menticulture"; but it is a sudden overshadowing and starving-out of character defects and mental weaknesses by a tropical growth of ethical energy which seeks immediate outlet in the activities of a moral life. The patient freely expresses his best self post-hypnotically, without effort, from a plane above that of the will—the plane of apprehension and spontaneous control along lines of thought and action that are worthy and wholesome. Thus is effected a perfect agreement between the law of right and the intelligent creature, with which neither the will of the operator nor the will of the subject has aught to do. The popular idea that supposes subjection to the will of another is a mistaken one.

Inspiration, to be efficacious, cannot be mere lip-work or rote-lesson. It implies a belief in the suggestions offered, an eloquent and incisive manner born of the courage of conviction; in short, it is a transfusion of personality. Perfunctory speeches are of no avail, for the mind of the subject is endowed with super-normal insight; at once detects the disingenuous, and rejects the counsel of an uncandid or lukewarm guide. In practical hypnotics, the best thing one has to give is himself.

A *sine qua non* of success is the consent of the patient, an honest desire on his part to reform. Habitual drinkers, those who "soak" as Goldsmith described it, do not, as a rule, wish to be cured. They enjoy indul-

gence in alcoholic beverages and the false pleasures that attend it; and about ninety per cent. of them, women as well as men, resent the approaches of those who desire to save them. Sometimes, when no other form of appeal is effective, they may be frightened into a realization of the fact that constant use of alcoholic stimulants will result in organic changes in the liver, kidneys, and brain, or by lowering the general powers of resistance and at the same time irritating the bronchial tubes and the lungs, through which the alcohol is in part eliminated, markedly predispose to pneumonia and tubercular consumption. In fact, immoderate drinkers may, in sober intervals, be made to realize, not only that they are physically depraved, but intellectually degenerated as to the faculties of memory, attention, concentration, judgment, and that they are deficient in business tact and in the general address essential to success. Once apprised of their enervated mental condition, they honestly desire to correct the habit, but cannot of themselves; the craving stimulates a mania. Under these circumstances it is comparatively easy to persuade a patient to accept treatment, and a rescue may be effected in a week's time.

But the treatment must be persisted in for a much longer period, the tendency being to abandon it too soon because of a belief in cure. A patient, whose language I quote to show his confidence after a single treatment, subsequently fell: "I am getting on splendidly, and my better self still has complete control, causing me to feel that I shall never relapse. I have not the slightest desire in the world

line is to reject all compromises in his treatment, suggest total abstinence, forbid exposure to temptation, and render insensible to the psychology of the saloon. Experience proves that it is always better to deal in drink-habit cases with the nearest of kin rather than directly with the patient who naturally over-estimates his power of resistance and is singularly impatient of restraint. Courting a conflict with the demon of drink, as many do, is playing with fire. A dipsomaniac who was sent to me from Paris a year ago, for treatment at my summer home, was practically cured in a week. He returned to New York, and there insisted on living in a cabaret. The inevitable soon occurred.

There are cases where the drink habit has become so ingrained that the early promise of post-hypnotic suggestion is gradually brought to naught by continual returns, seemingly inextinguishable, of the uncontrollable craving. The automatic mind struggles in vain for mastery of a habit which has not only evolved into a second nature, but is forever converting an unnatural appetite into a fiery passion. Suggestion in such an event should be supplemented by appropriate drugs, and, in some instances, by discipline.

The physical side must not be lost sight of, the serious nutritional disorder threatening degeneration of the neurones. While hypnotic suggestion may regulate a disturbed metabolism in the nerve organs or check atrophic changes in cell protoplasm, it cannot be expected to repair lesions in the blood-vessel sheaths or suddenly atone for the results of an exaggerated destructive metamorphosis in the nerve

for anything in the alcohol line."

It is quite common for patients to express themselves similarly after the first series of suggestions, and for relatives to write that they are "astounded at the result." But if some unlooked-for pressure is brought to bear on such a self-confident subject, he is likely to give way. An inebriate patient who went two months in New York without experiencing the slightest desire for alcohol, and proof against all solicitations to enter a saloon, encountered in Philadelphia a combination of business disappointments and temptations that proved irresistible. Many a well-meaning but incautious subject has yielded to solicitation on the part of friends, falsely so-named, under circumstances nicely calculated to induce a compromise with principle. My policy at present has in view such contingencies. Three treatments are given at once, covering a period of ten days. After that I insist on seeing my patient once a month for a year at least, renewing the suggestions as I deem necessary and looking carefully to his physical welfare.

It is not claimed that the tendency to relapse is absolutely obliterated by suggestion. The cure may or may not be permanent, as is the case with rheumatism, quins, bronchitis, intermittent fever with its distinct germ and distinct specific. No physician is asked to guarantee a patient against a recurrence of tonsillitis, especially when the patient deliberately exposes himself to the appropriate conditions for a relapse. More cannot be expected of the physician suggestionist, who is not a miracle-monger. The utmost he can do in a prophylactic

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self bodies. Fortunately, the damage to the cells is measurably reparable by discontinuance of the poison, and judicious administration of nourishment, general and specific. Therefore, in any treatment, alcohol is immediately withdrawn; stimulating liquid food is given every two hours for a day or two; the phospho-glycerates of lime and soda are administered for six months to a year, with a view to refining the quality and increasing the quantity of the lecithin; also, for a brief period, a tablet containing atychina, nitro-glycerin and atropin; fluid extract of coca, if required; a valerianate to control temporarily undue nervous expression, and a wide and chloral to induce sleep. In the insan-

ity of extravagant drinking, coupled with chronic nictin or morphia poisoning, suggestive treatment may sometimes be delayed with advantage until after the compulsory reduction, or withdrawal of the artificial stimulant. Patients who, to rid themselves temporarily of the importunity of relatives, accept an institutional life, with mental reservation as to their habits at the termination of the period of treatment, are proper subjects for suggestion while in *sanatorio*. "The tongue has taken the oath, but the mind is unsworn." Under such circumstances, with the craving in full, the subliminal self may be successfully impressed.

THE ALCOHOL CULT

By Dr. Tejon Madden, of Portland, Oregon

(Continued from Summer Number)

As the purpose of this paper is chiefly to show pro-alcohol influences as they exist at the present time, we purposely pass over all literature before that of the nineteenth century. We do this not because the literature of preceding times gives us little information as to the power of the wine cult; on the contrary, an examination of even a small part of it which has to do with commendatory reference to wine would force us into quotations and analogies which would make our task a matter of years instead of days. We need only to call your attention to the plays of Shakespeare; to the Diary of old Samuel Pepys; to the scarcely less excellent Diary of John

Evelyn; or to any of the great English masters of literature of the pre-Victorian times, to convince you how large a part did wine and other alcoholic beverages play in the social intercourse of the people. Let us begin our examination of modern literature by quoting a short poem from Bodenstedt, the Hanoverian poet who died but a little more than ten years ago.

"In the gollet's magic measure,
In the wine's all-powerful spirit,
Lieeth purest, basest pleasure
Even according to the merit
Of the drinker ye invite.

THE ALCOHOL CULT

"So, the fool in baseness sunk,
Having drunk till he is tired,
When he drinks behold him drunken,
When we drink we are inspired!"

Comment upon this is unnecessary. It speaks for itself, a promulgation that wine has the power of conferring the highest, purest, pleasure; that to the rightly constituted man it is a source of inspiration; that its all-powerful spirit is a poison only to the fool. Of course the lesson it teaches is only the old familiar plea for the blessings of moderate drinking. For we, of the poet would certainly find it a poison did he drink till he was tired; as did the fool whom he contemns.

From a consideration of this brief product of the German mind let us go at once to the works of the greatest novelist of the nineteenth century—Charles Dickens. Indeed, perhaps we shall have the majority of competent opinion with us if we declare that Dickens was the greatest creative writer the world has yet seen. Surely in the sixty years or more that have elapsed since his genius was a star of the first magnitude in the firmament of that wondrous galaxy of English writers, no one has yet so widely, or in so great a degree, impressed his personality upon English civilization. Indeed, it is questionable whether he did not do more for humanity for a lifting up of the lowly and for broadening the spirit of charity and brotherly love, in eliminating the hideous private schools of brutal masters, and bringing about reforms in governmental processes—more than any other writer of any time or civilization. Let us not quarrel with his exaggerations, his grotesque

sketches and similes, his occasional stiltedness and bombast; it is enough for us that he has wrung our hearts with many a tale of child suffering and heroism, many an instance of loving unselfishness and practical helpfulness among God's poor and lowly; sung for us our own love lyrics, and given voice to our every ambition and sorrow. His, indeed, was the power, no less than that of the world's greatest dramatist of holding "the mirror up to nature," and, if the grass in the picture be a little too green, the flowers too brightly colored, and fragments of the sunshine too glaring, the storms too terrible, and the world's thousand and one eccentricities somewhat overblown; they impress themselves upon our minds all the better for that; and we love him all the more for making his pictures vivid.

Let us take up a psychological study of the alcohol question as shown by Dickens in an examination, first, of his greatest novel, "David Copperfield." In this the subject of drinking is first mentioned when Mr. Quinion rings the bell and calls for some sherry in which he, Murdstone, and their companions drink "confusion to Brooks of Sheffield" in the presence of Master David, "bewitching Mrs. Copperfield's encouragement," as an easy way of disposing of the slight embarrassment caused by the announcement of the engagement between that devil, Murdstone and David's mother.

Little David is sent away to school. He stops for his dinner at the Yarmouth Inn and we laugh, but also hiss, at the cute waiter who invents a story of the fatal effects of ale upon one stout Mr. Topsyawyer, and being

thus frightened David is very willing, indeed grateful, to be able to take the drink vicariously through the romantic waiter.

And Creakle? Creakle the despicable, mean, brutal, besotted schoolmaster, he of the fiery-countenance, the little red-rimmed, blue, pig eyes; Creakle the eternal tripler of gin and water! Think how much the picture would lose in strength if we should take the strong drink out of it! Would it be possible, indeed, to have a Creakle without alcohol? Let us try to think of him as an abstainer from drink; would he have had the brutality which he inflicted upon the helpless little lads in his power? Surely there never could have been a beast like Creakle without the ingredient of alcohol in his character.

As a pupil in Creakle's school David immediately becomes a hero worshipper. The object of his admiration is Steerforth. Do you not, all of you, recall with pleasure, as keen almost as though the experience were your own, the secret nightly feasts that Copperfield, Steerforth, and Traddles had in Copperfield's room when they all drank currant wine out of a glass without a foot? Copperfield told them the wonderful stories of those old books in the attic of Blunderstone, those dear, delicious tales of Paul Jones, Roderick Random, Peregrine Pickle, Humphrey Clinker, The Vicar of Wakefield, Don Quixote, Gil Blas, and Robinson Crusoe. Would they have been so interesting, would they have brought about such a sense of community of interest, of boyish friendship, were it not for the occasional passing of the footless wine-glass? Very early in

life men learn the peculiar charm of drinking together as an element of association in every condition of society.

During his wretched life with Grimby & Co., David often tells of his drinking ale as a part of the sustenance for which he must do the best possible on the meagre salary of six shillings per week. It was during this time that he met Micawber, and there is scarcely a reference to that wonderfully optimistic gentleman which does not include something about drinking wine, ale, spirits, or that marvelous punch which only Micawber knew how to brew. It seemed, indeed, the one accomplishment he possessed, calculated to make him of use to his fellow man. You recall the dinner given by Copperfield to Traddles and the Micawbers at his lodgings in Buckingham street. You recall the happiness of Micawber when asked to exercise his peculiar function. How deliciously Dickens expresses it all!

"To divert his thoughts from the melancholy subject I informed Mr. Micawber that I relied upon him for a bowl of punch, and led him to the lemons. His recent despondency, not to say despair, was gone in a moment. I never saw a man so thoroughly enjoy himself amid the fragrance of lemon peel and sugar, the odor of burning rum, and the steam of boiling water, as Mr. Micawber did that afternoon. It was wonderful to see his face shining out of a thin cloud of these delicate fumes as he stewed, and mixed, and looked as if he were making, instead of a punch, a fortune for his family down to the latest posterity."

Surely the punch, the man's pleasure in making it, and the pleasure of all in drinking it, were the greatest elements of happiness in the dinner party, and, notwithstanding the cuisine eccentricities of Mrs. Crupp, due to secret but frequent pulls at the ever present brandy bottle, they had a very merry time indeed!

But Copperfield had given another dinner at his lodgings in Buckingham Street. This was the dinner to which Steerforth and his two friends were invited. There was drink enough on this occasion. In David's own words: "I gave a rather extensive order at a retail wine merchant's in that vicinity. When I came home in the afternoon and saw the bottles drawn up in a square on the pantry floor, they looked so numerous (though two were missing, which made Mrs. Crupp very uncomfortable) that I was absolutely frightened at them."

Well, it seems that there was wine enough at that dinner to work considerable havoc! "The young gal" who was to wash the dishes, as well as the young man brought in as butler, had to be removed because of her alcoholic incompetency; the former because of extreme destructiveness to the crockery, the latter because he had lost both speech and equilibrium. Then there follows a description of a young man's drunken debauch that is probably the most accurate ever written. To be appreciated it must be all read, but it is too long to be quoted here. Copperfield became all the various stages of imbecile known to alcoholic intoxication, and acted each part to perfection. Not only is the case one for the sociologist, but also for the

psychologist, for Copperfield accurately describes the progressive effects of the alcoholic poisoning upon the brain, beginning with a vastly increased flow of disjointed, semi-incoherent ideas, double personality, loss of sense of direction, and a complete banishment of all ethical sense, all sense of proper conduct toward his fellows. You recall his going in his drunken condition to the theatre, of his meeting Agnes there, and her influence upon him being sufficient to send him home with a single word, the terrible night he spent "in a rocking bed that would never still," burning with raging thirst.

"But the agony of mind, the remorse and shame I felt when I became conscious the next day! My horror of having committed a thousand offenses I had forgotten, and which nothing could ever expiate, and much more to the same purpose has been the experience of a great many thousands of young men since the days of David Copperfield, and will be the experience of other thousands yet to grow up to manhood, and still other thousands yet to be born.

In citing all these incidents in that wonderful book, David Copperfield, in which the drinking of alcoholic beverages forms a conspicuous part, it is not our purpose to take only those tending to show the peculiar esteem in which wine was then, as now, held by the people. We may recall the case of Wickfield as an example of the inevitable effects of alcoholic excesses. He became a wreck, a pliant tool in the hands of the wily Uriah Heep. His substance was wasted, his honor tarnished, his conscience blunted—a mental and physical no-

body. In fact, he was the typical gentlemanly drunkard, and he became such, not through association with dissipated companions, but through a love for the drink itself.

It is significant enough, too, that Dickens, while he deplores the depths to which Agnes' father has fallen, does not take occasion to warn his readers against the dangers which lurk in the wine cup. He does, it is true, deplore that Wickfield takes so much. Agnes herself, finally sat beside her alcohol enfeebled father, not to prevent his taking any wine at all, but to limit the amount. It does not seem to have occurred to any one that the wise and proper thing to do would be to take the poison from him altogether. At that time a belief in moderate drinking was a religion, and it has not lost very many of its devotees in the sixty or more years since David Copperfield was written.

When Betsey Trotwood loses her fortune through the trickery of Uriah Heep, not a little of her distress came from the fact that she could not now afford to have her regular "night draught," the principal ingredient of which was wine. The following conversation between her and her nephew is significant enough:

"Trot, my dear," said my aunt when she saw me making preparations for compounding her usual night draught, "No!"

"Nothing Aunt?"

"Not wine, my dear, ale."

"But there is wine here, aunt, and you always have it made of wine."

"Keep that in case of sickness," said my aunt. "We must not use it carelessly, Trot."

Comment upon this is unnecessary.

But there is wine or some other sort of beverage in every chapter, almost on every page of David Copperfield. The picnic given by Mr. Spewlow would not have been the same if wine had not formed a principal part of the lunch carried with the party. The dinner given to Traddles by his recently married friends could not have been so interestingly described if wine had not been present. Copperfield's greeting by his old friends, now the happy husband of "the dearest girl," would have lost something of its geniality if there had been no wine to drink. Dr. Chillip would have been less friendly, and certainly less loquacious, when David met him on his return from the continent were it not for the extra glass of warm sherry negus to which David treated him.

In short, David Copperfield is an intensely vivid portrayal of London society in the middle of the last century, and all London drank wine, ale, beer, and spirits—drank them, got drunk on them, believed in them, and considered them necessary to human welfare and happiness.

Perhaps we ought not to further examine the works of Dickens lest we make our paper only a study of the wine cult as shown in his works, but we cannot leave him without referring to some of his other works where drink is mentioned.

"Martin Chuzzlewit" has many notable examples of the worship of the wine god. Was not the mistress of the "Blue Dragon" a homely divinity as worthy of our love and respect as any of the lares or penates that ever sat upon our domestic hearthstones? Was not her own personality

something to treasure in our memories for ever? Was she not the very impersonation of good cheer, of buxom, comely, practical good-heartedness? You recall with pleasure how she went to the London coach which was carrying Tom Pinch away from home after his break with the hypocritical Pecksniff? What could be more wonderfully kind than her handing up to Tom the well-filled basket "with a long bottle striking out of it?" Would the world, the whole intensely human world, have thought as well of the basket if a long bottle had not been striking out of it? Would you dare to spoil the picture by suggesting that good Mrs. Lupin was dispensing poison? Shame, shame upon you! Do you not know that the envelope which she handed up to Tom with the basket contained a five pound note, a contribution to guard dear, simple, kind Tom Pinch against probable hunger in the great city, straight from her generous heart? No wonder that Mark Tapley wanted "another—one more—twenty more" when he returned a travel-stained, diseased, weakened, homesick man from the malarial swamps of America, yept "Eden!" Who could see that good, kind, wholesome, not unbeautiful face, of Mrs. Lupin and not desire to take her to his arms and salute her with any number of hearty kisses?

Think of this picture of goodness as the two worn-out, hungry, rain-soaked travelers saw it and try to estimate how many hearts have been stirred by it in the sixty years since it was written. "The kitchen fire burned clear and red, the table was spread out, the kettle boiled; the slippers were there, the bootjack, too;

sheets of ham were there, cooking on the gridiron; half a dozen eggs were there, poaching in the frying pan; a plethoric cherry-brandy bottle was there, winking at a foaming jug of beer upon the table; rare provisions were there, dangling from the rafters, as if you had only to open your mouth and something exquisitely ripe and good would be but too glad for an excuse of tumbling into it." "Mrs. Lupin, high priestess of the temple, with her own genial hands was dressing their repast." Surely there is something here to justify our contention as to the existence of an alcohol cult. This place is a temple for its worship; the good landlady is its priestess, and the cherry brandy and beer are the choicest offerings on this domestic altar to the greater glory of the wine-god.

Mark Tapley, Martin Chuzzlewit, and his friend are in a strange land. Homesick, forlorn, almost famished, Martin is unhappy enough indeed, and his recollection of the delights he left behind him in old England quite unmanned him. But the remedy is at hand—the universal panacea for all human ills, especially those due to adversity. Mark brings in a glass filled with cracked ice and a red fluid at the bottom. What is it? "Martin took the glass with an astonished look; applied his lips to the reed; and cast up his eyes once in ecstasy. He paused no more until the goblet was drained to the last drop."

"Here, sir," said Mark, "if you should ever happen to be dead beat again, and I ain't in the way, all that you've got to do is to ask the nearest man to fetch a cobbler."

This drink of iced sherry wine was

the one thing to Chuzzlewit's liking seen and tasted in all America!

Then there was that banquet given at the Salisbury Inn by John Westbrook to his friends Tom Pinch and Martin Chuzzlewit. We have the great author's declaration that "They were very merry and full of enjoyment the whole time, but not the least pleasant part of the festival was when they all three sat about the fire, cracking nuts, drinking wine, and talking cheerfully, undoubtedly the more cheerfully because of the wine drunk. You recall, also, the dinner given at Mrs. Todger's commercial boarding house in London. There they all got drunk. Pecksniff is there, the mean, stinky hypocrite, but he gets as drunk as any of them, drunker, in fact, for the wine costs him nothing. Pecksniff is a cunning man, more remarkable for what he leaves unsaid than for what he says, under unusual circumstances; but now he tells all he knows, leaves nothing unsaid. He exemplifies Dr. Kraepelin's statement that one of the first effects of alcoholic poisoning is to increase the flow of words at the expense of ideas. So "enthusiasm mounts higher. Every man comes out freely in his own character." Then they have "more punch, more enthusiasm, more speeches. Everybody's health is drunk." Pecksniff becomes maudlin. He sheds tears, and his articulation is imperfect. He becomes sentimental and sheds more tears for Pecksniff, the widower. Pecksniff is drunk. He shows it when "he suddenly became conscious of a bit of muffin and stared at it intently, shaking his head the while in a forlorn and imbecile manner, as if he regarded it

as his evil genius, and mildly reproached it." With that peculiar morbid introspectiveness characteristic of a certain stage of alcoholic intoxication, he announces that he has a chronic disorder, and that it is carrying him to the grave. He sheds more tears and puts his arm around Mrs. Todgers. She begs him not to squeeze her so tight, and he says she is like the departed Mrs. Pecksniff, and becomes still more idiotic in his sentiment for the boarding-house keeper. Then he mixes up his business with his love-making, and asks Mrs. Todgers to send him a pupil in architecture. Finally he falls heavily against the widow and says: "Let's have a drop of something to drink!" They carry him upstairs and again he asks for a drop of something to drink frequently. "It seemed an idiosyncrasy. The youngest gentleman proposed a draught of water. Mr. Pecksniff called him opprobrious names for the suggestion." They put him to bed, but, "before they have reached the bottom of the staircase, a vision of Mr. Pecksniff, strangely attired, was seen to flutter on the top landing. He desired to collect their sentiments, it seemed, upon the nature of human life." Jenkins orders him to go to bed but he begins to quote: "I is the voice of the Sluggard; I hear him complain."

What a delicious sketch of conviviality! How often is the like of it seen in real life! What a remarkably accurate picture! Not elevating, surely not; but we laugh at it in spite of ourselves. "Pecksniff, the smooth, courteous, moralizing, money-grasping, lying, hypocritical Pecksniff is now drunk, and he is a clown, a fool!"

HENRY DARWIN DIDAMA

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Jonas Chuzzlewit, Pecksniff's son-in-law, is another sort of villain, but he has this in common with his respected father-in-law—he will drink when someone else provides the liquor. He goes to that fateful dinner at the house of Mr. Ligg Montague, the

(To be continued)

HENRY DARWIN DIDAMA

By *Henry O. Marcy, M.D., Barton*

Sherman Miller, of Tompkins Co., N. Y.

DIDAMA, HENRY DARWIN, Syracuse, N. Y., son of Dr. John Didama, a native of Holland, and of Lucinda (Gaylord) Didama, of Connecticut, born at Perryville, Madison County, N. Y., June 17th, 1823, was educated at Cazenovia Seminary, studied medicine at the Geneva Seminary, Albany medical colleges; graduated at the latter in 1846, and settled first in Romulus, N. Y., and then (1851) in Syracuse, in general practice, but making a specialty of gynaecology. He was a member of his city, county, and district medical societies, and was president of each; member of the Boston Gynaecological Society; of the New York State Medical Association, and of the American Medical Association, of which latter he was vice-president in 1875. He was also a member of the International Medical Congress, held in Philadelphia in 1876. He was professor of principles and practice of medicine in the coll. med. Syracuse univ., since 1873. Was surgeon of the 51st reg. N. G. State of N. Y. for eight years, and was division surg. 6th division N. G. State of N. Y. He was coroner of Syracuse for twelve years. In 1848 he married Sarah, daughter of Hon.

Broken, disoriented, comparatively unmeaning factors of a long distinguished life.

It shall be my simple purpose to attempt to reclothe this unsatisfactory skeleton with something of its living, breathing, moving spirit. We see a young country lad growing rapidly into a strong, vigorous youth. The great gymnasium of the busy out-door farm life, has helped to mould in symmetric lines a splendid physique; the leader of the rustic games of country life. This manly form, erect carriage, over six feet of height, is dominated by an active brain, looking inquiringly about him into the opening vista of a young manhood. From the scholastic shades of academic life, he graduates into that splendid mental training, so common to former generations, and becomes the pedagogue as well as pupil. This life, however, is accepted only as a means of training and discipline; but it bears a singular fruitage of great scholarship and a rare mastery of English through a long life. We now see him a youthful pupil in Albany, in attendance

upon the medical teaching of this then small school; more than compensated however, by the close touch of teacher and student, from which is gained not alone a fundamental knowledge of medicine, but that which is far more important, the spirit of the master, the indelible impress of leadership and love of learning. Early in his vigorous manhood we find him happily married to one well qualified to bring out the latent power and mental discipline. He wisely selects the growing village of Syracuse for his home and the theatre of his life work. Stimulated by want, he not only seeks the opportunity of ministering unto others his hopeful, helpful spirit, but early becomes self-reliant. Recognizing the need of better training, we find him adopting the habit, now, alas, among our literary friends rare. Following the example of John Hunter, we find him at his student table, summer and winter, each morning at five o'clock. This became a dominating habit, lasting even to the very latter years of life. Hunter used to say, when his carriage was driven to the door at nine o'clock, after four hours of labor with his students, "I must now seek the guinea, with which to keep the pot boiling."

In somewhat similar spirit, Dr. Didama assumed the laborious role of ministrant, at hospital, at bedside, and in lecture room, completing a day ever full and yet ever blest with the sweet spirit of service. Early we find him associated with the select few, of kindred medical friends, organizing for the purpose of teaching medicine—the Medical School of Syracuse, and from it as a nucleus has developed the flourishing univer-

sity of today.

Sham, pretense, superficiality, found no place in this man's busy life. His purpose was not to build-up a large school at the expense of careful training, but the rather, recognizing the serious import of professional fitness in the discharge of the highest of all duties; first, he demanded of his pupil a fitness of preparation in order to enable him to profit from medical teaching. Secondly, the schoolwork was graded and no student permitted to advance from class to class until he had shown a thorough mastery of the subjects taught. He did not believe in the still usual habit of annual examination, but insisted upon a thorough personal review of all subjects at the close of each week, believing that in this way he could be of far the better service to the pupil, watching personally his development, doing away with the hateful system of cramming, and substituting for it a real love for learning.

We find him early in life an earnest religious worker in the Presbyterian Church, broadening this service to the Sunday school, to the lyceum, the lecture bureau system, the ward caucus and political service. Early he becomes the friend of Garrett Smith, is active in the abolition movement, and a conductor on the underground railroad to Canada, accepting only through passengers from the South. His graphic description to me of those turbulent times, when a handful in minority dared to stand up for human rights, even to the danger of property and person, will long be remembered. Medical ethics never had a stouter defender, and when the New York State Medical Association was formed

in the support of the national organization, its members naturally sought in this critical period of its existence, Dr. Didama as their leader. He became their first president, and the active co-operation of these men did much in moulding the national spirit, which now dominates and controls the medical profession in America—a united body of co-workers, joined through the American Medical Association, of more than 100,000 men.

Very early Dr. Didama was led to study the effects of alcohol upon the human organism, entering upon careful physiological research work, then a new departure from the ordinary declamatory lyceum lecturer. He became convinced that alcohol should be studied in its influence and effect exactly as that of any other drug and was early assured that, for the most part, even in medicine, its effect was only deleterious. This made him one of the first teachers to demand the rational use of alcohol in medicine, classing it, as he did, with the opiates and showed conclusively that to prescribe it was deleterious and dangerous in the acute forms of disease, to say nothing of the seductive possibilities of an injurious habit. He looked upon the social habit of drink, even in the use of beer and wine, as not alone injurious to the animal organism, but its practice by distinguished men having a far-reaching injurious effect upon the young men of society; yet so sweet and gentle was his teaching that none could take offence and one might even wonder if he were not playful and facetious.

Dr. Didama was a man of many sided excellencies, generous to the degree that, "The left hand knoweth

not what the right hand doeth," yet with all of business ability, wise judicial judgment of affairs, leaving behind him a handsome fortune. He was of an artistic turn of mind and readily sketched with rare ability. Of his literary attainments we might say much. Contributions from his pen have appeared remarkably regularly in the medical press for half a century. He was fond of travel and his racy description of places visited, experiences by the way were given at intervals to the local press, under the nom-de-plume of "Amos Cottrell." These letters were read far and wide and often republished. Their collection would make a volume of interest to all his old friends and be of permanent value.

Until a late period in his life there seemed little to disturb the sweetness and harmony of his home; one of the happiest families that it was ever my privilege to meet. First the son, already a young physician of promise, then the daughter, the happy wife of a distinguished husband, later Mrs. Didama, were gathered by the great harvester, until this distinguished man was left alone. Not dead, as claimed our friend, but gone only just a little before, beckoning to him from the other shore. But death forgot not his harvest and at last the release came; dying quietly in the home he loved so well for more than fifty years. Dr. Didama had been a leader in every good cause in the city of his choice. A practitioner of medicine whose counsel was sought by the many, far and near. In consultation his advice was prized by hundreds of his old graduates and medical co-workers. He always saw the good in

life, brightening the pathway of both the sick and well. Witty and wise, a story teller ever to be remembered, drawing from his own wide experiences for the purpose of emphasizing some great truth; a man who believed in himself, who believed in his fellow men, the future of his country and

the higher development of mankind. Such men never die, but the widening circle of their influence goes ever on, the generations to come profiting from the life well spent. The friendship of such a man is a heritage of good, reproducing in the lives of others high ideals and noble deeds.

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Inebriety from Beer Drinking

CLINICAL observers have noted the profound degeneration of persons who drink Beer. The organs are all sclerotic, with low vitality and inability to resist shocks, congestions and inflammatory conditions. Compared with the Alcoholic, they are more incurable, and feeble, both mentally and physically.

Mentally, they are demented and parietic, physically they are paralyzed, with great feebleness and muscular power, and profound exhaustion from any little exertion. The common opinion that Beer drinking is harmless, because of the small quantity of spirits it contains, is not true or confirmed by experience. Beers contain from three to six per cent of alcohol, with bitter extractive matter, containing sugar and water. As a rule, beer is used in larger quantities and oftener than spirits. Some persons drink from ten to thirty glasses a day, which really amounts to a large quantity of spirits. The danger from beer comes from the small quantities of spirits largely adulterated, taken at short intervals. Spirits in this form are absorbed more readily and more thoroughly distributed throughout the system. The rule is, the more

concentrated the spirits, the more intense its action on the organic activities of the body; but it is eliminated rapidly, particularly through the lungs, where it is thrown off unchanged, it is therefore in contact with the tissues of the body, a shorter time than when diluted. On the other hand, alcohol in beer remains in the organism much longer, and little or none of it, escapes through the lungs. So that a dilute solution of spirits often repeated has characteristic poison effects, which are more marked and last longer than when taken in a more concentrated form.

This is supported by the clinical fact that intoxication from beer, cider, or wine is of much longer duration and more profound in its effects, than the toxicity from whiskey, brandy and other forms of spirit drinks.

The beer drinker who takes four or five glasses a day and who at night takes home a small paulful of beer to use with his supper, is more diseased and damaged by the alcohol which the beer contains, because he is taking it in small quantities, and it is retained in the system, and it is not only oxidized, but has marked corroding effects on both cell and tissue. In addition to this, beer contains ferments, which in the stomach multiply and

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form new centers of fermentation, acting on the food, preventing their absorption and increasing the waste products and fibrin which are deposited in all parts of the body. The beer drinker has always an excess of fat and fibrin cells, and is bloated, his tissues are diseased. The protoplasm is deprived of its water, and its nutritive qualities diminished. All authorities note that the beer drinker suffers from fatty degeneration, and is literally poisoned, although he may have the appearance of health. Von Struempell, an eminent physician of Munich, writes "nothing from a physician's point of view is more erroneous than to speak of the evil influences of alcohol as diminished by the substitution of beer."

Beer acts particularly on the heart producing fatty degenerations, also on the stomach, dilating it, and deranging its secretions by small quantities of alcohol in large solutions of bitter extracts and ferments.

The appearance of health among beer drinkers, is deceptive. The congested ruddy face is an index of the paralyzed blood vessels of the brain, and the faulty control of the circulation. The increased deposit of fat is of degenerative cells lacking in vitality.

Acute inflammatory diseases attack beer drinkers first. The beer drinker who turns to strong alcohol, is profoundly diseased, and dies early. The beer drinker who boasts of his ability to drink in moderation and never exceed a few glasses a day, is more thoroughly diseased than one who uses alcohol at intervals to great excess, and has periods of sobriety. In the former

there is persistent deterioration of the cell and tissues, with constant diminishing powers of repair. In the latter there is sudden temporary paralysis of nerve and tissue, followed by recovery. The inebriate who has used beer is more incurable than the alcoholic. In the beer drinker the metabolism of the body is deranged permanently, and elimination is inordinately stimulated to throw off the products.

If it were not for this death would follow early, both the bowels and kidneys join with the skin in throwing off the waste products, and their normal action becomes defective and exaggerated. The suppression of either of these functions is followed by death. The heart in its effort to keep up the circulation is overworked and undermourished, and fatty deposits take the place of normal tissue. The liver is also enlarged and becomes sclerotic by the constant presence of alcohol even in small quantities, absorbing the water in the blood, and adding new ferments to those already existing in the system.

The beer drinker mentally, is equally deceptive. He suffers from cerebral palsy or slowing up of the brain processes. His capacity to realize and reason grows constantly less, his senses are numbed, his power of control is diminished, and he is practically a dement although acting automatically, doing what he is accustomed to do, with less and less reason or power to adapt himself to his surroundings.

As a laborer, his impairment is not marked, as a mechanic he is more and more automatic and less able to judge

and reason of his condition. As a brain worker, he is more stupid, less reasoning and more impulsive. He is credulous, suspicious, untruthful intensely selfish and fears being deprived of some of the grosser wants of life.

Delusions of exaltation and contentment grow with his condition, but with it morbid impulses, sudden and profound, and also veritable obsessions that make him a dangerous man under some conditions. In an institution a beer drinker does not respond to reason, he needs force and when he once recognizes the necessity of action, he will from sheer indolence follow it. His intriguing is of a low class, his untruthfulness and moral palsy is apparent in everything he does, and is childish and aimless. The danger of sudden death is always eminent, either from acute inflammation or from hemorrhages, and his treatment to be successful, must refer very largely to diet. Drugs are only of minor consideration, baths and electricity are valuable. Beer drinkers recover, but only from long periods of treatment, and total abstinence from tobacco, but they are always profoundly degenerated, and must be cared for with great exactness.

Alcohol in Railroad Accidents

In a recent railroad accident where the engineer failed to recognize the danger signal, and was killed, it was found that he was using large quantities of quinine, and spirits for supposed malaria.

The Division Manager of the road had a detective study the habits of fifty of the leading engineers. Of this number thirty-four were above all

suspicion, and in fact total abstainers. Of the remainder, four were secret and moderate drinkers, against whom various charges had been made for minor violations of the rules. Of the other twelve, six had suffered from accidents in which there were some doubts as to their responsibility.

The other six were not regarded as cool steady men; they were found to be using beer and spirits in their home circles. While never seen drinking in public, they were known by their friends to take spirits as medicine. These men were put on the list to be laid off, and discharged at once, for the slightest violation of the rules, and were recognized as dangerous.

It is stated on good authority that the driver on an express train lately wrecked in Saalsbury, England, had been given a bottle of spirits before the train started, and told that he must make the run ahead of the rival train at all hazards. When the train reached the curve at Saalsbury, his mental bewilderment was so great, that he failed to slow up as usual. Another statement is that the engineer had been on the road fifteen hours, and was exhausted, for which he used spirits to keep him awake. Of course no investigation will ever reveal the real facts which would reflect on the management of the company, but it is noticeable that every accident provokes more stringent rules and careful scrutiny of the habits of the responsible men.

Mrs. Mary H. Hunt

The death of Mrs. Mary H. Hunt of Boston, Mass., Superintendent of Scientific Temperance Instruction, of the W. C. T. U., re-

women of the most remarkable of the century.

Remarkable not only for what she accomplished, but for the rare tact and skill manifest in the promotion of the most revolutionary theories opposed by the prejudices of centuries.

During a period of twenty years, she personally, and with the aid of the W. C. T. U. and others, succeeded in influencing the Legislators of every State of the Union to enact laws, making instruction on the dangers of alcohol compulsory in public schools. During this time, she secured the enactment of similar laws in Congress, compelling all Government Schools to teach the dangers from the use of Alcohol. During this period she organized a board of eminent men to join with her in the prevention, and elimination of imperfect and dangerous school books, and set up a standard insisting that all school books, teaching hygiene and the dangers of alcohol should come up to a certain requirement of scientific accuracy, and pedagogic efficiency, in clearness and presentation.

During all these years she lived and moved in a storm center of controversy, and bitter misrepresentation, and yet maintained a serenity and faith in the reality of her work, that lifted her above its conflicts. No woman in America and in fact but a few physicians, were as thoroughly conversant with the science, chemistry and practical relations of the alcoholic problem and literature. Thus she was able to meet every opponent on technical and scientific grounds and impress upon them the facts above all partisanship and personality.

She was a strong character, realiz-

ing the magnitude of the work and the revolutions that would follow from the teaching of school children Hygiene and the dangers of Alcohol.

In a quarter of a century she actually accomplished more, than a whole generation of partisan workers in other fields, and has left an almost imperishable memory.

Comparison of Spirits and Wine

It is a remarkable fact which has not been noticed, that persons who drink wine alone, seem to have more pronounced degeneration in proportion to the spirits drinker, or rather the proportions of the amount of alcohol which they have taken.

Thus spirit drinkers who have used brandies and whiskeys have taken fluids containing from 30 to 70 per cent of alcohol. While the wine drinker has rarely used more than 10 or 15 per cent, and yet he is more degenerate and more profoundly diseased.

The beer drinker who never uses strong spirits has more derangement of digestion and abnormal nutrition. Beer contains ferments and in some way is more toxic. Wines also contain degenerative agents, which act upon digestion, more injuriously in proportion to the amount of alcohol which they contain. The excessive tobacco smoker who drinks wine is another example of diseased conditions beyond all proportion to the amount of alcohol. The examination of a number of persons who are particularly spirit and wine drinkers, bring out this fact and suggest that wines have some peculiar action on the nutrition of the body, more pronounced than that of spirits. In re-

Ally wines are more dangerous than spirits proportionally, for the reason that they act on the digestive fluids more severely than other liquors.

Inebriety and Physicians

The Bishop of London said "that one of the most hopeful signs of the times in the campaign against Alcoholism." He meant by this, that if they could realize and become active promoters of the facts, that alcohol was an anesthetic and inebriety was a disease, and both preach and practice this in their every day life, this great problem would be settled.

This year at Buda-Pesth, the tenth International Anti-Alcoholic Congress was held, with over a thousand delegates from all parts of Europe, to discuss the problems of alcohol. About a tenth of the delegates were medical men, and leaders who boldly urged the facts of alcohol and its influence from the scientific side alone. They asserted most positively, that alcohol was among the most dangerous drugs in use, and that the various theories concerning its value as a food, as a tonic, or as a stimulant, were altogether wrong, and unsupported, on the contrary that it was protoplasmic poison of the most dangerous character and had no place, except as an anesthetic.

A very hearty endorsement was given to the governmental action of England in placing alcohol and its abuses as a subject for common school instruction, the same as in America. These physicians were foremost in urging that the public be taught by lectures, books and placards, the dangers of alcohol, and the intimate

relation as cause and effect between insanity, idiosyncrasy and alcoholism. This Congress was the tenth meeting which has been held every two years on the continent, where alcohol is supposed to be better known more carefully studied and understood, than in any country in the world.

But these great National gatherings are protests against this view. In this great country strong spirits are used in far larger quantities, and the subject is more vital, and its influences more pronounced, and yet our feeble efforts to combat it are vague and theoretical. The medical profession have been different. At first our Society and the Journal was condemned as radical and unreasonable, but now it is tolerated and dignified by the term "Cranksism." A few of the professors approach the subject with extreme conservatism, deploring radical views, showing great care to avoid unpopular phases of the subject. Capital has no hesitation in recognizing and acting promptly on the incapacity of the inebriate and driving them from responsible positions. Why should physicians hesitate to recognize the physical facts and the conditions of disease, and the regenerative influences of alcohol? And why should they consent to the use of mysterious means for cure by Quacks?

Why should they by inference endorse the legal and moral methods of dealing with this class? Why should no physicians be the leaders and teachers of the causes and prevention of this great alcoholic evil? It is clear that in America as in England, the great hope of the practical

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solution of inebriety and alcohol depends on the physicians of the country. If they are taught to understand this subject, its cure and prevention are settled.

International Congress, for the Study of Alcohol, 1908

Active measures are being taken to have the first International Congress on this subject in America, in June 1908, at Saratoga Springs, New York. All Temperance organizations in this country and Canada are to take active part. Delegates will be invited from abroad, and the central purpose to unite all the efforts being made along one line for the promotion of Anti-alcoholic studies and work, promises to be one of the greatest movements of the age. Our Society has signified its interest in the work, by the following resolutions.

Inasmuch as it is proposed to hold in June, 1908, a National Congress of all the Temperance organizations of this Country, together with representatives and delegates from all similar organizations in Europe, the object of this Congress being to commemorate the organization of the first Temperance Society in this Country, April 1808 in Morau near Saratoga Springs, New York.

Therefore, be it resolved—that this Society join in this Congress, and appoint a special committee to act with that of other committees in assisting in the plan of organization and programme for the meeting.

Also resolved—That the officers of this committee shall constitute such a committee, and have power to appoint a special committee to represent them on this occasion.

Alcoholic Delusions

In an address before the Sociological Society of Atlanta, on "Crime and its Causes," Judge Underwood declared that many of our present methods of dealing with crime and social sins, will be looked upon by those who come after us with the same shudder, and astonishment as we now regard the preachers of Colonial days who demanded with burning zeal the death penalty of widows, and the imprisonment for debts. Many of the present customs are more reprehensible and reflect on our ignorance than those of the past ages.

The delusion that alcoholic beverages are tonics and useful is the most prolific source of degeneracy, and crime. Neurotic parents, neurotic children with insane tendencies commit crimes of impulse, of passion and of weakness. Ten per cent. of all criminals are markedly insane, or have Epilepsy in their ancestry.

Twenty-five per cent. of all persons arrested come from pauper stock, and forty-eight per cent. of all criminals spring from inebriate families. Sixty per cent. are habitual drunkards. In the south sixty-two per cent. of arrests during 1905 were of Negroes. Seventy-five per cent. were suffering from Venereal diseases and Tuberculosis. Our method of dealing with them in most cases intensifies the condition, and makes their cure more difficult. Reformatory efforts approach the ideal.

General Grant's View of Inebriety

In a newspaper interview General Fred Grant, in command of the department of the East, at Governors Island, N. Y., declares that he is a

total abstainer, and that he is afraid to drink. "In many respects a periodic drinker is a safer man, than a moderate drinker. Our army experience shows that the moderate drinker is never safe, or has control of himself. He always fails to perform duty exactly as required. His nerves are unsteady, and his brain is thick, and you cannot depend upon him. I believe drink is the greatest curse and promoter of crime that we have. Nearly every great calamity in the country that comes from errors of human judgment, is due to drink. Fully ninety-five per cent. of desertions and acts of lawlessness in the army is due to this cause. Every man I see on the street under the influence of liquor, is physically and morally wrong, is incompetent, irresponsible and cannot be depended upon.

"Our greatest trouble in the army, is desertions and crimes of all kinds, which come from this source. In official statistics, say thirty-five per cent., but in reality it is nine-five per cent. If I had the greatest appointive powers in the country, no man should ever get in the smallest position from me, unless he showed proof of his absolute teetotalism."

Annual Meeting of the Society for the Study of Alcohol and other Narcotics

The third annual meeting of this new Society, and the thirty-sixth meeting of the First Association of Physicians, for the study of Inebriety and drink narcotics, was held in the parlors of the Hotel Vendome, Boston, Mass., on June 5th, at 9:00 A. M.

The President, Professor W. S. Hall, of the Northwestern Univer-

sity, of Chicago, delivered the annual address, on, "The Influence of Narcotics upon Metabolism." The Vice-President, T. H. McNicholl, read the second paper on, "Effects of Alcohol on School Children."

The third paper was by Professor T. S. Mays, on, "Alcohol and Tuberculosis."

A very interesting discussion followed these papers, after which the Secretary, announced the death of Mrs. Mary H. Hunt, and offered a set of resolutions, as follows:—

"Whereas—The death of *Mary Hanchett Hunt* has removed from our midst a most extraordinary woman, in the work she has accomplished, and the revolution of public sentiment which she has secured and promoted, the influence of which will constantly grow wider with the coming years.

"And Whereas—Her life was marked by supreme courage and unflinching faith, which became strengthened as the obstacles and difficulties increased, and which never hesitated or grew weary, but was clearer and brighter up to the last moment of life.

"And Whereas—Her convictions that the teachings of the dangers of alcohol, could and should be, made a National study, enforced by law, became an inspiration which literally materialized beyond all expectations, notwithstanding, the opposition, into realities and results, the magnitude of which can only be seen in outline.

"And Whereas—During her twenty-five years of persistent struggle and battling to overcome the prejudices and delusions which centered about the Alcoholic problem, she preserved a most christian, temperate spirit of

consecration and devotion, to the great thought of teaching the children the evils from this source. In this she showed a great love for humanity with the grand ideals of a great leader and teacher.

"Therefore, be it Resolved:—That this Society formally recognize, and note on its records, that the death of Mrs. Hunt is the passing away of one of the most eminent teachers and students in this great field of scientific study.

"Therefore, be it further Resolved: That we note the rapid changing public sentiment, and the increasing recognition, of the dangers from the use of alcohol, as in a large measure the result of this almost marvelous work of prevention, which is going on in public schools. Also that Mrs. Hunt's work with its already phenomenal results in acceptance and adoption by the common schools of America, is rapidly changing the thought of the coming generation, and developing a new race, largely free from the evils of the present.

"Resolved, further:—That while we lament the death of Mrs. Hunt, we rejoice that we have been permitted personally to know her struggles and work, and to realize the tremendous possibilities and evolution growing out of it."

The second meeting of the Society was on June 6th, at the same time and place. The Honorary President, H. O. Marcy, M. D., LL. D. of Boston, Mass., gave an address, on, "The Influence of Inebriety in Railroad Accidents."

Dr. V. A. Ellsworth, Superintendent, Washingtonian Home, Boston, Mass., read a paper on, "Some Statis-

tics of Inebriety." This was followed by a very general discussion of the treatment of delirium tremens, which we hope to report in the near future. Several papers were read by title, the secretary giving a summary of their contents. The project of an International Congress was discussed at some length, and the plans and methods were described. Dr. Mason offered resolutions which were adopted and published elsewhere. The secretary's report was read showing a large accession of new members during the past year, and greatly increased prospects for the growth of the Society and its Journal, after which the Society adjourned.

The last session was held Thursday June 7th, the same time and place. The first vice-president, Dr. L. D. Mason, gave the last address on the "Psychic Treatment of Inebriates." This was followed by a paper on, "Scientific Dietetics in the Treatment of Inebriates," by David Paulson, superintendent Hinsdale Sanitarium, Hinsdale, Ill. Dr. J. H. Kellogg, superintendent Battle Creek Sanitarium, Battle Creek, Mich., read a paper on, "The Effects of Alcohol on Digestion," which was followed by a very interesting discussion, a full report of which we shall publish later.

Dr. L. D. Mason offered the following resolutions.

Resolved:—That the annual meeting for 1907 devote one session to a Symposium on the Pharmacology, and Therapeutic Application of Alcohol. Second, that Dr. T. A. McNicholl, of New York City, be chairman of the committee, and have power to invite anyone not members of the Society, to take part in this Symposium,

and that he have power to appoint all associates on the committee. This was carried. A committee on nominations composed of Drs. L. D. Mason, Grosvenor and Petty, reported the following officers for the coming year.

Officers

HONORARY PRESIDENT
H. O. Marcy, M. D., LL. D., Boston, Mass.

PRESIDENT,
W. S. Hall, PuD., M. D., Chicago, Ill.

VICE-PRESIDENTS,
L. D. Mason, M. D., Brooklyn, N. Y.; T. A. McNicholl, M. D., New York City; J. W. Grosvenor, M. D., Buffalo, N. Y.; F. DeWitt Reese, M. D., Courtland, N. Y.

SECRETARY,
T. D. Crothers, M. D., Hartford, Conn.

CORRESPONDING SECRETARY,
C. E. Stewart, M. D., Battle Creek, Mich.

TREASURER,
G. E. Petty, M. D., Memphis, Tenn.

EXECUTIVE COMMITTEE,
L. D. Mason, M. D., T. A. McNicholl, M. D., T. D. Crothers, M. D.

The above were unanimously elected. Mr. Richard G. Badger, the publisher of the Journal, announced that owing to the printers strike, the June number of the Journal would not be out before the 15th, but that in the future he hoped to have the Journal promptly issued on time. He urged upon all the members a hearty cooperation in widening the influence of the Journal and soliciting persons interested in this subject. A very interesting discussion followed, after which the Society adjourned until next year.

England and the Opium Trade

The English House of Commons has decided that the opium trade will not be forced on China any longer and that Government can now restrict or prohibit its consumption and sale, without opposition.

India, has raised opium for nearly a century, and China is the largest consumer. Twice the Emperor of China has made strenuous efforts and peremptory laws to suppress the traffic, and prevent its use, but each time the English Government has forced them to admit opium into its ports, and sanction its sale to their people. Petitions and protests against this course to the English Government have been unrecognized, and a Society for the Suppression of the Opium Trade has been building up sentiment and pointing out the injustice of this movement, until now it has succeeded. The Government of India will lose at least \$15,000,000 annually, as revenue from its sale, which it is hoped will be ultimately more than restored in the increase of legitimate trade with China. It is asserted that over one hundred and twenty millions of its people are opium sots, living in borrowed rags, without any buying power themselves, but constantly decreasing the buying power of millions who support them. India has been the great purveyor for this army of opium takers, and now the Government can shut off the supply, and diminish the traffic without interference. This is a happy culmination of one of the greatest abuses of the century.

The poppy raisers of India will have to cultivate some other product, less destructive to the human race.

The Mental Aspect of Inebriety

In the annual report of the Inebrieth Lodge Sanatorium for 1905, Dr. Donald makes some very interesting observations with regard to the treatment of alcoholism and narcomania on the "Short Cure" system.

He mentions that several out of seventy-eight cases now doing well have had a very short course of treatment, but they are exceptional, and in most cases have by going to a new environment, been saved the strain which most experienced on returning to their old surroundings. Dr. Donald adds that most of the lapsed cases are among those who stayed a short period only. He says that of late there has been a tendency for patients to remain only a short time, and in looking for the cause he is led to believe that this is due to a great extent to the fact that certain institutions now claim to effect a cure in a few weeks.

Dr. Donald considers that such treatment is not to be recommended, because after a patient has been a comparatively short time in a residence he becomes strong, his health is restored, and this restoration to physical health usually makes him believe that his mental capacities are also restored and his power to resist temptation, when in reality he is quite unable to do so. There is no tissue in the body slower to repair than that of the nervous system, and particularly the neurons in the cortical part of the brain which are related to mental processes, and which length of time only can re-establish after their function has been impaired. Dr. Donald emphasizes the fact that every patient should sign under the acts, and criticizes the

cause which in his opinion, is hindering patients from doing so, or if they do so, only signing for short periods. He refers here to the method of curing by giving drugs which are said to act as specifics in removing the desire for alcohol, and thus curing the patient of his habit.

The trend of public opinion seems at present to be in favor of a short cut or royal road to cure a disease of long-standing. The cure of inebriety is to a great extent prophylactic, and Dr. Donald, having tried the short and drug methods himself expresses the belief that they not only fail to do good, but often do actual harm. He admits that slight cases have been cured by both methods, but he believes that it was rather by suggestion or by appealing to the credulity of the patient than by the drug swallowed. Dr. Donald has treated thirty-four cases who came to him having previously undergone one of the drug cures, and has found them more difficult to deal with than those who had not been so treated. Eight of these cases died. He refers to the increasing use among patients of the hypodermic needle. Part of the treatment of inebriety by the drug method is strychnine and atropine injected hypodermically. A hypodermic needle was an unknown article to a great many of the patients when they entered one of these institutions. If they did not know of it they shrank from the physical pain caused by its use, but in undergoing the treatment there they got accustomed to it, and after they left it was a very simple step for them to inject such drugs as morphine and cocaine. I have had several cases who became narcomaniacs by this means.

As regards the morphine or cocaine habit, Dr. Donald says he has not been able to find any drug or drugs which will abolish the craving or the dangers which sometimes arise when the habit is broken. The report of Dr. Gill, medical superintendent of the Lancashire Inebriates Reformatory is equally instructive, and may very usefully be compared with that of Dr. Donald. Dr. Gill says of the patients committed to his care. The physical improvement manifested by increase in weight, and improved appearance is often very striking and rapid. The mental progress naturally takes more time, but few exceptions are quite perceptible. Unfortunately there is a considerable number whose progress towards mental stability never reaches beyond a certain point. Dr. Gill classifies nearly fifty per cent. of his patients as higher grade imbeciles. In these and in the weak minded he notes an inherent incapacity for steady work. Impulsive carelessness and defective memory militate against remunerative employment. He classifies his patients committed last year as follows. Normal twenty-seven, slightly defective twenty-nine, very defective three, lunatic one. Dr. Donald and Dr. Gill are in charge of entirely different classes of cases, but their experience of patients under treatment and observation for many months after the patients have been "sobered up" after they have improved, to a very great extent, is that mental recovery is extremely slow, though it is not less necessary than physical recovery if the patient is to remain sober after being sobered. Their views are, of course, only in accordance with the views of

all those who have made a careful study of the inebriate while under restraint.

Cigarette Smoking

In the counting room of a large New York house, is conspicuously posted this sign. "Cigar smoking is permissible, pipe smoking is tolerated, but the use of cigarettes is forbidden, no business will be done with a cigarette smoker." In reply to an inquiry, the manager of the house said, "I have found by bitter experience that the cigarette smoker is the most degenerate of all the persons I deal with. He is careless, reckless, untruthful and utterly wanting in manhood and frankness, his brain is bewildered, and there is nothing before him, but rolling cigarettes and taking a few puffs, and considering himself equal to any occasion. I don't know the reason, but the cigarette smoker is the most nervous, childish, faithless man, that we have anything to do with."

This experience is confirmed in many ways. Tobacco smoked in this form, is more poisonous because the gases from combustion and the nicotine, are brought in close contact with the mouth, and absorbed at once; however small the quantity may be it is more readily absorbed by the membranes of the mouth. When the combustion takes place at a longer distance from the mouth, the gases and nicotine condense into vapor and collect in the end of the cigar, or stem of the pipe. The smoke in passing a longer distance becomes less harmful, when it reaches the mouth. The constant absorption of small quantities of nicotine, and other gases from the combustion of tobacco becomes a protop-

toxic poison that accumulates, hence, the peculiar depressive effect on the higher brain centers of memory, reason and consciousness. The observation of laymen that cigarette smokers have poor memory and are devoid of spirit, judgment and character is thus confirmed. Later excessive irritation with tremors indicates the damage to the co-ordinating centers. Examples are common of cigarette smokers turning to alcohol for relief and becoming inebriates of the worst kind.

The Annual Meeting Again

The annual meeting of our Society was marked by greater interest than ever. The experiment of holding a morning session and having one or two papers and a discussion, was popular, and the plan of holding quarterly meetings during the coming year in different cities, was warmly endorsed. The papers read will appear in the Journal.

The discussions will follow in a separate article. There can be no question that the Society has a firm hold in the minds of the medical public, and our annual meetings attract more attention, as scientific studies than ever.

The alcoholic problem is rapidly emerging from the field of theory, and becoming a reality that can be seen and known of all men. It is a problem of preventive medicine, as well as of psychopathy. Every active physician should know something of the cases that confront him constantly, in which alcohol is both an exciting cause and symptom. We now need a revolution among physicians, and in medical societies also, a new in-

terest in the scientific study of the inebriate and in alcohol and narcotics.

Some Contrasts

In this practical age of strain and stress there is a consciousness of realities which becomes more prominent daily. Presentations of classic music most artistically rendered, in a beautiful hall in which are tables surrounded by well dressed men and women, drinking beer, wines and other liquids, and smoking, are startling contrasts of two widely differing ages.

The possibility of more fully appreciating and enjoying the higher harmonies of music, while narcotizing the brain with tobacco and beer and deadening the sense of hearing, is bewildering.

Combinations of high art, in music with wine, beer and tobacco, is a strange survival of medieval theories. Art culture in America is not very far advanced, but it has reached a stage of expectancy and demand for higher attainments and higher presentations of music, painting, sculpture and art generally. Everywhere there are evidences of this in the keen interest and pleasure that welcomes every effort in this direction, but the practical character of this culture repels the customs of the past, which assumes that tobacco, beer and wine give some new power to appreciate and realize the true and the beautiful, and develop the aesthetic of life.

Stupid theories and prejudices are still active in cultured circles, and still tolerated in the large cities, but there is something deplorable in the fact that art is still associated with wine, beer and tobacco, especially in the higher circles of culture.

The American physician no matter what his culture or opportunity for training has been, is able to judge of the reality of things, and to measure facts above the rapid theories of the past. The art of the beer garden, the saloon and the vaudeville, is not a reality. Such soil and surroundings can never develop the aesthetic, where the brain is impaired and its capacity to appreciate art diminished.

The Disease of Inebriety

The London Times, in a recent article makes this reference in a comparison between the growth of the disease of insanity, to that of inebriety. The humane treatment of insanity is quite a recent development—although the old Greek physicians always regarded it as a disease, and in their present wisdom prescribed music, fresh air, and exercise as the best means of cure. But by the cruel theology of the Middle Ages the madman was looked upon "possessed of a devil," and consequently nothing was too cruel for such a mental and moral leper. The modern treatment of insanity as a disease dates from 1792, when Pinel was appointed to the charge of the Bicêtre, the great hospital in Paris for male lunatics. The manacles, the strait-jackets, dark rooms, barred windows and high walled exercise courts were abolished, with the result that the management of lunatics became much easier, and their cure much more frequent. The patient under this kindly treatment was not so apt to resent control, and a greater calm and contentment pervaded the asylum wards. In short, the awful affliction of insanity when

viewed as a disease, when treated as a disease, often yields, like other diseases, to curative measures. The lunatic asylums of this country are now hospitals instead of being prisons. To hear of a lunatic sentenced to imprisonment merely as a lunatic (which is what the old system amounted to) would sound to-day as outrageous as to condemn a consumptive to incarceration for having only one lung left wherewith to support existence.

But strange to say, the kindred disease inebriety—sometimes the cause sometimes the effect of insanity—has not yet (in this country at least) been regarded by the official mind as anything else than a crime. It is an offence against society. The criminal law, which has now recognized insanity as a disease, and has provided elaborate institutions for its treatment, has advanced no further in respect to inebriety than to "treat" it by a period of detention, in the common goal or since 1898 (as will be shown later) by another form of punishment.

To herd the drunkard with criminals, to treat him as one of them, to punish him and even incarcerate him for a term of three years in a so-called "Inebriate Reformatory," is the present state of the science and art of the redemption of the inebriate as understood by the official redeemers of the drunkards of this country. It is not too much to say, in the light of what is common knowledge outside the official boundaries, and in view of the evidence that will be gradually disclosed in these chapters, that the present official treatment of inebriety is an exact counterpart of the treatment of insanity at the time when Pinel in France and Tuke in England pointed

the way, amid scorn and contumely, to more humane, more reasonable, and more successful methods.

Like the Bourbons, the Mandarins of the red tape have neither learnt anything nor forgotten anything. To them the drunkard is still a criminal, requiring reformatory and deterrent measures for his reclamation. It again needs the dramatic novels of a Cockton or a Reade or some other unofficial lay reformer to rouse the public conscience in protest against the inhuman and unscientific treatment of disease by punishment, of shattered nerves by imprisonment, and of physical and moral degradation by enforced association with the criminal classes.

The battle has been fought and won for the insane. It has now to be waged on behalf of the "irreclaimable drunkard."

The oft repeated assertion that in the beer and wine drinking countries of Europe, are to be found the most advanced thinkers and students of science in the world, is a fiction. The men who do the scientific work are the total abstainers, and not the moderate drinkers. The great Heidelberg professor, Kræpelin, declares in a recent article, that the so-called moderate use of wines and beers is more destructive to intellectual development and power, than any other form of drinking. That the best intelligence of Germany condemns the use of beer and wine, for brain workers, and even the railroad employing laboring men, find that such persons are unable to do as good work as total abstainers. The effects of alcohol on the brain is not a question of theory, but can be measured and estimated with scientific exactness.

Prize Essays

M. Raschenbach left by will \$400, to a committee appointed by the Swiss Federation of total abstainers to be given for the best Essays on the following subjects. First. The best means and measures to combat the organizations, of distillers and wine merchants and others trying to sustain the theory that alcohol is a food and tonic and its use should be encouraged, and how best to fight alcohol in cities of considerable size.

Second.—The study of the scientific relations of alcohol to medicine with comparisons of statistical studies, with and without the use of alcohol. Third.—A detailed study of the drinkers and their habits in certain villages or districts less than six thousand in number. This study should take up the heredity, and general degeneracy and family history, without giving names or dates.

These Essays are open for authors all over the world, and must be addressed to the chairman of a committee of six, before the 31st day of December, 1908. They should be accompanied with a personal device, and a sealed envelope containing the name of the author. The committee reserve the right of dividing up the prize, and thus giving it to the most meritorious papers. Address. Chairman of the Committee, Prof. Forel, Chigny, p. Morges, (Vaud, Suisse).

Effects of Drugs Noted on the Eye

Spirit drinkers who may have had some specific disease in early life, and have been treated with arsenic for a long time, not infrequently have Edema of the conjunctive eyelids and other orbital tissues.

Optic neuritis is also associated

with this condition. Where phosphorus has been used extensively, marked changes of the retinal vessels and cells have been observed. In persons who have lived in malarious regions, and have been given large doses of quinine, atrophy of the optic nerve follows.

When there is a history of excessive drug taking the eye always shows defects and changes which should be recognized.

Dr. Blaauw of Buffalo, in a very interesting article on "The dangers of common drugs," as seen by the ophthalmologist, mentioned a number of conditions following the use of drugs which are not recognized by the profession.

Among them he spoke of Ergot as producing cataract, strabismus, causing central scotoma, and resembling tobacco blindness. Chloral, which caused ocular edema, contracted pupils, and amblyopia. The use of Cædia has produced similar symptoms to chloral. Thyroid extracts are often followed by optic neuritis, and retinitis. He has found Antifebrin causing pallor of the optic discs, with contracted visual fields and shrinking retinal vessels.

He speaks of Iodoform causing retrobulbar neuritis, and atrophy of the optic disc, and even retinal hemorrhages. Also of Salicylic Acid as a very dangerous drug, producing great variety of visual disturbances.

This whole field is one of great interest, particularly to those who treat drug and spirit neurosis. The question often comes up, how far are the present symptoms due to the drugs given as remedies or to the spirit and drug addictions? It is very

evident that the eye is not studied, in these conditions as it should be, and also that it furnishes a great variety of evidence that would be very useful in the diagnosis and treatment.

The University at Berlin, Germany, has established a course of lectures on alcoholism. This is the first University in the world to take up this subject scientifically. This course will include the chemistry of alcohol, its physiological, and psychological effects, and the influence of alcohol on individuals, on the community, and its relation to sanitary and hygienic science. It is interesting to note in this connection that the first systematic lectures on this subject have been given by Dr. Crothers, consisting of a few general discussions before the students of several medical colleges, and this endorsement and recognition of the subject, shows that the profession abroad begin to realize its importance.

Crime a Form of Insanity

Dr. Windsor affirms that all crime is directly or indirectly traceable to some form of insanity. The courts are beginning to recognize forms of degeneration as causative agents in crime, and this will mean a revolution in the criminal jurisprudence of the country. The time is not far distant when our prisons will be abandoned, and the present penal system will disappear, and in its place hospitals, and sanitariums, for housing, protecting and curing criminals, will take the place. Parentage is a science that must be taught young people, the same as any other branch of knowledge. Badly adapted parentage is

the cause of two-thirds of the crime and degeneracy of the present.

Our blundering efforts are breeding new crops of criminals and paupers yearly, filling the penitentiaries, and insane hospitals with the certainty that can be predicted. Criminals of the higher class prominent in frenzied finance are all insane and suffering from disease, although not recognized at the time.

We shall see a great revolution in this direction in the near future.

John Fitch, the inventor of the first steamboat, was born in Windsor, Conn., in 1743, and died at Bardonia, Ky., in 1798. He conceived and projected the first steamboat and after a life of great hardships and disappointments, in which he felt that he had lost everything, gave up all efforts and went to live at McConnell's Tavern, at Bardonia, Ky., stipulating with the landlord that in consideration of 150 acres of land he should be boarded as long as he lived, and have a pint of whiskey a day. A few months after he complained that he was not going out fast enough, and made another contract with the landlord to give him two pints a day, and receive a deed of another 150 acres of land. A few weeks after his condition was such that he was given by the physician some opium pills to cause sleep, these he allowed to accumulate and then took them all in one dose, and passed into a stupor from which he never awoke. This deserves mention as a very remarkable case of suicide, with full intent and purpose, by a really great man, who had he lived a few years longer and been sustained by his friends, would have perfected his invention,

and gone down into history as one of the great benefactors of the race.

The Teachings of Alcohol in School Books

In 1882 on the passage of the law in Vermont, making the study of physiology, and alcohol compulsory in public schools, the school publishers quickly discovered, the possibilities of a tremendous sale of school books.

Many of them brought out their old time works, polished them up, and added a few sentences, which seemed to conform to the law. The following year similar laws were passed in New Hampshire and Michigan, and then a year later, New York and Rhode Island, added to the list. The next year ten States enacted similar laws and in 1886 Congress passed a national law, making it compulsory to study physiology and alcohol in the national schools.

In meantime, a number of very inferior books, were put on the market. In every way these books were cheap and unreliable, and tremendous efforts were made to have them adopted.

The late Mrs. Hunt, almost intuitively saw the danger from this source, and after a conference with some very wise friends, agreed to form an advisory board on the school books, under the auspices of the W. C. T. U., and insist that all inferior books should be condemned, and the good ones endorsed, and in this way try to overcome the defects which the law could not remedy.

It was proposed to build up a public sentiment among teachers that would insist on accuracy of statement and clearness of presentation of all

the facts pertaining to physiology and hygiene. Some of the larger publishers recognized the value of this voluntary supervision, and gave all the aid possible. On the other hand, the prohibitionists, who saw the danger from this source, commenced a vigorous crusade against the effort to curtail the sale of books that did not come up to the standard which the W. C. T. U. through Mrs. Hunt, and her advisory board, demanded.

There was no law regulating the kind or character of the books, from which teaching could be made, and school authorities could buy anything they chose to, without restriction.

A series of books endorsed by Mrs. Hunt, called the "Path Finders", appearing in 1885, had a tremendous sale, and this was the beginning, of what was practically a "school book war."

Serious charges were made against the W. C. T. U. and Mrs. Hunt, in particular, and also the advisory board, but the purport of the work was so clear, that it was endorsed by leading educators, and has grown steadily up to the present time, until now a new publisher has very little chance to get his books introduced to any great extent unless they receive the endorsement of this voluntary committee.

This has not only cost an immense amount of work on the part of Mrs. Hunt and assistants, but has brought with it the most bitter kind of criticism. The enraged publishers and prohibitionists appeal to the physiologists and teachers who are known to be in sympathy with moderate drinking, and immediately the cry went up that the endorsed books were false in

statement and exaggerated in tone, and ill adapted to convey the exact facts.

The committee of 50 was literally an outgrowth of this bitter criticism that announced in the broadest terms the absurdity of having a lot of women and non-expert men set up a standard and force the schools to adopt it. A number of good teachers were betrayed into believing that this was true, and appeared as critics making statements, which they afterwards regretted exceedingly. Several of them still persist in denying what has been accepted by the highest authority in the land. Some of the books not endorsed by the committee, were taken up and exhibited as examples of confusional teaching. When these errors were brought out they were more irritated than ever, concentrating all their criticism on what they thought were false statements, concerning alcohol.

This was all very simple up to the point when specific specifications and details were called for, then they were obliged to retract and explain. The specific charges which they made, were found to be petty and untrue, and in no sense did they reflect the latest teachings of science, but rather the prejudices and incompetence of the critics.

These charges are still made in certain quarters, but attract no attention, and are so obviously untrue as to be beneath consideration.

In meantime, the teachings of the effects and nature of alcohol in over a dozen series of school books endorsed by this committee are regarded as the very highest and clearest presentation of accurate research in the field of

science. Scientific men in Germany and England have given their unqualified endorsement of the accuracy of these books concerning spirits and tobacco, and have endorsed them as models.

Some of the books are remarkable in their exceedingly graphic style of popularizing facts, that are supposed to be disputed in many circles.

A half a dozen different books have been written by scholars who not only were accurate in their statements, but possessed the rare power of making the facts clear to persons who had little or no knowledge before. A large body of teachers who are constantly increasing realize that the school books and their teachings are entitled to respect, and who have no motive in any way to state other than the exact facts.

It is a source of great satisfaction to know that Mrs. Hunt's great work outside of the enactment of laws, forcing the subject of physiology on the public schools, was her masterly effort to force authors and publishers to present high grade books for this teaching.

This could only be done by a master in close touch with the studies and writings of the leading scientific men of the world.

In accomplishing this she has accumulated a library of references and books and quotations which are unequalled and may be said to be the most magnificent collection of facts bearing on the alcoholic problem that has been collected. I am pleased to say that the provision has been made to keep this collection intact for future work.

Several of these books were written three, four, five and six years ago, and their statements concerning alcohol, have been verified in quite a remarkable way. The early objectors declared that they were dogmatic, did not represent the exact facts, but the later investigators show that they were very conservative statements, and err on the side of conservatism. The oft repeated statement that alcohol in small doses is a tonic and stimulant, is flatly contradicted by laboratory and clinical researches, and now the statement is made by German authorities, that dram doses of alcohol can be traced in their injurious effects, and the evidence in support of this statement is beyond all question. The teachings of the dangers of tobacco are sustained by a constantly increasing mass of evidence, showing its dangerous cumulative action, and no statements of the school books of its injurious effect exaggerate or misrepresent in any way, the actual facts.

It is due to the memory of Mrs. Hunt to say that her almost intuitive knowledge of the opposition and criticism of the endorsed books, has overcome and cleared away the delusions of alcohol, and placed the subject in a clearer light than ever before.

There are to day, several millions of endorsed text books teaching the clearest facts concerning alcohol and its effects, and all unconsciously solving the great alcoholic problem along new and broader lines, through the still small voice of the printed page.

The voices of the critics are still heard, condemning the books for their extravagant teachings, but these are the far off echoes of the past that are growing fainter every year.

Practical experience and scientific study move them sustain the broadest conclusion of these works. And we that have seen the storm of opposition, in a field the roar of battle can now look back and feel that although the great master leader has gone, the work goes on, and the truths are becoming more and more universally recognized and known.

The I. A. of M. J. A.

The annual meeting of the American Association of Medical Journal Advertisers was held at the Hotel Vendome, Boston, June 6 and 7, the provisional constitution being then unanimously adopted as the permanent Constitution of the Association.

The object of this Association is: To assist in maintaining proper ethical standards and for the advancement of truth and honorable dealing.

To establish and promulgate definite rules of conduct with reference to various questions which arise in institution work, which questions are left open to more or less doubt and to variable constructions, by the general provisions of the Principles of Medical Ethics of the American Medical Association.

Since advertising in medical journals is the principal means the members of this association have in bringing their work to the notice of the profession and since it is unsatisfactory and unfair for men who have won an honorable place in the profession by conscientious and diligent study and by honorable and fair dealing to be brought into competition, on

terms of equality, with irregular and disreputable institutions, as is done when the advertisements of such disreputable institutions appear in the pages of the same journals containing the cards of institutions of good standing, therefore the members of this association pledge themselves not to run an advertisement in any medical journal or medical directory which advertises to its pages the advertisements of irregular institutions.

The following were elected to membership in the association: Dr. Laura V. Gastin-Mickle, Dr. Byron M. Maples, Dr. R. Broughton, Dr. David Morton Gardner, Dr. J. H. Barnes, Dr. T. D. Crothers, Dr. H. A. Gibbs, Dr. John H. McKay, Dr. T. A. McNicholl, Dr. Calvin L. Case.

The following were elected officers for the ensuing year:

Dr. F. H. Barnes, Stamford, Conn., President; Dr. S. Grover Burnette, Kansas City, Mo., Vice President; Dr. Geo. E. Petty, Memphis, Tenn., Secretary; Executive Committee, Dr. C. E. Cantrell, Greenville, Texas, and Dr. H. A. Gibbs, Worcester, Mass.

A resolution was adopted making *The Quarterly Journal of Inebriety* the official organ of the Association, and requesting the members to give the same their hearty support.

A resolution was offered by Dr. Barnes, which was adopted, condemning the practice of some sanitarium managers in soliciting the services of or offering employment to, physicians, nurses or attendants while in the employ of other institutions.

NOTES AND COMMENT

Dr. James Jackson published in 1822, in the New England Journal of Medicine, an article entitled "On a Peculiar Disease, Resulting from the Use of Ardent Spirits." This was the first paper and first distinct reference to Alcoholic Neuritis.

The following is a translation of an inscription on one of the earliest Assyrian monuments in the British Museum: "The eggs of an owl given for three days in wine bring on a drunkard's Weariness. The dried lung of sheep taken beforehand drives away drunkenness. The ashes of a swallow's beak ground up with myrrh and sprinkled in the wine which is drunk will make secure from drunkenness. Horus, King of the Assyrians, found this out."

The money expended for liquors, including beers, and wines in 1905, was over fourteen hundred million (\$1,400,000,000), an increase of \$61,000,000 in the past six years. If this be true only approximately, the magnitude of the problem exceeds that of any other evil known.

With the season for coughs and colds close at hand the following method of treatment will prove suggestive and valuable.

Have your patient bathe the feet in hot water before retiring and drink a pint of hot lemonade. Two Antikamma and Codeine Tablets taken with the lemonade will quiet the nerves, produce sleep and help break up the cold.

Patients should be advised, when tempted to cough, to take a deep breath, filling every air cell, holding it until the warming, soothing effect comes, or so long as is reasonable, and mark the mollifying result on the cough, which, even when the cough seems unavoidable, will often be found under control. It will help minimize the cough and in the milder cases will stop it altogether after a little perseverance. The explanation of this is that there is a liberation of nitrogen in the air cells, which has a quieting effect on the irritated mucous membrane.

The Rhode Island Medical Society announces a prize of \$75.00 for the best essay on the dangers from the use of tobacco.

At the 337th regular meeting of the New York Dermatological Society held Nov. 28, 1905, the subject of X-Ray burns was taken up, and Dr. Henry G. Piffard, Emeritus Professor of Dermatology in New York University, said, according to *The Journal of Cutaneous Diseases*, "that he had obtained the most benefit in treating these conditions from antiphothigistine, chloride of zinc, high frequency current and ultra violet rays."

Dr. Villard condemns the use of morphine as an antidote for cocaine poisoning. He declares that there is no evidence that it has any neutralizing effect over the poisoning of cocaine. On the contrary it adds new poisons, and makes recovery more

difficult. This is the experience of many persons, and deserves a careful study. In the Archives of Medicine and Pharmacology for 1905 No. 9 this subject is discussed at some length.

* * *
The following aphorisms from *The Bloodless Phlebotomist* will, we think, prove of both interest and value to many of our readers.

The addition of an equal quantity of glycerine and one-half mine of oil of bitter almonds to each dose of cod liver oil is an efficient method of disguising the taste and odor.

In acute rectal catarrh with tenesmus and mucous diarrhoea, an injection of chlorate of potash in the strength of twenty grains to the pint of water, will relieve the tenesmus and often effect a cure.

Corns and warts may be removed by the daily application of Fowler's solution. If very hard, apply liquor potassii before using the arsenical solution.

Formic acid is an efficient antiseptical antiseptic; also internal antiseptic for autoxemia.

Hare recommends for tubercular night sweats, when other remedies have failed, pilocarpine, gr. 1-60 to 1-30.

An injection of a 50 per cent. solution and a sickening pain trouble in beneficial in internal hemorrhoids. A boring, aching pain, worse at night suggests inflammation of the bone.

Mucous membranes smart and serous membranes stab.

A throbbing pain suggests suppuration and a sickening pain trouble in testicle, kidney or ovary.

Pain may be referred. For ex-

ample, kidney pain may be felt in the testicle, spinal pain in the abdomen, hip pain in the knee, prostatic pain in the penis, eye pain in the head, and intestinal pain in the umbilicus.

Intravenous saline infusions in too large volume are harmful by the production of congestion of the internal viscera. One to one and one-half pints are enough for an adult of average weight.

Castor oil, administered hot, is recommended for diarrhoea caused by overeating. Bicarbonate of soda in usual doses increases the action of the oil.

When applying a plaster dressing to the leg always include the foot if the patient is to be confined to bed; otherwise "drop foot" will develop.

In excising a varicocele under local anesthesia, tie the upper ligature first; the pain of tying the lower ligature will then be abolished.

Children, who complain frequently of pain in the stomach, should be examined for evidence of beginning of Pott's disease. Such cases treated before the development of curvature usually yield very satisfactory results.

In the early months of pregnancy examinations should be made to determine that there is no retroversion or gravid uterus impacted in the curve of the sacrum always aborts.

An inguinal hernia in an infant can be retained better by a homemade hank truss than by anything on the market. Procure a hank of ordinary infant's body at the hips and pass one end of the hank through the double at the other end, tying it there in a large knot. Carry the free end of the hank between the legs from in front

and tie it in the belt part behind, arranging it so that the knot lies over and makes pressure upon the hernial opening.

* * *

The New York Botanical Garden has recently received the most valuable single exhibit ever placed in its economic museum. This came from E. Merck & Co., of Darmstadt and New York, manufacturers of chemicals. It is a collection of plant constituents, including alkaloids, glucosides, anaroids, sugars, starches, plant acids, coloring principles, fats, waxes, and some rare aromatic principles. The number of exhibits is between 400 and 500, comprising not only the most powerful poisons, and most active medicinal principles, and other things for which uses are now known, but many things extracted from plants only experimentally, for scientific purposes, for which it is hoped uses may be developed in the future.

Prof. H. H. Rusby, the curator of the economic museum, says that the collection is worth several thousands of dollars at trade prices, free of duty. It has been imported strictly for scientific purposes from Darmstadt, where it was prepared especially for the Garden. Some of the alkaloids are so valuable that only two or three grains are used to form an exhibit, these being worth as much as \$5 a grain. All the exhibits are in show vials, of what is known as the "hour-glass" variety, in which minute quantities are plainly visible. It is the intention of the museum authorities to place on a pedestal, beside each show vial, a large glass jar containing a specimen of the plant or plant part from which the constituent was extracted.

A good illustration of the extremes to which reform movements will go, swinging to the other extreme is found in the list of cases of poisoning from headache remedies. Of the twenty-two cases of fatal poisoning ascribed to the use of Coal-Tar preparations, only four were found to bear investigation, all the rest were fictitious, and due to other than the causes mentioned.

Efforts to reform abuses or to point out wrongs fail when based on false statements, and zeal to make out a case.

A few years ago a very elaborate charge was made that the tomato was the cause of cancer, and a large portion of persons who ate great quantities of this fruit suffered from cancer. Several very zealous authors gathered the histories of a large number of cases to prove their contention, but later it was found that their facts were faulty, hence the conclusions were of no value.

* * *

Writing on "The Treatment of Diabetes Mellitus" in *The Medical Brief* Dr. J. W. Pearce says: "From treating a great many patients with diabetes mellitus with papine I have the experience that I have yet to see a patient that could not stop taking the papine at any time I so directed him. It does not seem to cause the least desire for its continuance or to create the least disposition to the formation of a drug habit. This has proven itself to me on several occasions when I have had occasion to administer the drug for six or more consecutive months and the patient is able to stop at the end of that time with no bad effects or symptoms, which would surely have occurred had

prescribed opium or any of its preparations commonly in use today. With that reputation at its back, I use it more and more promiscuously today than ever before, and am always pleased with its results."

* * *

Pope's Medical Register and Directory.

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 BEARD & ROCKWELL, Sexual Neurasthenia (new 6th edition). \$2.00.
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T. N. KELYNACK, M. D., M. R. C. P.
120 Harley Street, London, W.

THE Society is a scientific body, having for its object the study of Inebriety. Qualified Medical Practitioners are admitted as Members, and registered Medical Students and others interested in the work of the Society are eligible for election as Associates on payment of an annual subscription of not less than five shillings. Meetings are held quarterly in the Rooms of the Medical Society of London, 11 Chandos Street, Cavendish Square, W. *The British Journal of Inebriety*, the official organ of the Society, published quarterly by Messrs. Ballière, Tindall & Cox, 8 Henrietta Street, W. C., is supplied, post free, to all Members and Associates.

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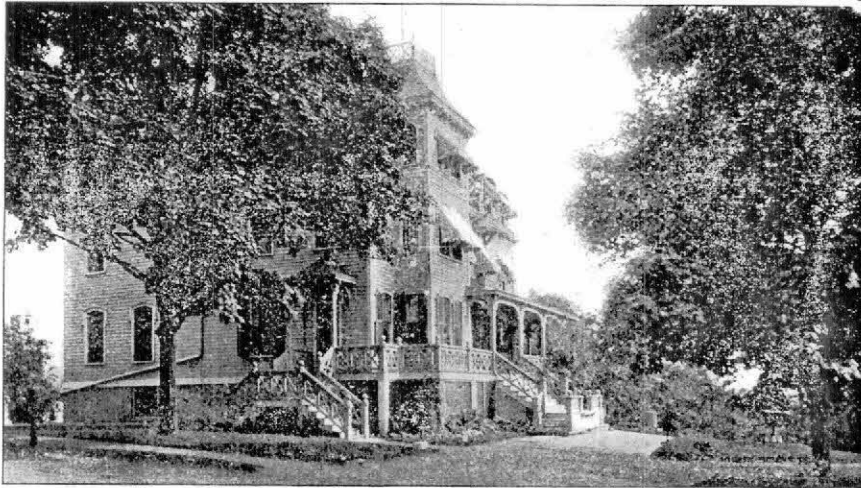
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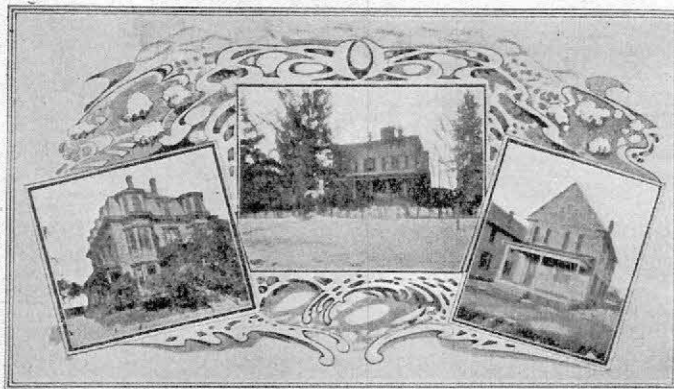


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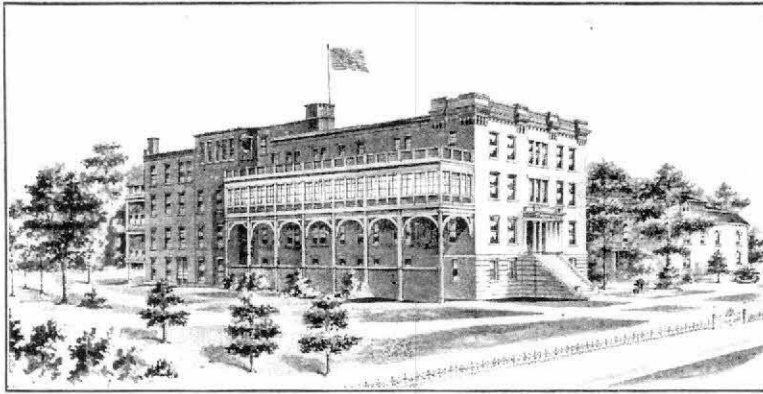
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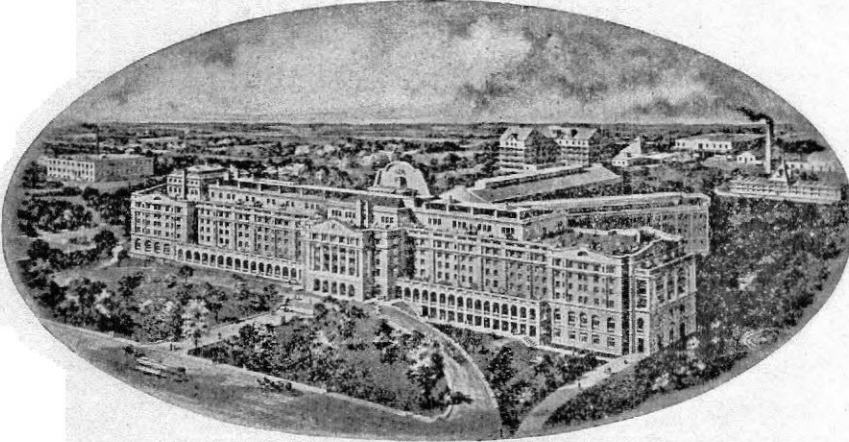
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