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THE JOURNAL OF INEBRIETY

PUBLISHED BI-MONTHLY

OFFICIAL ORGAN OF THE AMERICAN MEDICAL SOCIETY FOR THE STUDY OF
ALCOHOL AND OTHER NARCOTICS. EDITED BY T. D. CROTHERS, M. D.

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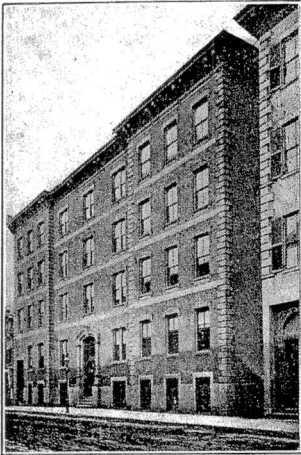
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EDITORIALS:

INDUSTRIAL ALCOHOL	193
ALCOHOL IN EDITORIAL WORK	196
THE TWELFTH LEEB AND KAPER LECTURE	197
FORECASTS OF THE FUTURE	198
THE OPIUM STRUGGLE IN INDIA	199
TEMPERANCE ACTIVITY	200
ANNOUNCEMENT	200

ORIGINAL PAPERS:

PROPHYLACTIC AND ADMINISTRATIVE MEASURES AGAINST ALCOHOLISM	201
STATE CONTROL AND INSPECTION OF PUBLIC AND PRIVATE INSTITUTIONS	210
INJURIOUS EFFECTS FROM THE MODERATE USE OF ALCOHOL	213

BOOK REVIEWS:

ANALYTIC CYCLOPEDIA OF PRACTICAL MEDICINE	220
EDINBURGH LECTURES ON MENTAL SCIENCE	220

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TABLE OF CONTENTS—Continued.

BOOK REVIEWS (CONTINUED):

PLAIN FACTS OF SEX HYGIENE, CONFIDENTIAL CHATS WITH BOYS, CONFIDENTIAL CHATS WITH GIRLS, FACTS FOR THE MARRIED	221
DERIATRICES AND THE DISEASES OF OLD AGE AND THEIR TREATMENT	222
A CLINICAL TREATISE ON INEBRIETY	222
BILL POSTER CRUSADE	223
SKETCH OF DOCTOR LEWIS DUNCAN MASON	225

ABSTRACTS:

ALCOHOLISM AND TUBERCULOSIS	226
TWO GREAT AMERICAN HEALTH RESORTS	227
MEDICAL LECTURES ON ALCOHOL	228
FACTS THAT HAVE BEEN FORGOTTEN	229
WHY GENERAL PRACTITIONERS SHOULD REC- COMMEND SANATORIUM TREATMENT	230
ALCOHOL AS A FACTOR IN DECADENCE	233
COCAINE IN INDIA	234
THE CIVIC IMPORTANCE OF DRUG NEUROSES	235
CRIME AND INEBRIETY	236
ACTION OF BEER ON THE SYSTEM	236
ARTERIOSCLEROSIS FROM ALCOHOL AND TO- BACCO	238

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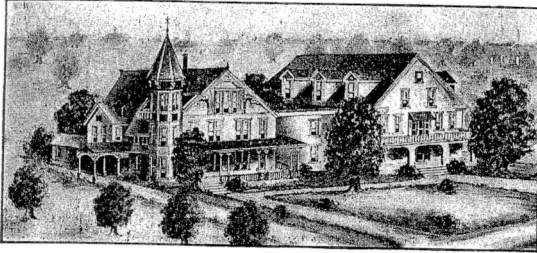
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NO. 5

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Editorials

INDUSTRIAL ALCOHOL.

We have already called attention to alcohol as a light, heat and power producer.

The London Times devotes considerable space to this, and shows that there is in alcohol, an unused force, that will come into service at an early day. It is asserted that harnessing water-power and converting it into electricity and sending it great distances is a very crude and expensive effort that will be given up; also the effort to utilize the rise and fall of tides, to employ windmills, and secure power from heat and the sun-light, are all difficult and expensive methods of securing force.

The Editor declares that in 1905 Dr. Ormandy showed that wood made into alcohol had wonderful possibilities. From 30 to 35 proof gallons of alcohol, per ton of wood was produced in London. Many patent processes were devised, to utilize wood in the form of saw-dust, but great difficulties were encountered, and none of them were practically successful.

In this country, great banks of saw-dust near saw mills, as waste material, and bi-products can be turned into alcohol, and thus utilize them. It is practical, although it has never been promoted to any great extent. In Norway and Sweden, it has developed into a growing business and in some parts of Canada where saw-dust and cellulose accumulate in such enormous quantities, the question of turning them into alcohol, has become a very practical one. The substance is practically useless. The expense is in the apparatus, and methods of manufacture. This is still an open question of cost.

If the demand for wood alcohol was greater, the profits would increase and the methods of production become more simple.

In large experimental laboratories, it is found that corn, rye, rice, potatoes, sugar-cane, molasses and rye straw as well as corn-stalks can be turned into alcohol in a most practical way. It is estimated that from corn-stalks alone 100,000,000 gallons of alcohol could be made annually, and all this without changing the soil and its productiveness.

In tropical and semi-tropical regions, enormous quantities of material are available, containing starch. In America and Europe over 6,000,000 tons of sugar are called for yearly, particularly in Germany and the United States there is an enormous beet production, yielding sugar to the amount of 18,000,000 tons. All these are products from which cheap alcohol could be made. Thus the sugar from beets and cane and molasses alone, every year, would if, fermented, yield over 600,000 tons of absolute alcohol. If the world's production of beet and cane sugar were turned into alcohol, over 1,000,000 tons of absolute alcohol could be made. It is estimated that 50,000 tons of alcohol is converted into rum and spirits yearly.

In Australia difficulty has been experienced in getting rid of the bi-products from molasses, cane and beet sugar, and expensive furnaces are used to burn these. This could be turned into alcohol, with a definite fuel power. In the same country, enormous quantities of vegetables are grown, which contain quantities of starch capable under technical treatment of producing fermentable sugars, as well as products of wood distillation, such as tar, acetic acid, acetone and wood naphtha, which if rectified would produce a methelic alcohol.

There are vast regions of grain producing areas, where the products can be used in the same way. There are certain palm groves, regarded as nuisances and yet containing 40 per cent starch, which could be used for this purpose.

As an illustration, corn which contains nearly 2 per cent of sugar and 69 per cent starch would yield per bushel of 56 pounds, nearly 8 gallons of alcohol. The same in rye and other cereals, with a slightly differing alcoholic yield. Sweet potatoes in the Azores would yield a larger amount of actual alcohol. In reality every study of sugar and starch producing plants, carries with it a possibility of being turned to alcohol, and being converted into wonderful forces and powers.

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The English Department Committee on Industrial Alcohol reported some of the wonderful possibilities, and recommended that it be made undrinkable by the nauseous products of coal gas. The Committee declared that the time for the use of alcohol as a power, had not yet come, but that it was in sight, and that the chemical changes and possibilities were simply marvelous. In the ordinary manufacturing operations, the study is to turn out from the raw material the largest possible product at the least expense.

In the manufacture of molasses and sugar there is enormous waste, which is now thrown away, that could be utilized in the production of spirits. It is conceivable that the wastes in other directions may be turned to this purpose and we shall have a new source of power and light, of equal value and far more practical and economical than electricity. So far some very interesting experiments have been made of the calorific value of alcohol, compared with that of petroleum.

These experiments show that alcohol in the present boilers, develops on 12 calories, compared with 50 of petroleum. Father experiments show that when alcohol is confined and compressed, and forced through a cylinder with uniform temperature, that its calorific power is equal to petroleum.

Other experiments, conducted with engines designed to test these fuels, indicated an efficiency of 16 per cent petroleum and 28 per cent for alcohol. The alcoholic vapor has a possibility and an explosive power, which if controlled gives it an efficiency of at least double and triple that of petroleum. This depends on the mixture of the vapors used, and the compression which it is under.

In automobiles and light engines, alcohol does not volatilize as quickly as petroleum, but when fairly started, with a properly designed carburettor it is far more powerful and continuous. Alcohol is also found safe in normal temperatures; is not affected by heat and cold.

Very interesting experiments are now being carried on, with the object of securing a practical carburettor and means of utilizing it in the automobiles. In the large boilers where continuous power is called for, it is much more available, but in automobiles where there is a continual shutting off and turning on the power, so far it has not been practical.

The manufacture of cheap alcohols is not yet perfected to the extent that it will be in the near future, but in a small way, it has been shown, to have a vast, unknown force, that can be handled and used.

In St. Louis an engine designed for power, has been using alcohol for nearly a year with great economy and steadiness. Some of the coal mines in Westphalia are using an engine of this kind, with complete satisfaction. A number of motors of the traction type are using alcohol in Germany and slowly and steadily, it is coming into service.

In France and Germany the State has granted sums of money to encourage experimental work with this power. Potatoes are very largely used. The cost of these cheap alcohols is from 16 to 18 cents per gallon and this contrasts very favorably with petroleum which is becoming more and more expensive every year.

In this country there is evidently commercial objections to its promotion. If the plans of the chemists and machinists become literal and practical, there will be enormous depreciation in the demand for gasoline and petroleum, and this factor, is recognized already, in the readiness to buy up any new patents of improved motors for the use of alcohol.

In England and on the Continent the excise laws and revenue, present many obstacles that discourage its use, but all these are incident to the early growth of a new power that undoubtedly will come into service and take the place of steam.

The Times concludes that very fascinating fields for the inventor and chemist are opening up in all directions and a revolution will take place at any time in the light and power producing forces of the present.

ALCOHOL IN EDITORIAL WORK.

The Newspaper World, a trade Journal in London, has given through its columns a very suggestive discussion of this question. Many writers have given their personal experience. Several of them have concluded that their best work was done after using small quantities of beer and spirits. They all deplore the excessive use of any form of alcohol.

One writer asserts that the ablest journalists in England are not teetotalers. Another writer declares that rapid and correct thinking can only come when small quantities of spirits have been taken. He thinks that clever men and clever articles are very often the direct products of the careful use of alcohol.

Another man makes the assertion, that there is more sobriety and total abstainers in American, than in English newspaper offices. He gives an argument that small quantities of spirits raise the heart's action, and with this comes greater mental activity and facility of expression; for rapid and brilliant work, the stimulous of spirits is unrivaled.

Another man quotes the history of the past 50 years and declares that long ago, the best journalistic work in all countries was done by moderate or excessive drinkers. It is a curious fact that most of the articles which defend the use of alcohol in the editorial rooms, and those which condemn it, are written with timidity and extreme conservatism.

Evidently the experience of English journalists differs widely from that of journalists in this country. Whatever may have been the custom in the past, it is the opinion of a very competent authority, that journalistic work of any value must be done by total abstainers, and the large newspaper offices furnish a vast amount of evidence confirming this.

Some of the pro-alcoholic papers have expressed themselves very sharply on this point, and demand the best and most literal abstainers that can be found, to do their work.

A symposium on this subject in this country would bring out some very startling facts, condemning all use of spirits and tobacco for brain workers, particularly in editorial offices.

THE TWELFTH LEES AND RAPER LECTURE.

An annual oration to the memory of Dr. Lees and Mr. Raper, has been provided for by a fund, and is one of the most practical monuments, to the memories of these great men, that could possibly be made.

These were pioneer reformers and teachers of the alcoholic problems. For the last twelve years eminent men have delivered annual memorial lectures before the United Kingdom Alliance of Great Britain. These have published and distributed them far and wide, as a message of the progress of the work.

The last one by Dr. John Clifford gives prominence to the scientific evidence accumulated during the year, of the injuries from alcohol and their practical significance which should be recognized above sentiment or theory.

The usual arguments in favor of total abstinence are disappearing and broader, more accurate scientific views of the subject are taking their place.

The orator on this occasion pointed out the new range of facts which must be recognized hygienically, and in all social life. This he did with a rare culture and optimism that carried with it conviction and increased courage. While the lecturers of this series have been of a high grade, there has been a marked evolution through them all, and Dr. Clifford has carried the subject on to greater heights of achievement.

Another lectureship, founded to the memory of Dr. Norman Kerr was delivered this year by Sir Thomas Clouston, and was a strong, clear presentation of the scientific side of the alcoholic problem. In this country, with all the strenuous efforts, studies and literature, to make the alcoholic problem clear by a large number of most ardent teachers, no one has yet thought of a lectureship on this subject.

What a grand opportunity there is open in this country for an endowed lectureship which will annually commemorate the memory of the pioneer, and contribute a message of the work done along this line.

FORECASTS OF THE FUTURE.

The National Liquor Dealer's Journal in a recent editorial summarized the great prohibition battle and its results with almost marvelous intuition. The Editor declares that prohibition is certain to come in the near future, that there is a consciousness abroad of the injury from the sale of spirits that cannot be ignored; that the American people are fast beginning to realize that something must be done, and while prohibition in his opinion, is theoretically wrong, the theory is supported by church and reformers to such an extent that nothing but a realization of it will ever be accepted.

For National Prohibition, it will require the ratification of thirty-six out of the forty-eight states of the Union. Nine of these states have already declared for prohibition, and in eighteen more local option has practically made dry a large part of the country.

He blames the business for the marvelous growth of the prohibition sentiment. He declares that the brewers and distillers are tearing down the house that they have built by their reckless selfishness; also that it is too late to argue and oppose. This only adds to the activity of the opponents.

Finally he proposes that the liquor interests be ready for a most serious life and death struggle, which cannot be postponed, but must be met, face to face.

There is something in this so graphically real, that one wonders why the writer was not drafted to the side of prohibition long ago, rather than in defense of a lost cause.

THE OPIUM STRUGGLE IN INDIA.

The diminished sale of opium in China has caused the accumulation of a great stock in India. The poppy fields are still cultivated, although the demand is decreasing, and the price is becoming lower continually. Anxious solicitude is exhibited by the dealers to know what they will do with this great surplus stock.

Some of the larger dealers have been ruined financially and gone out of business, and the stock has been offered at panic prices, but the sale is very slow. The manufacturers of morphine and its products prefer the Turkish opium to that of India, although the latter can be bought at a much lower price. The use of this second grade opium for smoking is increasing, and smuggling this into all parts of the world, particularly in this country is becoming a fine art, notwithstanding the adroitness of the custom-house officer on the Canada border and on the sea-boards.

Recently in India an enormous demand for cocaine has been noted. Large quantities have been confiscated at Bombay. Why this should appear where opium is so cheap, and so accessible, is unknown. During the last six months a number of persons have been convicted of smuggling cocaine and large quantities of the drugs found on them. Sudden deaths, traceable to this cause have been noted.

All this is unexplainable, particularly in India and Southern countries.

Dr Jennings of Paris asserts that opium smoking, after a time, leads to cocaine taking, and that in Paris, opium smokers turn to cocaine with great eagerness. This has not been noted in this country, but it may throw some light on the sudden demand for cocaine in India.

TEMPERANCE ACTIVITY.

It would seem, that there never has been a time in which the alcoholic question has created so much interest, and was the subject of so much legislation as at present.

The bill before Congress for National Prohibition has roused similar efforts in many states, and new laws controlling the sale and manufacture of alcohol have been introduced into nearly every legislative body of this country.

Cities and towns are raising the license fee for saloons. In Waco, Texas it is \$10,000.00. In two Pennsylvania towns it has been raised to \$5,000.00. Other places are charging \$6,000.00, \$7,000.00 and \$8,000.00 yearly. The effort is to drive out the saloon by making the license prohibitive.

The Massachusetts Committee on Habitual Drunkards have issued a startling report which gives new interest to the subject. This, with the efforts of railroad companies prohibiting the sale of spirits on trains, and the new ratings in the civil service and insurance companies, refusing to accept only total abstainers, all shows a great revolution of sentiment and change which is certain to materialize, in a higher sentiment concerning alcohol and finally demand its total prohibition as a beverage.

ANNOUNCEMENT.

With this issue the Journal of Inebriety passes into the hands of "The Journal of Inebriety Publishing Company" incorporated under the laws of the State of Connecticut, with Thomas D. Crothers, M.D., President, Pitts Edwin Howes, M.D., Treasurer and General Manager, and Judge Arthur Perkins, of Hartford, as Secretary.

This corporation will strive in every way possible to advance the interest and influence of the Journal that has come under their control. It is earnestly desired to issue the Journal as a monthly just as soon as it is a practical proposition. Every one of our readers can assist in this endeavor by sending to the Manager the addresses of any of their acquaintances who might be induced to become subscribers and supporters of our publication. A little effort by each one will easily help us to secure the additional subscribers that is necessary to enable us to carry out our plans for a monthly publication. To every person who receives this Journal we would say, MAY WE NOT COUNT ON YOU FOR THIS ASSISTANCE?

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Original Papers

PROPHYLACTIC AND ADMINISTRATIVE MEASURES AGAINST ALCOHOLISM

By Alfred Gordon, M. D., Late Professor of Mental Diseases in Jefferson Medical College, Philadelphia, Pa.

The problem of alcoholism is of an immense practical importance both from the standpoints of individual hygiene and of social interest. The phase of the subject that is going to be discussed here, touches upon manifold features of alcoholism.

Let us first consider briefly accumulated data concerning the effects of alcoholism.

Intoxication with alcoholism produces ravages not only upon the individual who drinks but it follows him beyond the grave in his progeniture. The disastrous hereditary consequences are now well known, and the physical or mental degenerates which constitute the habitual clientele of asylums and prisons present a familiar picture. The being that is going to be born from an alcoholic parent is marked before his birth. If I refer only to the illustrative tables collected by me concerning the effects of parental alcoholism traced in three generations, (Monthly Cyclopedia and Medical Bulletin January, 1912) the following striking peculiarity will be observed. In the offspring of the first generation with a contingent of 200 individuals there was an appalling proportion of pathological units produced by alcoholic progenitors. A detailed analysis shows that apart from physical stigmata of degeneracy, such as cranial malformations, anomalies of special senses (deafness, mutism, partial or total blindness) the 200 individuals engendered by 90 alcoholized parents presented in the most striking manner important varieties of mental deficiency. Epilepsy was the most frequent occurrence. Idiocy, imbecility, feeble-mindedness were frequent. Obsessions, phobias, irresistible impulses, tendencies to criminal acts and various other manifestations of a vicious character — were all important features of these individuals. Moreover in 75 out of the 200 there was an inherited great desire for alcohol at a tender age. Briefly speaking, the gravity of alcoholic intoxication was evident in the offspring of the first generation.

The second group of cases embraces 78 individuals whose parentage could be traced to 20 families two generations back. These 78 living grandchildren presented mental abnormalities of a very grave nature. Here we observe a decidedly lower mental status than in the group of the first generation. There were more idiots than imbeciles and more imbeciles than backward or feeble-minded individuals. Low moral senses, vicious tendencies, outbreaks of passion, destructiveness, perverted sexual sense and acts, vagabondage, precocious prostitution, frequent imprisonment were all observed.

The third group of cases comprises 21 individuals originating as a third generation from seven families known to be alcoholic. In all of them various mental abnormalities could be traced through the two preceding generations. We find here a remarkable chain extending back three generations, a chain which is uninterrupted and uniformly covered by degenerative elements whose original source could be traced to the great grandparents who were suffering from chronic alcoholism. These cases strikingly illustrate the manner in which a complete mental debility is established by serial transmission of a deleterious taint which becomes more and more pronounced in each successive generation.

This entire study embraced 298 cases of mental deficiency in 117 families. This number included only the living members. The mortality of each of the families was great; death occurred at a very tender age. The collected facts show that alcoholized individuals procreate degenerate and mentally feeble children. These in their turn, will, if permitted, continue the pathological condition endlessly. One such a family is capable of throwing into the community dozens of useless or dangerous individuals who if capable of multiplying will produce their like. The mental inferiority of such units leads the community backward and the intellectual niveau is thus lowered. The powerful hereditary effect of alcoholism can be also seen from the striking example reported by G. Ballet (in *L'Héredite morbide* P. Raymond). In a family that counts five sons, the first two are in perfect health. After the second was born, the father began to drink. The third son was neurotic and hysterical. The fourth son was feeble-minded. The father changes his habits and abandons totally drink. The fifth is then born and he enjoys perfect health. Marce (loc. cit.) reports the history of an alcoholic who had 18 children, 15 of whom died from convulsions, the 16th was epileptic. Roesch (loc. cit.) cites the case of an alcoholic who had 14 children; 8 died at a very tender age, the others are idiots or epileptics.

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That alcohol produces directly a very disastrous effect upon the physical growth, on the development of mental faculties and moral conceptions can be seen from another statistical study which I had the good fortune to make on a series of 14 children (Med. Record March 8, 1913). All my 14 subjects were individuals apparently free from any morbid hereditary transmission, as a very careful investigation revealed unusually healthy ancestors possessing a marked longevity. Nine of the entire series became orphans at a very tender age. They were soon abandoned by their relatives and placed indiscriminately with various families for menial services. These families happened to be of a low moral and intellectual level. The children grew up without supervision and became early the victims of bad habits which they witnessed daily. Drink was the most conspicuous vice that they saw being cultivated. Gradually they acquired the habit of drink. As children possess a very impressionable nature and all sorts of habits are readily acquired, a craving for alcohol soon developed. Other vicious habits followed. Unlawful acts of all kinds, theft, vagabondage, filled the histories of these juvenile degenerates. Various neurotic phenomena such as tremors, twitchings, restlessness, insomnia, epileptic convulsions, gastro-intestinal disorders were all observed. Brutality, lack of altruistic sentiments, perverted sexual sense were not wanting. Such was the mental and physical status of nine individuals whose ages ranged at the last examination between 14 and 19. The remaining 5 members of the series were under the supervision of their parents until the ages of puberty. At that time various financial and domestic shocks overtook the parents. The homes were broken up, the children drifted away. Being of a tender age and abandoned to their own resources, they soon succumbed to various temptations, among which drink figured prominently. Mental arrest, lack of moral conception, no conception of conventional laws, brutal tendencies and impulses of the most primitive character, abnormal sexual proclivities, excessive use of tobacco—are all manifestations which developed side by side of alcoholism.

The moral, intellectual and physical precipice into which the 14 individuals were fallen and in which they were held, was created for them directly by alcoholism. The direct nefarious influence of alcohol on an individual during his physiological development is amply demonstrated by the histories of these 14 individuals who were apparently free from morbid heredity.

In still another study entitled "Alcoholic Insanities" based upon 437 cases (J. Amer. Med. Ass'n. 1907) I was able to determine

the fact, that chronic alcoholism leads to a gradually developing intellectual feebleness; viz. dementia. Before the latter becomes conspicuous the patient begins to show undue irritability. At the same time appears a weakness of the will-power and of energy. The patient soon becomes depressed, his memory becomes clouded the power of application for work is decidedly impaired. The sadness, the realization of his physical and mental impotence lead him directly to delusive ideas which become intensified by hallucinatory images and criminal tendencies are not infrequently observed. Gradually the moral sense, the sense of propriety become deteriorated. The patient becomes indifferent, apathetic, brutal. The cerebral functions become irreparably disorganized, judgment becomes infantile and the patient's dementia is permanently established. The evolution therefore of chronic alcoholism is progressive and its ultimate result is terminal dementia.

Having thus traced briefly the effect of alcoholism on the physical and mental health of the individual at an early age and in adult life, also the particularly disastrous influence on the offspring originating from alcoholized parents in successive degenerations, the question naturally arises as to the responsibility of the community as well as of its individual members. In view of alarmingly increasing alcoholism and of the number of its victims, very serious thought must be given as to prevention of such a disastrous state of affairs.

The following proposition must be borne in mind. An alcoholic individual is obnoxious to himself by lowering his physical and mental status. He is obnoxious to the community because he is apt to commit criminal acts. He is a dangerous individual because he is apt to bring into the world degenerate individuals for several generations in succession. Can society protect itself by creating laws against alcoholism?

In my opinion legislative acts can be of assistance only in one respect; viz. by decreasing to a very large extent the production of alcohol, by interfering greatly with the fabrication of various beverages containing alcohol. A very high tariff, very high taxes will naturally restrict considerably this industry and thus render the beverages less accessible to individuals with ordinary means. But it must be borne in mind that such legislative measures are not to be expected in view of the fact, that they are usually enacted by legislators who are financially interested in the industry.

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On the other hand, laws directed to suppress alcoholism merely by punishing with imprisonment or otherwise are entirely inefficacious for the reason that they have for purpose the removal of the effect but not of the cause. An individual addicted to the abuse of alcohol repeatedly or continuously belongs to the domain of morbid psychology. Whoever analyzes the psychic processes which lead to alcoholism, must admit that we have here profound changes in the mentality, deep "lacunes" in cerebral organization so that an individual thus affected loses his inhibition power, hence he acts under the influence of impulse. He therefore is in need of medical attention but not of a sojourn in prison.

Ordinarily the alcoholics are either directed to prison or to insane asylums according to the degree of responsibility considered by the committing judge. In cases of criminal acts committed during a phase of delirium the alcoholic must be considered irresponsible and he therefore falls into the category of insane individuals. Asylum is the only issue in such cases.

Alcoholic individuals if they have not reached the condition of actual dementia, frequently recover from their acute attacks or, what is more frequently the case, recover sufficiently to be considered responsible. The law of course requires prompt removal from asylum. In the majority of cases the chronic alcoholic is a recidivist. Return to alcoholic excesses is the usual occurrence and with it return of criminal acts is a great possibility. The recommitment to asylum is inevitable. Thus certain individuals spend considerable time of their existence between the saloon and the insane asylum. This is a common experience of those who have the opportunity to deal with this class of cases. The insufficiency and inadequacy of our laws concerning the freedom of chronic alcoholics is self evident.

Apparent recovery from individual attacks does not constitute a genuine recovery from the intoxication which is deeply seated. Removal of drink for a period of 2 or 3 weeks does not imply that the patient is apt to make a complete recovery from an old intoxication which affected in quite a perceptible manner his cerebration and the power of cerebral inhibition. Considerable time is required to accomplish this end and if a chronic individual becomes free from the acute symptoms in a short time there is a great likelihood that the condition will recur. A very prolonged medical detention is indispensable in such cases not only for his own benefit, but also and particularly for the benefit of his surroundings.

The protection of the community is of paramount importance. As detention of chronic alcoholics in insane asylums may be detrimental to them after they recuperate from the acute symptoms, whereas on the other hand liberty is decidedly injurious to themselves and dangerous to society, which claims protection, the creation of special institutions is logically indicated.

A hospital exclusively for inebriates is a necessity. It should possess the power of judicial as well as of medical authority. It is urgent that the alcoholic with a criminal record as well as the recidivist without a criminal record be placed in such an institution where he will undergo medical treatment. They should not be permitted to leave it until the medical authority after a prolonged observation and treatment finds them safe at liberty. Special laws are of course necessary to regulate the authority of the medical officer in charge of the institution. To avoid arbitrary action and abuse in cases of prolonged detention a judicial officer should join the medical staff. Thus an impartial and scientific decision will be reached in cases in which the legality of detention is questioned.

The public should be instructed as to the utility of such an institution. It should view it from a purely humanitarian standpoint. It should regard it as a hospital in which alcoholics receive medical treatment as indeed they are diseased individuals. It is not only the individual alcoholic excess that requires medical attention but also and chiefly the underlying basis, the makeup of the individual in whom alcoholism is merely an incident. To such an institution should be admitted all alcoholics irrespective of the degree of intoxication. Those whose alcoholic history is but brief are susceptible of complete recovery. The inveterate alcoholics and those with criminal records should be detained indefinitely. Thus the individual and society will be both protected. The alcoholic will be deprived of his liberty which otherwise he would use to injure others and at the same time he will receive special care, humane attention to a condition which renders him irresponsible. Besides, an institution of this nature will relieve the prisons from a number of alcoholics, whose irresponsible acts committed during an acute outbreak led them there and thus an important medico-legal question will be solved. It will relieve the insane asylums whose overcrowded condition has been a matter of great concern. Moreover, an inveterate alcoholic cannot recover in ordinary asylums. The rules applied to insane individuals cannot be applied to alcoholics who may rapidly recover their intelligence to a very large extent. The continuous contact of delusional individuals

with alcoholics is injurious to both. The latter are frequently a cause of disturbance in an insane institution.

The medico-legal advantage of a special Institution for Inebriates is of great importance. The detention of an alcoholic individual presents some difficulty with regard to the question of personal liberty. But in order to render the special Institution for Inebriates useful and powerful in its struggle against alcoholism, in order that the community derives the greatest possible benefit for its own protection, it is necessary that the patient be detained for a prolonged period, such that it leaves no doubt as to the recovery in the unprejudiced mind of the medical authorities. When an alcoholic individual is detained among other alcoholics beyond the time when he has apparently recovered his mentality, such a conduct is not at all prejudicial to him while his detention among insane individuals under the same circumstances is besides being injurious to him, decidedly unjust.

To sum up, a Special Institution for Inebriates has for purpose to treat and cure alcoholic individuals, whose mental disturbances are the result solely of repeated or continuous use of alcohol. It has also for purpose to detain indefinitely alcoholic individuals whose actions proved to be dangerous to the community. It is self-understood that actual dements, whose dementia is the result of old alcoholism or insane individuals whose pre-existing mental disorder may be modified by occasional use of alcohol—all those individuals belong to insane asylums but not to special institutions for inebriates.

As to the management of these special institutions and of their inmates, the following main principles appear to be of some practical value.

(1). Classification of patients and their grouping according to the degree of intoxication, to the presence or non-presence of delirious, delusional or hallucinatory phenomena, to the chronicity of the intoxication, to the existence or non-existence of criminal tendencies.

(2). The use of alcohol must be absolutely forbidden to all inhabitants of the institution.

(3). The greatest effort should be made towards improvement of the general health by appropriate dietetic and hygienic means.

(4). As an excellent and in fact indispensable adjuvant to the latter is "physical labor" to which every patient free from delirious condition should be accustomed. The spirit and fondness for work should be cultivated whenever it is possible. It is one of the most useful methods in treating individuals with defective cerebral inhi-

bition. Systematized labor properly directed will accomplish a double purpose. It will first of all encourage those patients who have sufficiently recovered to realize that the Institution is created with a humanitarian point of view; viz., to assist them in their present condition and after their return to their homes. In the next place the Institution may become self-supporting from such an arrangement.

A social service is also a useful adjuvant in such cases. It will facilitate the return of the individual to a normal life by procuring him work, by properly advising him and by developing in him the spirit of hopefulness and initiation.

Prophylactic Measures.

It was mentioned above that preventive legislation can be in my opinion of practical value only in one respect; viz. by decreasing to a very large extent the production of various beverages containing alcohol. High taxes, high tariff will greatly reduce this industry and thus prevent the man with average means from consuming it. Reduction of the number of saloons may help to a certain extent, but such a procedure is considerably less valuable than the former, as the existence and increase of such establishments are the result of a demand and craving for alcoholic beverages. As legislation in any of the two directions is intimately associated with political agitation, our endeavors in this respect will naturally fail. It is not the increase of saloons that increases the number of drinkers, but it is the demand for alcohol that increases the number of saloons. It behooves us therefore to combat the morbid desire for alcohol which we must endeavor to remove. However, the principle of diminution of the number of saloons should be adopted.

A more useful measure for decreasing and preventing alcoholism is propaganda in its broadest sense of the word. The moral and intellectual influence of various antialcoholic societies is very beneficial. The good they do cannot be sufficiently appreciated. Moral persuasion and conviction is the most efficacious procedure in that direction. The widest publicity concerning the effect of alcoholism on the physical and mental health of the individual should be considered as vital. The public should read and see the pernicious consequences of alcoholism. Lectures and clinics should be systematically organized and actual demonstrations given. The public should be invited to visit particularly Institutions for feeble-minded where they could see for themselves specimens of humanity brought into the world by parents whose alcoholic excesses threw on the community a burden which is actually useless. Imbeciles, idiots, and otherwise

mentally deficient epileptics and children with all sorts of morphological abnormalities all are fruits of parental acquired diseases or pernicious habits among which alcoholism is one of the most conspicuous.

Propaganda against alcoholism should be particularly directed to young individuals and children. The role of the physician is here indicated. It is he who comes in contact with families and their children. As counsellor in medical and hygienic matters he can use his great influence in circles of all sorts. Considered as a man of knowledge and experience, he will be listened to. He can prevent parents from commencing to give children the first taste of drink. It is he that controls the diet and hygiene of children. It is to him that the mother addresses herself for advice as to the habits of her children.

Next to the physician is the teacher who is close to the children. But the teacher himself must be well informed as to the nature and dangers of alcoholism. He should have, before he is permitted to instruct a special course in social hygiene in which alcoholism should occupy a prominent place. Such a course should be given in schools and colleges; and the instruction should be not only theoretical but also practical. It is necessary that every youth leaving school possesses a fundamental knowledge of the effect of alcohol on tissues, organs, on the nervous system, on the mentality, and on the offspring. From a tender age, the child should grow up thoroughly imbued with the idea that alcoholism is one of the most obnoxious and dangerous poisons. It is the knowledge of what is true, of what is useful, and of what is indispensable in life that presents the most powerful firearm against all other acquired pernicious habits or diseases. It is by imparting this knowledge that real scientific prophylaxis can be practiced.

The public at large should be familiar with the fact that one of the threatening features of alcoholism is depopulation not only in a quantitative sense but also in a qualitative sense. It leads to a degeneration not only of the individual but also of the species. It produces a slow and progressive deterioration of the individual and an intellectual and physical sterility of the race with all its social consequences; viz. lowering of intellectual status and depopulation.

STATE CONTROL AND INSPECTION OF PUBLIC AND PRIVATE INSTITUTIONS.

G. H. Benton, M. D., Supt. Sterling Worth Sanatorium, Miami, Fla.

The title of this paper should have contained a clause explaining that the institutions referred to are those treating directly or receiving for other treatment cases of Inebriety, Alcoholism or other Narcotic Autotoxicosis either alone or superimposed upon other nervous or mental conditions.

Since the time of the great pioneer work of Dr. J. Edward Turner who recognized that Narcotic Autotoxicosis was a disease or due to diseased conditions and should rightfully receive special medical treatment and supervision, and experience soon demonstrated that the better work was available within special institutions, there has been established many hundred such institutions all over this great country. Such institutions are operated as public, private and semi-private. Our insane asylums, poor houses and such eleemosinary institutions also treat these classes of cases. These however are usually an emergency. The inmates are compelled to come for treatment and bring with them whatever defects they possess. The attempt to better their condition by the physicians in charge is commendable.

Among the private and semi-private institutions however, scattered all over the country, there is much ground for complaint, of the details of management and treatment, as well as the environment, surrounding the different classes of cases who are received therein. Much I fear that is vicious and which certainly results in decided harm if not placing the patient in the class of the hopeless, is evident.

For instance I have in mind now an institution, under the ownership and management of a highly educated physician, who however, is frequently intoxicated and in the presence of his patients beats and otherwise abuses his wife, indulging continually when apparently sober in obscene language and vulgar purposeless stories.

Other institutions are owned or managed or both by physicians who are Narcotic Habitues but through their public announcement every prospective patient is assured the greatest degree of scientific treatment and care and most excellent surroundings.

Then otherwise we find on careful observation many managers of institutions who exhibit lack of intelligence, inefficient training or ability to cope with the necessities of these cases, those employing stereotyped methods of treating every case regardless of symp-

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toms and conditions, etc. This includes the middle ground up and down the scale of possibilities, from the standards recognized in the above class of institutions to the three-day cures. The nickle in the slot variety who sell the patient a splendidly worded and equally worthless **Guarantee** and three days rations for a specified sum of money payable in advance.

Hence I feel now and have felt for years that there is much ground on which to base objections to the present careless, mayhap or vicious management of so many of the institutions with which this country is burdened.

The vastly complex nature of the diseased condition found in patients of this kind, require the most careful study and comparison, and this can only be well accomplished with the proper facilities, instruments of precision, competent equipment, with the necessary knowledge and experience to apply them, and the necessary wisdom to reach the proper conclusions and some further ability to meet emergencies arising from certain complexes offering individual syndromes.

The institution of the Keeley Treatment and the Keeley Cures was the result of ignorance and misconception, as was shown by the records of the Federal Court of the State of Tennessee.

The idea of a stereotyped treatment exactly alike for the multiple complexes represented in the Inebriate which could be sent by mail or express and administered by anyone capable of giving a hypodermic injection with some degree of safety, could only arise within a brain devoid of any possibilities of altruistic notions. Such examples one finds universally in the corn doctor and the patent medicine fakir. However this business launched and the easy sheekles pathological custom, unrestricted by rational treatment. It is a well-known fact to those who have investigated that of the many inebriate institutions in our land, the majority are unworthy of our confidence, either careless in their methods of treatment and management into both the central station and the peripherae, generated conceptions within the minds of the unscrupulous, of possibilities of imitation, hence the growth of hundreds of institutions both within and without the medical profession, all advertising equal or superior advantages, with or over, the most thoroughly, efficiently equipped institutions managed by the most highly trained and competent physicians.

These are some of the important causes of the symptoms which we have now under consideration, that impress me and I feel sure many others also, that the outgrowth has resulted in a dangerous

ment or wilfully vicious, not unwilling to gamble on a human soul for the possibility of accumulating the almighty dollar. As compared to a minority of thoroughly good institutions where one not only expects but receives the best possible treatment with satisfactory results. And then there are always the indifferent institution, one cannot condemn them or uphold them entirely, their methods and treatment do many patients much good and some patients much harm. With this class of institutions however, there are hopeful possibilities; they may be encouraged to better work or rather better understanding of the work to be accomplished.

Laws regulating the practice of medical specialties in institutions or without in most states are conspicuous by their absence, and many practitioners by virtue of necessity or desire for dollars, receive and try to treat diseased conditions for which they are not competent or qualified and in the absence of necessary restrictions binding upon them they will continue to do so to the detriment of the patients they receive for treatment. This is often a serious affair as by improper treatment the patient is rendered hopeless and lost, while if properly treated the patient might improve to a large degree of recovery.

It is my belief then, that the proper laws enacted within each state or by the National Congress for all states alike, if possible, would be the first requisite. Laws compelling the licensing of all institutions only after proper inspection of every detail of equipment, etc., and competency of the physician in charge, this done by a board of control selected from the most competent alienists and neurologists and divorced entirely from any political contamination whatever.

The board refusing to license any institution which falls below the minimum requirements which should be placed **High** with also some power to discretion to recommend to any institution, the referring of certain classes of cases who apply for admission, but who on account of special conditions might receive more advantageous treatment elsewhere.

With this power the Board of Control practically guarantees the standard of all licensed institutions and none others would exist. The Board or some of its members should visit personally every institution once or twice within each year and some institutions oftener, taking careful account of every detail of management, surroundings, treatment, etc.

This might grow into a communion of purposes to the several institutions within a state, to such a degree that it would become one great system, with its several branches all operating in comparative unison.

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INJURIOUS EFFECTS FROM THE MODERATE USE OF ALCOHOL.

By L. Mervin Maus, Colonel, Medical Corps, U. S. Army. Department Surgeon, Eastern Department.

1. The widespread custom of using alcoholic beverages is a difficult problem to attack on account of the large number of intelligent and prominent people of both sexes, who still regard drinking essential to social life and good fellowship. While nearly everyone recognizes the disgrace and danger of hard drinking, it is very difficult to convince the average man that the moderate use of alcohol is harmful, and that he must forego his cocktail and bottle of wine in order to preserve normal health, and prevent mental and physical injury to his offspring.

2. A generation ago the progeny of our people was fairly sound because the mothers who gave them birth believed in the higher standards of life and rarely indulged in the use of alcoholic beverages. But today the growing tendency of the youth of both sexes to the use of cocktails and other forms of moderate drinking is becoming the greatest menace of the age and threatens the integrity of the race. From every quarter statistics are received showing an alarming increase of insanity and other phases of mental degeneracy over that of twenty years ago.

3. Multitudes of people of both sexes and in all positions of life enter the world with the hallmark of alcohol stamped upon them. It might be said that the fate of every child is written on its forehead when it enters the world, because its fortune for good or bad is settled in advance, by the character and habits of its parents. How far this determining influence may extend it is impossible to say, but certainly in many cases for generations.

4. Following the general use of whiskey as a beverage fifty years ago, we find that many of the prominent families of the country have become extinct. The progeny of such families became alcoholic addicts and died childless or left children cursed with some form of degeneracy which rendered fertility impossible. It is only necessary to search the records of the noted families of both north and south to find that alcohol has been the underlying cause in the majority of those which have passed out of existence.

5. Occasionally we find brilliant but warped minds among the degenerates of alcoholic families, many of whom live on the borderland between sanity and insanity. Some of them may be wonderful geniuses, brilliant orators and writers, but they are a strange, erratic

people, who rapidly pass across the horizon of life after leaving a dazzling but evanescent trail. They are the last members of a once gifted family and like the flicker of a candle, burst into a full blaze before extinction.

6. The custom of taking a drink to stimulate intellect and facilitate speech is logically unsound. No mind is capable of making its best effort when under the influence of even a small amount of alcohol. Helmholtz, the cultivated physicist, declared that even in small quantities alcohol served to banish from his mind all possibility of creative effort or the solution of any abstract problem. For such reasons thousands of the most progressive intellects of the country have entirely abandoned the use of alcoholic beverages.

7. Few observing men will deny the fact that the tipler and wine bibber suffers from intellectual stagnation, if not regression, as time goes on. Common experience has taught us that many moderate drinkers equipped with brilliant minds at the onset of their professional or commercial careers have been far outstripped in the race of life by the plodding but abstinent mediocre. For business reasons, if nothing else, total abstinence should be regarded as a paying proposition by everyone who has to use his brains for a living.

8. As a result of their views on alcohol and its injurious effects, teetotalers are frequently regarded by the non-abstaining class as conceited folk, who imagine themselves mentally and physically superior to the drinking world. While the abstainer claims that his limited mental and physical powers are improved by total abstinence, he knows that the brilliancy and capacity of many moderate drinkers would be greatly increased and last longer if they pursued the same policy.

9. Many who have used alcohol for years notice an absence of vigor and freshness, which only returns after months of abstinence. One of the earliest indications of alcoholic poisoning and permanent injury is severe fatigue and breathlessness on slight exertion, or a disinclination to normal effort. It is not a pleasant thought to feel that we are dying daily through the influence of wine, beer, whiskey and brandy, but that is exactly what is taking place in every man and woman who indulges regularly in intoxicants, even in small quantities.

10. A large number of interesting and exhaustive experiments have been made on man and the lower animals to determine the effects of alcohol in moderate quantities on the mind, body and heredity. Many of these experiments were performed with the assistance of scientific apparatus and have been confirmed by other experi-

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menters. From them it has been conclusively proven that moderate drinking not only lowers the mental and physical functions, but interferes with health, shortens longevity and effects heredity.

11. Most serious mistakes and errors of judgment are occurring every day, both in civil and official life, through moderate drinking. Only those who understand the effects of the moderate use of alcohol on responsibility and judgment will be able to realize the great army of confiding sick, whose lives have been sacrificed by drinking physicians or surgeons. The direful effects of social drinking extends throughout civil and official life. Thousands of innocent people have been imprisoned or executed from this cause, great commercial enterprizes wrecked, battles lost and ships sent to the bottom of the sea. The numerous automobile accidents occurring daily among the so-called "joy riders" are principally due to a few drinks taken in road houses along the route of travel.

12. Dr. T. D. Crothers cites the case of a noted judge, whose decisions and judgments became duller and harsher and were finally overruled as a result of occasional drinking at banquets. He also states that physicians who occasionally drink to excess, become more and more careless in diagnosis and treatment, less politic in their relations to patients, and grow indifferent to neatness and personal appearance. On account of its effect on judgment and the great necessity for alertness, the government practically requires total abstinence from army and navy aviators.

13. The constant use of alcohol even in moderation, lessens self-control and mental poise, which are so necessary for success in any walk of life. In their place we find irritability of manner, hasty temper, and reckless speech, which frequently lead to embarrassing situations in social and business life. Alcoholic egotism is also noted among drinking men, whose weakened intellects and constitutions are apparent to everyone but themselves. Unfortunately this condition frequently obtains among men holding positions of importance and trust in official life.

14. Voit and Schaeffer found that alcohol neither increases brain energy or muscular power. Kurz and Kraepelin have shown that less than three ounces of alcohol daily for twelve days lessened working capacity from 25 to 40 per cent. Furer informs us that the moderate use of alcohol affects memory and ability to add figures. Exner has proven that its moderate use decreases the rapidity of receiving and sending telegraphic messages. Bayer has shown that children who drink one or two glasses of beer or wine daily stand lower in their classes than abstinent children, and Stockard has proven that guinea-

pigs fed on small quantities of alcohol daily brought forth stillborn or degenerate progeny.

15. Many of the greatest military and naval leaders have shown that alcohol lessens every mental and physical quality necessary for successful campaigning and warfare. More than fifty years ago Professor Parkes of Netley determined by actual practice that squads of soldiers confined to water as a beverage could outmarch those using alcohol. This has also been the experience of Lord Wolseley, Kitchener, Von Molke, Howard and other great soldiers. The Swedish government has proven that marksmanship is reduced from 30 to 50 per cent under the moderate influences of alcohol. A number of military experiments have also been made in signaling, telegraphy, rapid firing, etc., all of which demonstrate beyond question the superiority of the abstinent soldier over the moderate drinker.

16. Recent studies of the vital statistics of the country have revealed an alarming increase in the diseases of degeneracy, which makes it necessary to take an inventory of the moral and physical stock of the people. Among these unfortunates we find:

Insane.....	200,000
Feeble minded and epileptics	250,000
Deaf and dumb	100,000
Blind	100,000
Juvenile delinquents in institutions.....	50,000
Paupers.....	100,000
Prisoners and criminals	150,000
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	950,000

nearly a million degenerates at an annual cost of at least \$250,000,000.

17. The child born of an intoxicated parent never equals the child born of sober parentage and rarely rises above mediocrity. While there is more or less immunity to the alcoholic addict there is never immunity to the parental germ plasm or the maternal ovum, which is invariably injured by the slightest dilution of alcohol in the blood.

18. The disorders of development among children from parental intoxication vary greatly in character. They range from moderate enfeeblement in mental and physical growth to the lowest grade of idiocy and monstrosity. According to Dr. W. C. Sullivan, 55 per cent of the children of alcoholic mothers are stillborn, or die before attaining their second year, while many of those who survive are

epileptics, feeble minded or idiots. A large number of the remainder suffer from a peculiar degeneracy of brain and nerve supply, which places them in that large and sad army of "erratics."

19. Bezzola found that 35 out of 70 idiots were conceived during the wine harvest of fourteen weeks in which the Swiss carouse, while the remaining 35 idiots were conceived during the rest of the year. Leppich claims that he has observed ninety-seven children who were conceived at the time one or both parents were intoxicated, only 14 of whom were born without noticeable defects. Dr. W. C. Sullivan reports seven authentic cases of this character, one of whom was stillborn, while the remaining six died only a few weeks after birth.

20. Dr. L. D. Mason of Brooklyn, from a study of 7,000 inebriates, found that 60 per cent had alcoholic ancestry, either parents or grandparents. Legraine, of France, after an exhaustive study on this subject came to the same conclusion. A great many of the greatest authorities who have spent their lives in the study and care of alcoholics agree that from 40 to 70 per cent of these unfortunates owe their condition to heredity, among whom may be mentioned Crothers, Horstley, Sullivan, Kerr and a host of brilliant American and European physicians.

21. Dr. Hatch, Superintendent of the State Hospital, California, points out alcohol and alcoholic heredity, as the principal predisposing causes of insanity. We have the testimony of Berkeley, Spitzka, White, Sullivan and a host of other brilliant and reliable alienists. Madam Tarnowsky found parental alcoholism in the parents of 82 per cent of the women of the town, and Workmuller in 42 per cent of juvenile criminals of weak intellect.

22. One of the Lord Chief Justices of England once said, "If sifted, nine-tenths of the crime of England and Wales could be traced to drink." There is little doubt but that this is true of every country and land where intoxicants are in common use. The famous investigation of the Massachusetts Bureau of Labor Statistics revealed the startling fact that 84 per cent of all the criminals under conviction in the state owed the condition which induced the crime, to intemperate habits.

23. New York State, with a population of 9,113,000 has 31,265 cases of insanity, 1 to 290 as compared with 15 southern states, Kentucky, Tennessee, Alabama, Mississippi, Texas, Oklahoma, Arkansas, Louisiana, New Mexico, Florida, Georgia, South Carolina, Virginia, and West Virginia with a population of 27,886,000 and only 31,734 cases of insanity, or 1 to 880.

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24. While other causes no doubt influence the large ratio of insane in the state of New York 1 to 290 of the population, as compared with the fifteen states of the south and southwest, 1 to 880, it is believed that the great preponderance of liquor dealers in the former, 35,275, over those in the fifteen states, 12,000, is the principal cause of the difference.

25. Alcohol interferes with the process of metabolism, inasmuch as it possesses an affinity for oxygen, and hence robs the tissues of this important element, which is so deeply concerned in ridding the system of poisonous wastes which clog the body and invite chronic organic diseases. The hindrance and delay in tissue changes from this cause lead to increased weight, arterio-sclerosis and general mental and organic degeneracy with marked waning of the intellectual faculties.

26. From the studies of Metchnikoff, Massert, Bordet and others we have learned that alcohol destroys the immunizing functions of the white corpuscles and blood plasma against microbic infection. This occurs especially among drinking men between the ages of 40 and 50 years, who are handicapped when attacked with pneumonia, influenza, typhoid fever, or any disease of microbic origin in which depressing toxins are generated. A man from 40 to 60 years of age should enjoy the most useful part of his life if properly born and has taken care of himself, especially in reference to alcohol and other poisons such as morphine, cocaine, or syphilis.

27. Tuberculosis is also a common result of intemperance and is far more common in drinking communities than in prohibition territory. We frequently find the children of the intemperate afflicted with hip joint disease, spinal affections, swollen joints, glandular enlargements, scrofula, and consumption of the lungs. The International Congress on Tuberculosis, which met in Paris in 1905, passed the following resolution: "That in view of the close connection between alcoholism and tuberculosis this congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism".

28. From the actuaries of a number of important insurance societies it has been proven that the longevity of the abstainer ranges from 30 to 40 per cent greater than that of the moderate drinker. The United Kingdom Temperance and General Provident Institution of Great Britain shows through statistics collected from 1866 to 1905 that 131 non-abstainers die for every 100 abstainers. The Sceptre Life, from their statistics during 1884--1905, show that 146 deaths

occurred among insurance societies.

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occurred among temperate drinkers to every 100 abstainers. Other insurance societies have shown:

1. That excessive use of alcohol shortens life.
2. That its moderate use habitually tends to shorten life.
3. That abstinence distinctly increases life.

29. Many who denounce ardent spirits claim beer a wholesome and sustaining food. Beer drinkers are especially liable to fatty and enlarged heart, diseases of the liver and kidneys, complicated with dropsey, arterio-sclerosis, gout and rheumatism. As sequelae of beer drinking we find an infected and loaded circulation, embarrassed respiration, functional perversion, hepatic and renal congestion, with a stupor tending towards paralysis and a diminished vitality which invites disease and death.

30. The mortality of brewers between the ages of 50 and 60 is about three times as great as that of individuals who follow the ordinary occupations of life. In fact the mortality of liquor dealers and brewery men, with few exceptions, is greater than that of any other occupation. Doctors Bauer and Bollinger, of Munich, report that beer drinkers' heart of that city causes one death to every sixteen from other causes. Instead of being a healthy drink, malt beverages are not only unwholesome luxuries with no food value, but are factors in blood vitiation and a fertile cause of organic degeneracy and death.

31. During the past year there were about 3,000,000,000 gallons of wine, beer, whiskey, brandy, gin and other intoxicants used in the United States at a cost of as many billions of dollars. The country would be electrified if called upon to appropriate this sum annually to suppress diseases and national epidemics. Yet the expenditure of this vast sum is the most important factor in the causation of our misery, poverty, suicides, robberies, murders, and crimes, besides the hundreds of thousands of deaths and the "intellectually dead" to be found in the insane asylums, feeble-minded and epileptic institutions of the country.

32. In view of what medicine has taught us concerning the injurious effects of alcohol even in moderation it seems incredible that so many of her learned disciples are still worshipping at the shrine of Bacchus. Every informed physician knows that he enjoys no advantage in immunity over the hundreds of thousands who die annually from social drinking. Dr. Campbell Morgan, the great preacher and student of sociology says, "It is inconceivable to me that any man, who loves his country, and especially any Christian man can do other at this time than support with all the force of his being any measure which will help to deliver us from the almost immeasurable evil of the drink traffic."

Book Reviews

ANALYTIC CYCLOPEDIA OF PRACTICAL MEDICINE.

By Charles E. de M. Sajous, M.D., LL.D., and others.

Vol. IV.

F. A. Davis Co., Publishers,
Philadelphia, Pa.

This is the fourth volume of a remarkable series which has already reached the seventh edition. Twenty-two representative men are contributors to this work. These with over one hundred associate editors, have gathered an enormous mass of up-to-date facts and principles of scientific medicine, that concentrates a whole library into a few volumes.

The present volume is equal if not superior to the others. In illustrations, it is exceptionally rich. Some of the topics are remarkable in their breadth and clearness.

To the specialist these books are invaluable and we commend them most heartily.

The paper and printing of this work, are ideal in many ways, and both editor and publisher have achieved a great success in this most attractive volume.

EDINBURGH LECTURES ON MENTAL SCIENCE.

By Thomas Troward, Esquire.

Published by Goodyear Book Concern,
New York City, 1913.

Under this title there is a series of three books, which group some remarkable studies on the psychology of the mind and its relation to the body. The subject of mental science, new thought, hypnotism, suggestion and the great out-lying field of mysticism, are carried up to a higher plain, of the broadest researches of modern psychology.

The modern theories and philosophies of the mind on the body and its practical relation to everyday life is presented in a very startling way, giving the reader a higher and better conception of phenomena that are obscure.

The author is a judge, and his facts are presented in a judicial way. He is also a reader of the highest ranges of science and theo-

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logical discussion, and summarizes the teachings of the best thought of the present, with an interest surpassing that of a novel.

These books bring a message to every reader, and are the most valuable suggestive discussions that have ever come to our notice.

We commend them most heartily.

PLAIN FACTS OF SEX HYGIENE, CONFIDENTIAL CHATS WITH BOYS, CONFIDENTIAL CHATS WITH GIRLS, FACTS FOR THE MARRIED.

By William Lee Howard, M.D., Member of the American Medical Association, etc.

Published by Edward J. Clode, New York City, 1913.

These titles cover four separate books of 150 pages or more each, and are intended as a popular study of sex knowledge and sex problems. The author says in the preface, that his great desire is to make clear in these books, that right sex living is of equal importance to right physical living; that sex laws must be known and observed with the same care as those of eating, sleeping and general rules of ethics.

The author has succeeded in these four volumes in presenting a mass of facts very graphically stated covering this ground completely. Each work is unique in many respects from its grouping of intensely practical facts, expressed with a realistic directness that cannot be mistaken. The author is an expert physician, who writes incisively and explains his statements with illustrative incidents that carry intense conviction to all readers.

His statements concerning the injury from alcohol are very graphic and we shall quote from them in the future numbers of the Journal.

These works are so thoroughly educational and contain such a mass of clearly stated facts, as to be invaluable to every family. They should be in the hands of practical teachers, and we commend them as the great authoritative text books on this subject.

The author has made a most valuable contribution to this neglected field of study, and deserves the warmest praise and commendation. These are literally expert works coming from an authority who is not only an accomplished physician, but student of this subject. We shall notice them in another issue of the Journal. Copies can be had for \$1.00 apiece from the publisher.

GERIATRICS AND THE DISEASES OF OLD AGE AND THEIR TREATMENT.

I. L. Nascher, M.D., New York City,
P. Blakeson & Son Co., Publishers. 1914.

This is the first American work on Diseases of old age, and hence has an unusual interest to the general as well as special practitioner.

The author has discussed in over 500 pages, most of the phases concerning the physiological, psychological and pathological states of old age.

He has shown the morbid changes and degenerations that occur and are not often recognized.

The style is clear and condensed and the illustrations are rich and attractive, and the book is exceedingly satisfactory as a whole. It has a special interest to our readers from the fact that a large proportion of the spirit and drug takers are prematurely aged, and many of the symptoms which are described in this book, are every day observations in the practical work in institutions.

The author has sought to describe the changes with greater minuteness and point out the possible methods by drugs and otherwise of halting the degenerations.

The chapters on institutional care of the aged, and medico-legal relations are exceedingly new and interesting, and probably will be studied with more minuteness than the others.

We commend this book very heartily, and believe it marks the beginning of a new range of medical practice, that up to this time has been greatly neglected.

The volume is printed in large type, well illustrated, with the usual taste and care of this eminent firm of publishers. The price is \$5.00 per volume.

A CLINICAL TREATISE ON INEBRIETY.

By T. D. Crothers, M.D., Hartford, published by the Harvey Publishing Co. of Cincinnati, Ohio.

This work has come to be regarded as a text-book on the history, theories and progress of the medical study of this subject. The prominence of the author and the thoroughness of the work is recognized in the increasing sales and demand. The possibilities of prevention and cure have grown to such proportions that it is thought advisable to issue a separate volume confined entirely to the treatment of drink and drug neurotics. This, with the first volume, will constitute a very complete and exhaustive study of the entire subject. A work of this kind is now being prepared, and will be issued early in the spring. Write to the publisher of this Journal for farther particulars.

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BILL POSTER CRUSADE.

The Woman's Club, of the Boston Associated Charities have gone into the Bill Board Poster educational work.

The posters condemning alcohol and calling attention to its dangers are evidently written by very shrewd advertising talent, that appeals at once to the passer-by, suggesting by a single sentence, a new range of thought, that is both convincing and startling.

In the manufacturing centers of New England, the Bill Boards have a very powerful, suggestive and educational value. Sharp men realize this, and the colored posters are often works of fine art, which certainly have some influence, and attract customers, or they would not be continued.

The startling statements of alcohol and its destructive effects are along the same line, and undoubtedly will be equally valuable in calling attention and fixing certain facts which could not be presented in any better way.

We commend this educational work and believe that it will tell in the long run.

An Ohio publisher is sending out bill posters in different languages and this is a great power. Many of these are extremely graphic statements. Others are pictorial, but all have a great significance and ought to be pushed and pressed in every community.

The Scientific Temperance Federation of Boston, Mass., under the care of Miss Cora F. Stoddard has grouped most thoroughly scientific posters stereopticon pictures on the effects of alcohol, tobacco and beer, and offer these for sale or to rent. They are thoroughly accurate, powerful and graphic. To all lecturers before popular audiences, these will be invaluable, and we commend them. Write to the office and get a circular.

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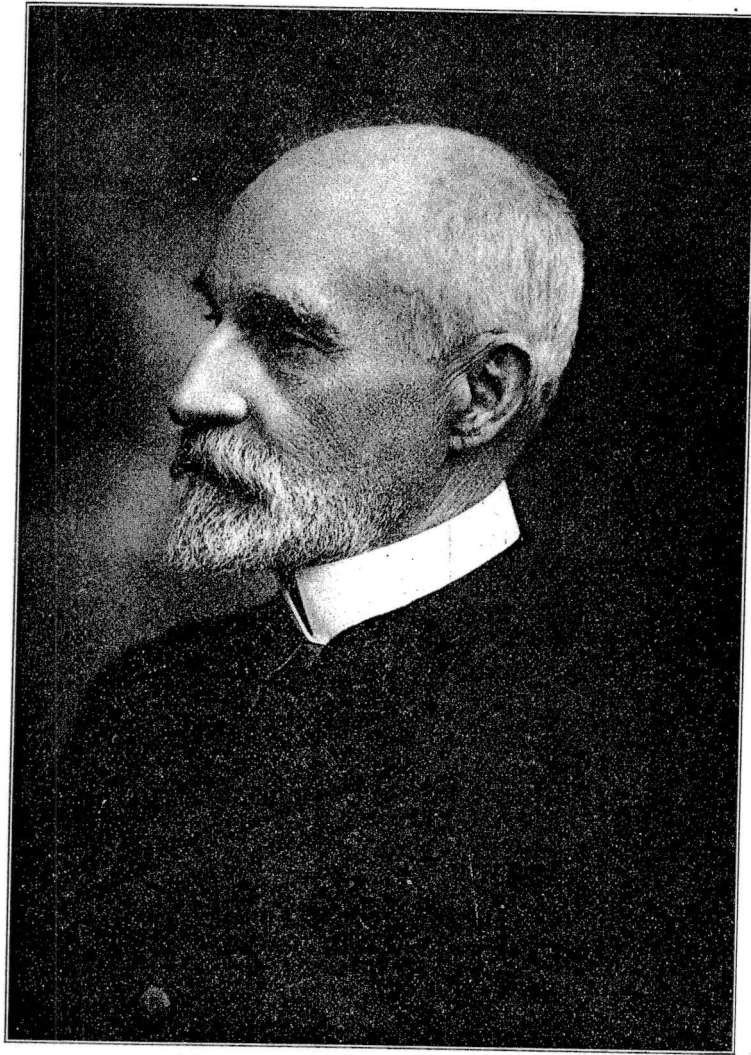
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LEWIS DUNCAN MASON, M.D.

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SKETCH OF DOCTOR LEWIS DUNCAN MASON.

Many of our readers will recognize the portrait which we publish in this issue, of Dr. Lewis D. Mason, of Brooklyn, N. Y., who is now, the only survivor of the original members, who formed the Society for the Study of Alcohol and Other Narcotics in 1870.

By an oversight, a sketch of Dr. Mason prepared for the last issue of the Journal was omitted, and we take pleasure in reproducing the portrait, and feel that our readers will appreciate the opportunity of seeing his kindly face once more.

Dr. Mason began as Assistant Surgeon and Teacher in the Long Island Hospital College, in the 70's and 80's. He then gave up his surgical ambition to become a student of inebriety and neuroses. During these 44 years, which have passed since the Society was organized, he has been prominent at all its meetings, and contributed many valuable papers on Inebriety and Hospital Care of Inebriates.

On several occasions he has occupied responsible positions in Legislative Committees for the State of New York. He has also been prominent as a lecturer and writer, and has appeared in many churches and halls, giving graphic papers and clear discussions of inebriety and its problems.

He has been President and Vice-President of this Society for many years and now is Honorary President, and is still active with both pen and voice. We hope that he will gather many of his excellent papers and publish them in book form, as a genuine contribution to the history of a great movement with which he is so closely identified.

CROTHERS.

Abstracts

ALCOHOLISM AND TUBERCULOSIS.

Some years ago, Dr. Mays of Philadelphia, Pa., contributed to this Journal some very striking studies, showing the relationship between these two diseases. Now, after a long interval, an eminent French physician, Dr. Bertillon, has presented a statistical study, showing the close relationship between alcoholism and tuberculosis, particularly in Prussia.

He finds that the inhabitants of wine-growing countries are not as well nourished, that they consume more liquid, particularly wine, which contains acids and salts that predispose the growth of bacteria.

The poor people who live on bread and wine largely, as well as the rich people, have much trouble with digestion. He finds that where strong wines are used and alcohols take the place of wine, there tuberculosis starts up. The children of wine drinkers are particularly prone to contract consumption. They have a feeble organism, no resisting power, while the children of spirit drinkers are much weaker, and die from diseases of the lungs.

Maps have been made showing the relation between alcohol and tuberculosis and how far they contribute to the mortality. In these charts there are comparisons made between the shop-keepers, wine sellers, and those who work among alcohols and breathe its fumes constantly. These maps show a very high rate of mortality from tuberculosis, diseases of the liver and kidneys, but tuberculosis and pneumonia seem to be exceedingly common, and follow each other with great certainty.

In Northern and Eastern France, where spirit drinking as well as the use of wines is prevalent, there the proportion of consumptives exceeds that of any other section. The consumptives that come to hospitals and go to sanitoriums for treatment, with a history of drinking are nearly all fatal cases. There is a striking uniformity of statistics in young persons of both sexes, up to the age of 25, and after that the mortality is greater among the men. Women seem to have greater resisting powers. Several interesting tables are published, showing the death rates from tuberculosis in different cities, all confirming the previous statements of a very high death rate, where spirits are sold freely.

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This study brings ample confirmation of an American experience that pneumonia and other diseases of the lungs are the common sequels of all inebriates and alcoholics.

TWO GREAT AMERICAN HEALTH RESORTS.

A large number of persons who receive active treatment in inebriate hospitals, later go to health resorts, for a variety of neurotic troubles which they are taught to recognize as leading up to inebriety and alcoholism. This makes the great health resort the subject of interest, where the after care of inebriates is carried on most successfully.

The Battle Creek Sanatorium, under the management of Dr. J. H. Kellogg, so well known to our readers, is without doubt the largest and most complete health resort in the world. Other places approximate it, and perhaps exceed it in certain particulars, but as an all-around health resort it has won the confidence and esteem of the entire profession.

The reality of this is evident in the large number of physicians who are constant visitors and students at this institution. They go there to study its means and appliances for the treatment of neurotic and internal diseases and go away as from a post-graduate school with clear conceptions of the importance and value of remedial measures that are not taught in other places.

Without question, hydropathy, electrotherapy, radio-therapy and other modern means are developed to a higher degree of perfection here, than elsewhere. As evidence of the popularity of this place, the number of patients in constant attendance varies from 500 to 1000, and the staff of physicians numbering thirty or more are in constant attendance.

Every physician should visit this institution and become familiar with some of the marvelous advances made along these new lines.

A second health resort that has attained an almost world-wide reputation is the Jackson Health Resort of Dansville, New York. This institution is over seventy years old, and has been and is now under the charge of three generations of the Jacksons, father, son, and grandson. It is pre-eminently a health resort for neurotics and wornout men and women. A hospital where the highest psychopathic measures have been used along broad, scientific lines together with other means for restoration. While hydropathy, electrotherapy and radiotherapy constitute a very prominent part in the treatment, psychotherapy, meaning the action of mind on the body and the cultivation of the mental aspect of invalids, is carried on to a higher de-

gree of perfection, and with more scientific exactness than any other place in the country.

This brings a large number of patients of the more intellectual class whose culture and training have taught them the power of mental measures and the great question of restoration and cure.

Curiously enough, this resort has been a great training school for a number of very eminent physicians who have gone out and taken up similar work in different parts of the country. The buildings and location on the side of a mountain, free from all bustle and noise of the outside world, suggest a continuous Sabbath day. The great world is shut out, and the world of nature in its most serene and placid modes brings rest and quietness to the inmates.

The elder, Dr. J. H. Jackson, and his son, J. Arthur Jackson, and the large staff of genial, optimistic physicians add immensely to the spirit of hopefulness and cheer, apparent in every department. To the tired business and professional man, weary of the excitement and strain, this is the ideal Nephenthe and peace resort, so much sought for.

The Dansville Health Resort is America's ideal home. It is a veritable island in the turbulent ocean of business strains and drains, a place for reflection, thought and study of the higher relations of life, and a gathering of energies and knowledge of how to use them in the future. We note these two great health resorts, each having most attractive features for the invalid and each doing grand work in preventive medicine, as well as after treatment and cure to the armies of the worn out.

The Dansville Health Resort is a school for psychological as well as physical training, and appeals to thinking men and women, far more than the other more showy resorts at the seashore and in the large cities, where fashions and customs hold sway.

MEDICAL LECTURES ON ALCOHOL.

In a previous number of the Journal, we spoke of medical lectures in this country, on the subject of inebriety. In Gordon's book on the Anti-Alcoholic Movement in Europe, reviewed in this number, there are some very interesting facts.

Ten years ago the thought of the study of alcoholism and inebriety medically was declared by Dr. Torney of Berlin, to have been an absurdity, and now in 1912, there are over 100 medical men in France, Germany and Switzerland who are giving lectures, urging total abstinence and condemning alcohol and pointing out the diseases which follow from it.

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It seems that in 1908 Dr. Forel began lectures against alcohol, to medical men in Switzerland, and this has been followed by Dr. Magnan of Paris, who gave a regular course of lectures at the Salpêtrière. Later the Minister of Education appointed several physicians to give lectures in the Government schools. In 1912 seven great universities of Germany gave lectures against alcohol. The University at Berlin provided a scientific course for the study of the causes and prevention of the alcoholic diseases.

The great number of Societies against the use of alcohol have had physicians to lecture to them. Some of these lectures have been exceedingly scientific. Others have been popular, and are increasing. Unlike American efforts to promote the temperance question, the foreign societies call on the doctors. In America the clergymen are most prominent.

Dr. LeGrain of Paris declared at the Congress at Milan that fully 100 physicians in Continental Europe were giving instructions on this topic in the Universities. This activity is in striking contrast with the indifference in this country.

FACTS THAT HAVE BEEN FORGOTTEN.

In Gordon's book on The Anti-Alcoholic Movement in Europe, there is little or no reference to the late Dr. Kerr and his work in England. Considerable prominence is placed upon the fact that Dr. Bunge in 1878 contributed an epoch-making paper, which in the opinion of the author, was the beginning of the great anti-alcoholic movement.

The American Society for the Study of Inebriety began in 1870. The papers read at its meetings, published in yearly transactions, contained some very remarkable studies, and these were scattered widely in Germany. Many of these papers were re-written by German authors and were translated back into English; sometimes large parts of the paper appeared in this form without much change. Both American and English publications quoted this matter freely, never realizing that its origin was in this country. The late Dr. Kerr and myself in 1890 studied more than a dozen German and French papers that were reproductions of what he had written and what had appeared in the Journal of Inebriety.

The Germans did very exact scientific work in the study of alcohol beyond that of any other nation, but a great deal of the literature, even up to the present time, receives its inspiration and power from studies in the Journal. Prof. Forell has acknowledged their debt to English and American writers.

It is interesting to know that most of the publications in this country that approximate scientific accuracy are called for on the Continent, and undoubtedly give new force and suggestion to writers.

It is a source of great pleasure and satisfaction to know that American writers, particularly, have given form and direction to this great anti-alcohol movement, and in many ways contributed beyond any present conception.

Many of our readers will recognize the portrait which we publish in this issue as that of Dr. Lewis D. Mason, of Brooklyn, New York, who is now the only survivor of the original members who formed the society in 1870. Dr. Mason has been President and Vice-President for many years and now he is Honorary President. During the 43 years which have passed since the society was organized, he has contributed many valuable studies on inebriety and hospital work for inebriates, and has occupied a very responsible position in legislative committees for the state of New York. He has been prominent as a lecturer and writer, and in many ways has contributed most valuable work in this great study.

Some years ago he retired from active professional life, but continues his interest and study in the alcoholic and inebriate problems, and is one of the great pioneers in this field today. He has been present and contributed excellent papers to nearly every meeting of this Society during all these long years, and it is hoped that he will gather up these papers and put them in book form, as a history of the great movement with which he is so closely identified.

WHY GENERAL PRACTITIONERS SHOULD RECOMMEND SANATORIUM TREATMENT.

This is the title of a very striking paper in the Medical Times by Dr. J. A. Jackson of Dansville, New York. The doctor is the head of one of the finest sanatoriums in the country, and has had great opportunities of knowing practically the subject which he writes about. The same facts and principles which he urges, if carried out, would save many an inebriate and drug taker, who from lack of these very essentials, become permanently crippled.

Thus many persons suffering from neurasthenia, uric acid diathesis, nephritis, diabetes, functional disorders of the digestive system and heart, together with arterio-sclerosis and other neuroses and psychoses, easily become spirit and drug takers, under the care of the family physician or by accident, finding some quack drug to cover up the symptoms.

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The wise physician should recognize that persons who begin to break down along these directions, are in a very precarious condition. They need change first of all from their surroundings and associates, not to hotels or watering places where fashion prevails, but to some quiet place where a wise physician can regulate every condition of surroundings, in addition to the best medical care that is possible.

It is at this time that hydropathy, electrotherapy and other modern measures of treatment are most powerful. Often diet needs correction and change. These are things that cannot be had at home. The family physician is unable to direct the practical necessary means. It must be done where they can be carried out practically and literally. It is in the experience of every physician that persons in this condition without any positive, well-defined disease, and yet suffering, are particularly exposed to the narcotism of spirits and drugs.

An instance like the following brought this fact out.

A chronic inebriate divorced from his wife and cared for by a selfish son, made a will under pressure, leaving a large part of his property to his divorced wife, expressly stating that she would care for him with more tenderness than anyone else. He died and the will was sustained, although a contention was made that he was delirious at the time of making his will. The Judge held that his consciousness of the situation and his hope of the future led him to make this disposition, which was rational.

The fact seems very evident that the hope of living and recovering from the present condition is a very prominent factor in the will, and should be considered in contested cases.

The physician finds that they are taking quack remedies and believe that they have found positive relief. These remedies are always spirits and narcotic drugs and cover up the real condition, in fact increase it. By and by the patient wakes up and realizes that he is worse than ever and discovers that he is bound to spirits and drugs. Then he realizes the value of sanatorium care, but his condition is chronic.

He goes to some hospital for inebriates. The drug is withdrawn, but the entailments follow the weakness, debility, insomnia, and the physician finds it almost impossible to give him relief, and then comes the sanatorium as the only harbor of refuge. If the physician had urged this years ago, all the present conditions could have been avoided.

Examples like the following are very prominent. A business and

professional man, carrying a heavy load of cares and intense occupation has had indigestion, insomnia and debility. The family physician tries drugs. The end is a failure, or the physician may be of the old school, still believing that forms of alcohol and opium are safe, and gives them. A few months go by and the patient cannot get along without these drugs. Then he gives up the physician and takes to drugging himself. By and by he is crippled, and then he tries a hospital. Then the family physician again; then the various sanatoriums, on and on until death relieves him.

The Doctor writes: "The value of institutional treatment cannot be over-estimated. There are always pathological conditions which in the best of homes cannot be checked through want of sympathy, personal direction, absence of friction, worries, noise, bad ventilation, insufficient sleep, family recreation, and so on.

All these can be overcome in a sanatorium where the environment is exact, hygienic, literal and real, and where the staff and nursing is exact and scientific, the proper administration of hydropathy is developed to a degree not obtained elsewhere. Electro-therapy in all its various forms is in service here under expert managers. Radio-therapy and mechanical-therapy with all the means and appliances necessary to make it effectual, are also in service.

Here an opportunity is offered to regulate the diet and to indicate the foods that are most practical and beneficial. Here fresh air and proper recreation can be applied, so that the patient's life can be entirely changed and brought back to a rational, reasonable basis. It should be the duty of every physician to urge his patients to go at the very beginning of their invalidism, to a sanatorium, and receive instruction and practical, literal treatment that will be carried out in all after life." To this we add that the sanatorium, next to the family physician, furnishes the greatest possible means and measures for escape from diseases and degenerations. The sanatorium at Jacksonville has added to this psychic treatment, culture, hygienic training in which the patient comes to know his disabilities and is taught how to live along better lines and care for himself, and this teaching is put into practice. Patients go to sanatoriums for help, not for amusement, but for relief and training to know how to take care of themselves, to be built up and restored. If the army of nervous, exhausted men and women would patronize the sanatoriums, instead of going to Europe, and trying to get rest by travel, there would be fewer spirit and drug takers, and the terrible losses which follow would be cut down tremendously.

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Dr. Jackson should be thanked for his very urgent plea to utilize sanatoriums before the patient becomes helpless and incurable.

ALCOHOL AS A FACTOR IN DECADENCE..

The Hon. John Turner Rae, Secretary of the National Temperance League of England, and editor of its valuable Journal, discusses this question in a paper read at the Milan Congress in Italy.

He affirms that philosophy and education that does not recognize the relation of the physical and psychical aspects of the body is faulty. There can be no education of one part of the organism and neglect of the other.

The problem of raising healthy children to become strong and vigorous depends on the recognition of the physical as well as the mental. No parents who use alcohol can have normal children. Alcohol of all substances destroys germ plasm, in some way perverts and changes the normal growth, and abnormal children are as certain to follow as defective plants come from the absence of nutrition and water.

This is confirmed by the history, not only of individuals, but of races. Wherever alcohol has been used freely the results have been traceable in degenerations and moral decadence. There is an economic side to this, which startles the present generation, particularly when the question of efficiency and loss of power is considered. When it is possible to trace defects and disabilities, both mental and physical, to the palsies that come from alcohol, a new field for active work will be opened.

When mortality and sickness can be diminished by changing the environment, removing the unsanitary conditions, and forcing people to live on higher standards of health, we will realize the power of causes, to develop or destroy the race. The same thing can be seen in the removal of alcohol and the promotion of total abstinence, followed by the disappearance of abnormalities, of mental defects, of pauperism and a host of evils. We are dealing with the same forces, only applied along different ways.

It is here, a recognition of the causes and their removal that increases the vigor of persons, as well as the failure to do this, resulting in an increased abnormality, increase of the evils and weaknesses which end in sickness and death.

The great temperance movements of the world have for this end the removal of destructive causes and the promotion of the forces that make for strength and vigor. This is education and training of the highest character.

This should be the attainment of all efforts, beginning in the family, going up to the schools, colleges, to the communities and to the nation. When education will develop the highest faculties of the body in uniform activity and avoidance of everything that depresses and disturbs, the evils which beset our civilization will disappear.

This is not only possible, but it is being realized every day. The field of heredity has not yet been occupied to any great extent, and yet there is sufficient data available to show that degenerations go on down to the second and third generation, hurrying on race extinction, also that alcohol is one of the most prominent causes of race decline.

We need a new educational movement. We need a new hygienic training of life, to develop the best in every human being, to avoid every danger and particularly that from alcohol. We now realize that alcohol has a depressing effect, that it destroys healthy life, that it ruins cell activity in every respect, and that its fascination comes from its narcotic properties; this fact of itself when realized is certain to change the status of the race.

The temperance effort of today is simply the preliminary, clearing the ground and preparing the coming race for a march higher up, developing more power and force with less loss, lower mortality, less sickness, death and disease.

COCAINE IN INDIA.

According to the British Medical Journal, the Government of India is not only embarrassed by the surplus of opium with a diminished outlet for its sale, but the sudden importation of large quantities of cocaine. Beyond that there is an immense illicit trade in this drug; an unusual demand has appeared which it is difficult to control.

Legislation against its use, and imprisonment for smuggling has very little influence. Recently eighteen tins of cocaine containing 16,000 grains each, were confiscated at Bombay. There seems to be a special fascination for this drug in India, far beyond that of opium.

This seems to be extending to all countries. France evidently uses the largest amount at present. This is in connection with opium smoking. There seem to be no laws to prevent its distribution, and night restaurants in Paris openly sell cocaine, and in other parts of Europe this drug goes along with opium and is used to stimulate where opium depresses. There is no doubt a wide-spread organization of irresponsible men who are trying to push the sale of this drug both openly and secretly.

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In this country there is severe restrictions in some states. In others, it is quite free and open. It is thought by some authorities that the suppression of opium in China would be followed by the use of cocaine. One thing is certain, that the sale of cigarettes has assumed enormous proportions, and possibly these cigarettes are medicated. If so, they will become more fascinating.

The breaking up of the opium fields in both China and India is going to result in a very great change in the population. The poppy cultivation will be followed by some other product, and probably a generation will pass by before the adjustment will be fairly completed. In the meantime, cocaine, hemp and other narcotics will be sought for.

THE CIVIC IMPORTANCE OF DRUG NEUROSES.

Dr. Stearns, so well known to our readers, in his President's address before the Mississippi Valley Medical Association at New Orleans, declared that the morphine, opium and cocaine question had attained a magnitude which called for earnest study.

The number of victims reaches into the millions. It is associated with the vice evil and is asserted beyond question that from eighty to ninety per cent of the victims of vice have become so through the use of drugs. There is not a single community in this country which is not suffering from this source. Unlike the alcoholic question, which parades itself openly and thrives on publicity, the drug question is concealed at the beginning, and all along there are constant efforts to cover it up.

The densely settled portion of the country is most affected. In the eastern states, and along the Pacific coast, opium, morphine, and cocaine victims are common. In the Middle West they are numerous; in the trans-Mississippi and Rocky Mountain region it is less used, but everywhere there is a noticeable spread among all classes of people. Formerly it was thought to be confined to the rich; today it extends to all classes, from the wealthy to the very lowest social grades. In the South the spread has been unaccountable. At first it was supposed to be confined to the Negroes, but now all classes show evidence of its secret or open use.

The State Board of Health has pointed out this extraordinary development of the use of drugs, and suggested that laws be passed. Federal authorities have been appealed to. At the present time it is asserted that not one-tenth of the amount of opium used in this country is legitimate. Nine-tenths are used by drug addicts. Some of these figures are very startling. During the last three years the in-

crease in the use of opium imported was in cost about \$650,000.00, and when this product reached the consumer it would expand into the millions.

We must have legal control of these drugs or the nation will be most seriously damaged. Physicians must learn the danger of the use of the needles, and the possible consequences of increasing the large army of drug addicts.

This is a medical field of study that has not been occupied, but will undoubtedly attract increasing attention as the years go by.

CRIME AND INEBRIETY.

Judge Mosby says that the cost of crime in the United States is fully one-third as much as the cost of government, and the burden is increasing. Seven times more criminality is evident in this country in proportion to the population, than it was sixty years ago. One person in every thirty in this country is defective, dependent, and often both.

In reality the suppression of crime is not all a legal question, but is in a large part a problem to be settled by physicians and economists. We must have studies of the life and thought which make for health of mind and body, and likewise, habits that militate against crime. We must know the physical, social, and moral diseases that are influential in the same degree. We must recognize a physical basis of crime as well as of morals, and also the physical basis of life.

The normal and the abnormal man must be studied. Inebriety is a part of the defects and degenerations of this same class. They belong to the same family, first one and then the other. They are the direct result of actual causes, which should be studied and can be examined, understood and treated with the same exactness as we treat plants.

There is a form of inebriety that is due to a certain people, and race, a certain social condition and a certain climate. There are criminals who depend on the same causes and are shaped and fashioned by equally exact conditions. When these facts are known and studied, we shall have a new penology, a new therapeutic of conditions and diseases which we now neglect and misunderstand.

ACTION OF BEER ON THE SYSTEM.

Prof. Reinitzer of Graz, has affirmed that beer has an injurious effect on the body beyond that which comes from alcohol, and are

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evidently due to some chemical changes dependent on the hops. This was discovered in the efforts to find some preservative to keep beer from souring. The bacterial life forms of beer are hindered from multiplying by the resins of the hops. These resins do not destroy the yeast plant as high percentages of alcohol do.

Nevertheless, both hops and alcohol are bactericide, and in all probability both of them have deleterious effects on the sensitive human cells. It is a well-known fact that the affects of both hops and alcohol accumulate in the system. There is a chemical make-up to be recognized. The so-called lupulin glands of the hops, which contain the elements of possible poison, hold an ethereal oil, comprising various terpenes in which other elements are held in solution. Among these are the hop acids which pass by oxidation into resins, and these resins are numerous and cumulative. They act on the nervous system, as terpenes and on the kidneys.

There are alkaloids too, which have a strong affinity for the nerve and cells of the kidneys. The hop is very closely related to the hemp. On the female blossoms of the Indian hemp plant, the same as on the blossoms of the hops, there are glands holding a narcotic, bitter-tasting substance, which forms the active element of the hashish from Indian hemp. This is a very powerful narcotic.

It is a striking fact that in the hashish, exactly the same elements are found as in the lupulin glands of the hops, namely an ethereal oil and various bitter resins, and one or more alkaloids. It is not improbable then that hops exert an effect on the human body, similar to that of hashish, only weaker, while hashish is used in a very concentrated form, and beer is very diluted. Curiously enough, effects follow from drinking of beer, which are not referable to the alcohol alone. Other influences are at work. Thus the beer drinker presents a series of stupefactions, which have been termed the Beer Philistine and depressions of the nervous system with derangement of the food supply that must come from some particular cause. This action seems to fall on the nervous system, and leads to that clumsy, provincial heaviness of mind, so observable in heavy beer drinkers. Another fact suggests some other cause, except that of spirits, namely the special thirst of the beer drinker and the injurious effects noted on the kidneys.

The preservative effects of this resin of the hops must act on the human cells in some way to diminish their activity and vitality and also to check their growth or turn it into another direction. From these and other considerations, the author concludes that beer in hops

is not harmless, but may be one of the most dangerous of the bacterial contents. This conclusion has been sustained by other researchers.

Dr. Rudin pointed out the fact that beer checked elimination and hence was among the most subtle of the alcoholic drinks, and both directly and indirectly diminished vitality and lowered the chemical relations of the cells to the organisms. The same author considered alcohol to diminish the eliminative processes and derange the harmony of the working of the nervous system, and hence was like sand thrown into a delicate machine, hindering, breaking up and disturbing its activity.

ARTERIOSCLEROSIS FROM ALCOHOL AND TOBACCO.

Prof. Huchard, in a lecture before the Congress of Physiological Therapeutics, asserted that all arterial, cardiac, pathogeneses began with intoxication, continued through intoxication and ended in intoxication, including chemic and bacteric toxins. This is authoritative.

Students of drink and drug neuroses realize very keenly the distinct affects from alcohol, tobacco and syphilis in arteriosclerosis. Dr. Lichty, in a recent article on Arteriosclerosis not a Disease of Old Age Alone, writes: "Its etiology must necessarily revert to tissue metamorphosis of occupation, habit and environment, also to air, food and fluid metabolism. These are dominated by the co-relation of the cerebrospinal access and functional gangloin."

Every principle of vital dynamism, directing nutritive distribution and tissue growth and waste is evolved. We cannot base our conclusions on the facts from experimental comparative physiology alone. There is something beyond, an aura of life in man, above the animal, which must be recognized in arteriosclerosis.

While experimental laboratory research is not practical for the general practitioner, he has an infinite wider field of study in the clinical and pathologic material of the dietary habits and ethics of his associates and patients, and if rightly studied and tabulated, will have a real value beyond that of the experimental physiologist and the laboratory work.

He can observe the artisan, the farmer and the merchant in his daily rounds, and later see him staggering home with the unsteady steps of an ataxia, or be called when his speech is thick and his face livid and drawn, and words are lost, because of amnesia and aphasia.

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When called to prescribe for symptomatic, cephalgia and nephritis, he knows that the patient was unfortunate and not worn of longstanding hypertension, and has now advanced arteriosclerosis. He is confronted with the condition that has been going on a long time, due directly to excessive diet and drink, and at last the coroner's jury is called to decide on conditions that have been long impending.

Arteritis and endarteritis, like other inflammations, may be both acute and chronic, and are confined to the walls of the arteries and are supposed to arise from some traumatism or septic matter, moving through the blood streams and lymph-channels, or some irritating toxins by the way of food and drink. This undoubtedly explains many of the phenomena, but fails to take into account the hereditary tendencies.

Persons pursuing the routine of daily life are often depressed by hypotension to melancholia or exalted by hypertension to aspirations and achievements. They unfortunately are unconscious of the impelling toxemias that drive them to these different states and cause them to do erratic things, not understood by the friends.

There may be embolism and hemorrhage, in which arteries are being blocked by the paralysis of the coats, the blood not being precipitated forward and allowed to settle and congest. These are the conditions of sudden death in persons apparently in health.

Alcohol, tobacco, syphilis and a great variety of causes lead up to this condition, particularly in so-called middle life, where the powers of resistance are lowered. Statistics show that there is an increase of over 100 per cent in 30 years, in the death rate from the disease of the heart, blood vessels and kidneys, including hemorrhage.

Three hundred and fifty thousand Americans die annually from these diseases, and less than two hundred thousand are due to tuberculosis. Sixty per cent of the former are and should be prevented.

Evidently more men and women are subjects to the dangers of arterial sclerosis from the conflicts of life, grosser exposures, excesses of every kind, neglect and residual toxins, also direct infections.

Arteriosclerosis may follow any infectious disease from childhood to adolescence. The study of arteriosclerosis is to be made on the subject, and not on the cadaver, as in an autopsy. When heredity projects poor material into the progeny, from syphilis, alcohol and tobacco, the child or the grown man may have arteritis or endarteritis at any time and in any degree. In all such persons, physiologic and pathologic senility begins early. The blood vessels are worn long before their time.

Alcohol, tobacco, and other drugs play a very important part in crippling the efficiency of youth and blighting the germ plasm for the future. These facts are beyond laboratory and statistical estimates.

Research work here must be done by men free from the taint of either or all of these causes, before truthful results can be expected. Blood pressure noted in hypotension and hypertension are danger signals of irritating, toxic invasions and unless heeded, lead directly to physical bankruptcy.

The business man who is careless about his living, about diet and fluids, will sometime realize that he has been sowing the seeds of arteriosclerosis which will develop with absolute decision. Eternal vigilance is the price of safety here. Blood pressure is more important than urinary analysis or blood counts. The latter may be fleeting and changeable. The other is unmistakable and continuous.

Every formative event in an organism is a phenomena of matter in motion under law. This will apply to pathologic as physiologic processes through perversion, instead of regular formation. The germ possesses something more than merely the fundamental capacity for metabolism and growth.

Any toxins of which tobacco, alcohol and syphilis are most prominent will add to this with positive certainty.

Dr. Lichty has developed this thought in a very graphic way, and we shall take pleasure in quoting from him in future number. The above quotation gives some idea of the value of this paper.

Delaware has a law making it incumbent on the town clerk, chief of police, or local magistrate, to collect the names of persons who become intoxicated frequently and send such a list to all the saloon keepers, who are liable to a heavy fine for selling spirits to these persons.

In Wilmington a list of 35 men has been sent to all the saloons and drug stores of that city. This is a new preventive measure which will be watched with a good deal of interest.

A very significant resolution was adopted by the Masonic Grand Lodge of Arkansas, making it a Masonic offence for a member of the order to sign a petition for the granting of a saloon license or to circulate such a petition. A new law goes into effect Jan. 1, 1914, prohibiting saloons in that state, and the significance of this ruling shows a new sentiment and recognition of the evils from the use of alcohol.

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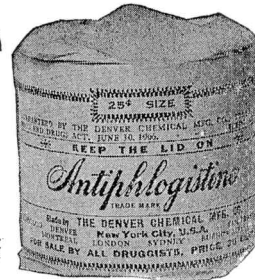
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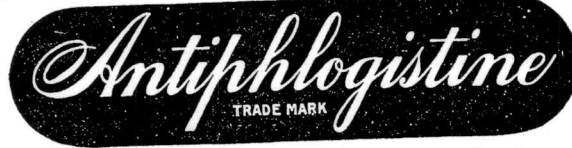
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2222 Chapel St.,
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Address A. J. Sanderson, M. D.,

GARDNER SANITARIUM,

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See "AD" page XI.

VILLA MASTAI SANATORIUM,

Address C. S. Ray, M. D.,
Mastai, Quebec, Canada.

DR. BARNES SANITARIUM,

Nervous Trouble and General
Invalidism.
Address F. H. Barnes, M. D.,
Stamford, Conn.

DUKE SANITARIUM,

Guthrie, Oklahoma.
John W. Duke, M. D.

WALNUT LODGE HOSPITAL,

Address Thomas D. Crothers, M. D.,
Hartford, Conn.
See "AD" page 11.

DR. WOOLEY'S SANITARIUM,

Atlanta, Ga.
See "AD" page VII.

HINSDALE SANITARIUM,

Address David Paulson, M. D.,
Hinsdale, Ills.

WILLOW BANK SANITARIUM,

Address F. J. Parkhurst, M. D.,
Danvers, McLean Co., Ills.

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Drug and Alcoholic Addictions.
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Dr. Chas. L. Gregory, Supt.

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Wm. E. Dodd, M. D.,
Physician in Charge.

RETHANY HOME SANITARIUM,

P. O. Box 577,
New Orleans, La.

NEURONHURST,

Mental and Nervous Diseases,
1140 East Market Street,
Indianapolis, Ind.
See page X.

SUTHERLAND'S SANITARIUM,

Shreveport, Lo.
Write 424 Common.

DR. BROUGHTON'S SANITARIUM,

2007 South Main Street,
Rockford, Ills.
Drug Addictions, Habit Cases, Nervous
Ills.

RIVERSIDE SANITARIUM,

Baldwinsville, Mass.
Address W. F. Robie, M. D.

RIVERLAWN,

47 Totowa Avenue,
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KEELEY INSTITUTE,

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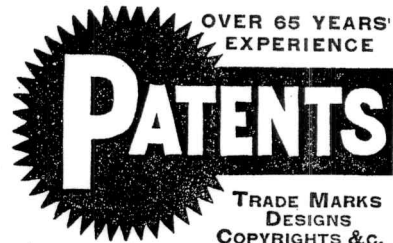
<p>THE WASHINGTONIAN HOME, 41 Waltham Street, Boston, Mass. See "AD" page 11.</p>	<p>DR. McMICHAEL'S SANITARIUM, 75 West Tupper Street, Buffalo, N. Y.</p>
<p>BATTLE CREEK SANITARIUM, Battle Creek, Mich. See "AD" Back Cover Page.</p>	<p>DR. G. H. De NIKE'S SANITARIUM, Clinton, N. Y.</p>
<p>GLENDALE SANITARIUM, Kirkwood, Mo.</p>	<p>GEIGER'S SANITARIUM, 118 East 2nd Street, Dayton, Ohio.</p>
<p>THE KEELEY INSTITUTE, Drug and Alcohol Addictions, 716 West 10th Street, Kansas City, Mo.</p>	<p>DOCTOR CORBETT'S SANITARIUM, Greenville, S. C. Nervous Diseases, Habit Cases.</p>
<p>GREEN GABLES, Lincoln, Nebr.</p>	<p>DRS. PETTEY & WALLACE'S SANITARIUM, 958 South Fourth Street, Memphis, Tenn. See "AD" page VII.</p>
<p>BROADOAKS SANITARIUM, Morganton, N. C. Address Isaac M. Taylor, M. D.</p>	<p>DR. MOODY'S SANITARIUM, 315 Brackenbridge Ave., San Antonio, Texas. Nervous Diseases, Habit Cases. See page VII.</p>
<p>WILLIAMS PRIVATE SANATORIUM, Alcoholism, Morphinism, and Drug Habits, Greensboro, N. C. B. B. Williams, M. D., Proprietor.</p>	<p>WALDHEIM PARK, Write Dr. J. H. Voje, Oconomowoc, Wis.</p>
<p>THE BURNETT PRIVATE SANITARIUM Mental and Nervous Diseases Drug and Alcohol Habits Euclid Avenue and 31st Street, Kansas City, Mo. Dr. S. Grover Burnett, Supt.</p>	<p>WAUKESHA SPRINGS SANITARIUM, Established 1898 Capacity, 50 patients Waukesha, Wis. See "AD" page VII.</p>
<p>NORWAY'S, Nervous Diseases, 1820 East Tenth Street, Indianapolis, Ind. See page IV.</p>	<p>GRANDVIEW SANITARIUM, Kansas City, Mo.</p> <p>FARM COLONY AND SANITARIUM Belle Mead, New Jersey Mental and Nervous Diseases Alcoholic and Drug Habits Jno. Jos. Kindred, M. D., Consultant.</p>

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