

DRUNKENNESS

WHAT IT IS
AND
HOW TO CURE IT

Edward Francis Stace, M. D.

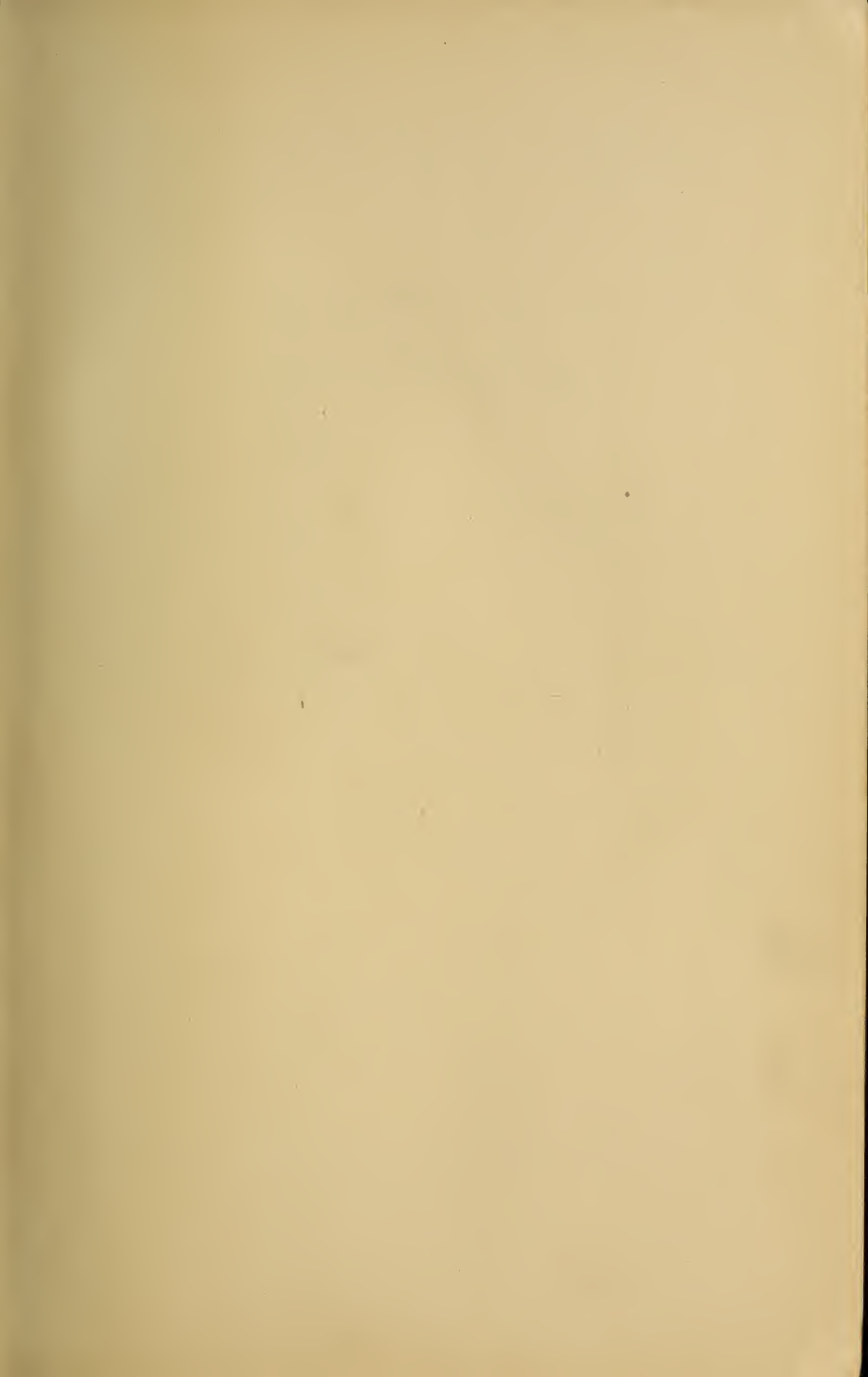


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HOW TO CURE IT

By
Edward Francis Stace, M. D.
Chicago



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A Personal Message to Those Interested in the Prevention and Cure of Drunkenness

From the day that Noah rebuked his sons and drove them from him, for jeering at him as he lay drunk, down to the present time, Drunkenness has been the greatest cause of physical degeneration, misery, poverty and wrong with which the world has had to contend. The devastation and havoc wrought by Alcohol are everywhere so apparent that you have but to look around you to see the thousands of brilliant intellects shattered, families wrecked, homes destroyed, crimes committed and prisons filled—all through its insidious and baneful influence.

From time immemorial there have been crusades against drink; countless thousands have preached the gospel of temperance; pleadings, pledges and promises without number have been made by and on behalf of the drinker, but all with but little permanent result. Why the lack of success? Why have long continued efforts failed to produce greater results? Simply because until comparatively recent years people in general, and the great majority of medical men, have persisted in regarding Drunkenness as a vice, crime or moral weakness.

Nearly all temperance efforts and legal means for the cure and prevention of Drunkenness are based upon the theory that it is a moral disorder which the victim can control at will, or a wicked habit which he can continue or stop at pleasure. This is very much in line with the former idea that insanity was a "pos-

session by the devil." The insane were supposed to have voluntarily entered into a compact with the evil spirits. The remedy was torture and severe punishment "to drive out the devils." Needless to say that law, religion, and public sentiment all failed in the cure and prevention of insanity by these means. The disease went unchecked and the victims unrelieved because the real cause of the trouble was unknown.

Drunkenness is a disease. It has its distinct symptoms, its own peculiar phases, moreover, *it is curable.* The object of this book is not alone to state these facts, but, what is more important to all, I wish to plainly set forth a method, by which *it can be cured to stay cured.*

I have written primarily for those who are, or who should be, the most interested in the cure of Drunkenness—the patient himself, the members of his family and his real friends. Therefore the various questions involved will not be discussed from a purely medical standpoint, as those without scientific training would be unable to understand them thoroughly. On the contrary, I will endeavor to use the simplest phrasing possible and, at all times, to make the facts plain and unmistakable.

Neither will I moralize to any great extent upon the ills and evils which so surely follow intemperance. If you are one who has in anyway to contend with drink you already know from your own experience wherein and whereby you suffer most. Undoubtedly you are chiefly interested in the right methods to follow in order to bring about a cure in some certain case of Drunkenness and to gain freedom and relief from its effects—and that is what I purpose showing you.

If you sincerely wish to help yourself, or are actuated by an earnest desire to *help someone help*

himself, you will here learn how you may do so. What you want is *results*; to get them you must have workable, usable knowledge, not theories, not beliefs but *facts*—facts that have been proven beyond doubt or question. Therefore study every sentence, every paragraph of this book carefully, do not skip and skim through it; do not get merely a superficial understanding but let every idea sink deep and stick there.

You will gain herein many new ideas on the cause and cure of the Drink Habit, ideas that at first glance may seem strange, perhaps even unbelievable, but withhold all doubt and criticism until the end. Prove by your own observation what is said of the disease, *try for yourself the method of cure* and you will find that *your own hard common sense* will agree with every argument made and idea set forth. If it does not, then, but not till then, should you doubt or disbelieve.

Assuming that you have taken up the study of this question with the idea of curing yourself, some member of your family, or a friend, of drinking, I trust that you have begun with a deep-rooted earnestness and a steadfast purpose that will brook no difficulty and know no stopping until you have finished that which you have set out to do. To be quickly and completely successful you must *use* the knowledge you gain from this book. Use it not next week, next month or next year, but *today*. The *present* is the only time that is really yours, the *past* belongs to history and the *future* is of no use to you until it becomes the ever present *now*.

Curing Drunkenness requires both *thought* and *action*. Thought to *acquire* knowledge and action to *use* it. No man can reason without thinking and it being plain that thought is the inspiration and source

of all conscious action, you can readily understand the great importance of beginning this work and continuing it with *the right mental attitude* or in other words to have the right *spirit or frame of mind* in all that you do.

The mind is such a powerful factor in shaping all actions, that every thought you have regarding the method of treatment will advance or retard the cure in the same ratio as thought is "positive and constructive" or "negative and destructive." Bear in mind always that your success or failure is predetermined by your own thoughts. If you take up this work in a half-hearted, doubtful, listless spirit it will be a barricade to your success, because enthusiasm, faith, energy and perseverance will become choked and strangle for want of nutrition.

An antagonistic, fault-finding, critical manner, which is the offspring of ignorance and self-conceit is also a sure preventive of successful results. When my old father-in-law would encounter a self-opinionated popinjay who fondly imagined that his little brain had already encompassed the sum total of human knowledge and who was therefore inclined to pooh-pooh every idea set forth by another he was wont to say "I have always held and I still maintain that the worst element in society is a damn fool." And you will agree that the man who labors under the delusion that he has learned all that there is to know and who therefore sets himself up as critic extraordinary to the rest of the world in general, is surely entitled to a place at the head of this class, as his very thoughts create about him a Chinese wall through which common sense cannot penetrate.

So, then, do not place obstacles and difficulties in your own path, by reason of wrong thinking which

results in wrong acting. On the contrary, bring to this work *the right mental attitude*, which is one of perfect faith, unbounded enthusiasm, untiring perseverance, and a love of the labor involved. Be not over anxious for an instantaneous transformation but rather realize that results to be perfect and permanent require a reasonable effort on your part and also a reasonable time. Let your heart be in this work, seek truth and wisdom, not as one who knows it all, but as one who wants to learn. Your personal welfare, or the welfare of those who may be dependent upon you, demands that you make the most of this opportunity.

Though the individual skill which one may have acquired through years of experience in treating Drunkenness cannot be transmitted by the printed page, nor can we set down in a limited space the exact manner of handling the variations in individual cases, yet outside of this, I have endeavored to blaze a path leading to freedom from drink which you can easily follow and if you will whole-heartedly put into actual practice the methods of cure which will be given you herein, I feel confident that you will obtain rapid and permanent relief from the troubles caused by drink.

Sincerely,

EDWARD FRANCIS STACE, M. D.

An Explanation of Such Terms as May Be Misunderstood

In order to avoid any confusion of ideas as to the meaning or application of a number of words and terms which will be met with quite frequently throughout this book, I believe it is advisable to define such of these as may be mis-understood or mis-applied. Only such words as will tend to becloud the reader's knowledge of the subject will be considered.

Intoxication, Alcoholism, Dipsomania, Delirium Tremens, Mania a potu, Inebriety, The Disease of Drunkenness, and The Drink Habit, all have a common or *general association*, but there is a decided difference in their specific meaning.

Intoxication refers to the stage when the drinker is under the manifest influence of alcohol. The intoxication may be partial, the drinker having more or less control of his faculties; or it may be complete to stupefaction. It is a transient rather than a permanent condition.

Alcoholism means a state of poisoning by alcohol. *Acute Alcoholism* is an intense poisoning due to taking a large quantity of strong spirits in a short time. A person may die from acute alcoholism as a result of his first spree or it may occur in the case of a confirmed drunkard who has been drinking for years. *Chronic Alcoholism* is often employed in describing the conditions resulting from the progressive poisoning which is the outcome of a long continued use of intoxicants.

Dipsomania while often applied to all stages of the

drink disease, properly describes a phase peculiar to a class of drinkers who at certain times seem obsessed by an overwhelming desire for alcohol. This craving is accompanied by marked mental excitement. McBride holds that such drinkers are really insane but the symptoms are not sufficiently marked between periods to attract attention and are only apparent when patient is excited by alcohol.

Delirium Tremens is the name given to the violent delirium which often takes place during the terminal period of a hard spree. This condition is commonly known as the "jim-jams" or the "snakeš" owing to the horrible illusions and delusions which beset the drinker during the attack.

Mania a Potu is the name used to describe the fierce frenzy or acute mania which attacks certain drinkers. They are often called "crazy drunks." The amount of liquor consumed may not be very excessive but it causes severe mental excitement of a destructive type.

The Disease of Drunkenness, Inebriety and the Drink Habit all refer to that condition of *body and mind* produced by the regular use of intoxicants, either as a constant or periodical drinker. These terms imply a condition of permanency rather than one of short duration. So in speaking of the disease caused by the use of intoxicants I shall refer to it as Drunkenness, or as Inebriety. Let it then be understood that these terms, when used broadly, do not apply to any one spree or to any one or several effects of that spree, but to the disease considered as a whole in all its various forms, phases and stages.

Let us now get a clear understanding of the terms *Alcohol, Liquor, and Intoxicants*, as we will use them.

When we speak of *Alcohol* we do *not* mean the raw spirit or alcohol of commerce. We mean the *intoxicating principle* in any and all alcoholic drinks. The same is in a great measure true when speaking of *Liquor*, though this term is generally taken to mean the distilled and more highly alcoholized drinks, such as whiskey, brandy, rum or gin. *Intoxicants* include all kinds of drinks which contain alcohol in sufficient amount to intoxicate, when used as a beverage.

Alcohol is the intoxicating principle in Whiskey, Brandy, Rum, Gin, Beer, Ale, Porter, Wines, Hard Cider, the Mexican's Pulque and Mescal, the Bino of the Philippino or the Vodka of the Russian. The difference in intoxicating power is due to the varying percentage or proportion of alcohol in the various kinds of drinks. Distilled liquors or ardent spirits, such as Whiskey, Brandy, Rum and Gin contain from 40 to 50% of absolute alcohol; Beer from 5 to 10%; Ale and Porter from 5 to 7% and Wines from 7 to 20%.

Right here I want to call attention to a very common but thoroughly wrong idea in regard to the difference in the intoxicating effect of whiskey and beer. Every drinker knows that the *percentage* of alcohol is not nearly so great in beer as it is in whiskey and therefore he often claims and believes that there is not enough alcohol in beer to do him any harm. But he overlooks the very important fact that the ordinary drink of whiskey is about one-half ounce, of which fifty percent or one-quarter ounce is alcohol; the ordinary drink of beer is from eight to fourteen ounces, say ten ounces, with five percent alcohol. This would make one-half ounce of alcohol in such a drink of beer or *twice as much as in the ordinary drink of whiskey*. The difference in the size of a drink of whiskey and a drink of beer more than makes up for the difference in

the percentage of alcohol. Keep this fact in mind when comparing the strength of various intoxicants.

Physiological (fiz-i-o-loj-i-kal) and *psychological* (si-ko-loj-i-kal) are two words which will be used rather frequently. At first glance they look very much alike but their meanings are totally different. *Physiological* relates to the properties, phenomena, and functions of the *body*, while *psychological* refers to the faculties, and phenomena of the *mind*. Do not confuse the two terms.

The Pathology of Drunkenness

To intelligently treat any disease we must have a reasonably good understanding of its cause and the conditions or effects produced by that cause. In other words, we first should know its *Pathology*. Pathology is a very common medical term derived from the Greek and means *the science which treats of diseases, their causes, nature, signs or symptoms, the processes by which a disease progresses, the changes which it causes in the body and the results of those changes*. You can at once see how really important the *Pathology of Drunkenness* is to anyone who wishes to cure it. Therefore I am sure that you will find the study of this chapter not only very instructive but highly interesting as well.

Everyone knows the cause of Drunkenness to be the drinking of some form of alcoholic liquor, though very few non-medical men understand the physical and mental changes which it produces. Let me then present to you the facts which have been brought to light through the long study and experiment of observant, careful, and skilled physicians, who, in all parts of the world, have made the treatment and cure of inebriety their life work.

Inasmuch as this work is primarily intended for those who are more interested in *a method by which Drunkenness can be cured*, than in its minute medical complexities, I will confine myself to stating the actual, proven, and accepted facts, without going into the details of the research work by which they were demonstrated. You can accept these statements as truth, just as you do the declaration that the world is round, or

that the sun moves, even though you do not know the exact scientific manner in which these facts have been ascertained.

The Usual Conception of Drunkenness. Most persons have the idea that the harm done by alcohol is all seen during the stage of actual intoxication, and if you will ask almost any non-medical man what Drunkenness is, he will tell that it is a condition produced by drinking some form of alcoholic liquor, wherein the drinker exhibits symptoms and performs actions not in keeping with his sober state. If he has been a close observer he may particularize and mention some or all of the following signs and indications: A heightened color of the face; a brightening of the eyes; talks freely or perhaps becomes reserved and silent. As more liquor is taken the symptoms are more marked and noticeable. Some drinkers become boisterous, loud, argumentative, garrulous and boastful. Some begin to look for trouble, a few become quieter and wish to get by themselves. Some wish to fight, while many loudly proclaim that they are "good fellows" and that they love the whole world.

As intoxication progresses the voice becomes thick and the power of coherent thought and expression is lessened or entirely lost. This loss of intellectual control is shown in ways that may be ludicrous, startling, disgusting or terrifying; depending entirely upon the manner in which alcohol affects each individual's mental make up. The eyes grow bloodshot and lose their lustre, the limbs become unsteady, the gait staggering. As the paralyzing effect of the alcoholic poison continues, control of the senses and bodily functions fades and the drinker sinks into a heavy sleep or drunken stupor from which it is difficult to arouse him.

The sleep of intoxication will last from eight to

twelve hours. The drinker awakens with an intense burning thirst, weak, shaky limbs, and feels as though his head were about to burst with its terrific throbs and aches. His tongue is "furry," he has "a horrible dark brown taste," and is often terribly nauseated. He is sick all over and fervently swears by all that's holy "Never again for him."

While there are many other symptoms manifested by an intoxicated individual, yet the foregoing are the ones usually noticed. They are so indicative of the condition that no one, with even the most rudimentary powers of observation, can fail to make a correct diagnosis of an ordinary case. After a few hours the outward signs of a spree have fairly well disappeared and the drinker is able to go about his ordinary affairs. He has "sobered up" and is now considered to be all right again, normal in every way. This is a general description of intoxication, but it does not define or describe the true Disease of Drunkenness, as we shall see.

Where the Real Trouble Lies. "He'll be all right when he sobers up" is a common idea, but right there is where the great mistake is made. This belief is false in its conception and the result of ignorance of what has gone on underneath the surface. The *visible* and *temporary* effects are all that are usually noticed; when these pass away no further thought is given them until "the next time." As a matter of fact we need concern ourselves but little with the *symptoms* of intoxication. Our real interest should be given to knowing the *unseen* destruction which alcohol leaves behind after the outward signs of a spree have passed.

You do not require any medical evidence to convince you that the entire body must be seriously injured by any drink which is powerful or poisonous

enough to rob a man, even temporarily, of his reason and physical powers, and to produce symptoms such as are exhibited by an intoxicated person. If you saw an animal acting in the same way, you would at once exclaim—"It has been poisoned." Your common sense must then tell you that a drunken man also is poisoned and that the bad effects of the poison must in some degree remain. Further you know that if he keeps up the poisoning process, by the continued use of liquor, the disease of the body and brain must constantly increase in seriousness. This is so self-evident that no one can doubt or disbelieve it.

While you may realize that Drunkenness causes disease of the body, yet I want you to know exactly in what way and which particular parts are most affected, so you can then better understand the course which proper treatment must follow. For this reason I will take up the action of Alcohol on some of the organs of the body and its effects on the brain and nervous system and also describe some very marked and puzzling consequences of Drunkenness which show themselves as peculiarities in the drinker's *Reasoning, Will Power, and Mental Attitude* toward things in general. You will be greatly interested in this as it will explain many things in a drinking man's conduct at which you have often wondered.

As the katabolic or destructive action of alcohol upon the body is rather complex, and not easily understood except by those with medical training, the exact *process* of disorganization will not be discussed but the *results* of that process will be given in some detail. You are not particularly interested in knowing just *how* alcohol destroys, but you should know *what* it destroys. While only the principal organs will be mentioned yet it must be borne in mind that the ruinous

action of alcohol takes place to a degree in all portions of the body and subjects every part to its baneful influence. With this foreword let us see what effect alcohol has on the circulatory system.

Effects of Alcohol on the Circulatory System

You already know that "pure blood" and a "good circulation" are of the utmost importance to health. With them you will be strong and vigorous; without them you are never well and, because of weakened resistance powers and lowered vitality, become easily infected with contagious diseases. For the same reason recovery from such diseases is also more difficult. *Pure blood* depends upon the number and vigor of the different blood cells; *good circulation* depends upon the quantity of blood and the strength of the muscular walls of the heart and the arteries. To demonstrate then the highly destructive nature of alcohol, it should be only necessary to point out its indisputable effects upon the heart, arteries and blood cells, which we will do in the following paragraphs.

Dilation and Calcification of Arteries. One of the first effects of alcohol is a dilation of the *capillaries*. These are the little tiny, thin walled blood vessels which connect the arteries and the veins. The arteries as you know carry the oxygenated blood out from the heart to nourish the different parts of the body and the veins bring it back to be purified in the lungs and sent out again. The dilation of the capillaries often becomes permanent and is shown in the red face of chronic drinkers. The larger arteries become dilated also, and their muscular walls are weakened by "fatty degeneration." Then follows calcification, producing the so-called "pipe stem arteries" of the dread "arterio sclerosis." The muscular and elastic walls of the

arteries become just like a piece of old rubber tubing; hard, brittle and easily cracked. With a little extra blood pressure they are very apt to burst. The little arteries in the brain are peculiarly liable to this hardening and bursting and when they give way you have a case of apoplexy, paralysis and usually death.

This loss of elasticity in the arteries, greatly retards the propulsion of the blood; there is more resistance to be overcome and the heart has to work that much harder. The heart's muscular walls are also weakened by fatty degeneration just the same as the arteries and you have a condition where *more work* must be done, with *less power* to do it. You can readily see that "poor circulation" is bound to occur and that "heart failure" of one type or another must be a very common result. These conditions follow even the moderate use of intoxicants but vary in degree of severity according to the length of time of drinking, the amount of alcohol used, and the resistance powers of the drinker.

Nourishment Diminished and Body Poisons Increased.

The action of alcohol in diminishing the elasticity and muscular contractility of the heart, arteries and capillaries interferes with the force and regularity of the blood current and causes "poor circulation." The impairment of nutrition and elimination follow as a result. The digestive organs select from the food such elements as the body requires to sustain life and activity; these elements go directly into the blood stream and are carried by it to all parts of the body for its nourishment. When the blood stream fails to carry proper food, in sufficient quantities, to any certain part, that part becomes starved, weakened and a prey to disease.

Into the blood stream also go the toxins or poisons

which the body is constantly evolving. These body poisons are carried by the blood to various organs of elimination, the lungs, intestines, kidneys, liver and skin, where they are taken out of the blood and excreted from the body. Any interference with the prompt and thorough removal of these waste products and deleterious substances brings on an almost infinite variety of ailments, which grow steadily worse as the contamination of the blood current continues.

Now it has been demonstrated that alcohol prevents the proper absorption of food and also limits the capacity of the blood to properly carry and distribute it. Further, it decreases the power of the organs of elimination to get rid of the body poisons and allows their accumulation in the system. Therefore it must follow that if the body is not properly nourished through the blood, and the body toxins are not removed, sicknesses of various kinds are bound to result. It cannot be otherwise. So here you have in a few words the basis of all diseases—*improper nourishment and retention of body poisons*, with alcohol as one of the great causative factors.

Weakened Resistance to Infection and Other Diseases. Another way in which alcohol effects a deterioration of health and strength is by demoralizing the integrity of the red and white blood corpuscles or cells. To realize the possible extent of the damage from this cause, you need only to understand the principal functions and duties of these cells and the action of alcohol upon them. We will consider only one of the several functions of each cell but this will be ample for the purpose of our demonstration.

Life, as you well know, is absolutely dependent upon a plentiful supply of Oxygen, which is taken from the air through the lungs, by them transmitted to

the blood and carried to all parts of the body. Deprive the body of oxygen, then suffocation and death will follow in short order. Now oxygen is carried in the blood by the *red cells* and the use of any kind of alcoholic liquor markedly diminishes their oxygen carrying power. Alcohol also retards the ability of the lungs to eliminate the poisonous carbon-dioxide from the venous blood and to recharge it with oxygen. As a consequence the vitality of the entire body is lowered, which means there must be a corresponding loss of physical and mental strength.

The *white cells* are the soldiers and scavengers of the blood. Anything which weakens their strength and energy leaves the body open to attack from any of the microbial or bacterial diseases. The microbe of any disease, say typhoid fever, is harmless until it enters the blood stream, then it begins to multiply with astonishing rapidity and to produce its own peculiar toxin or poison. If left to themselves the number of these microbes would become so great and their poisons so virulent that death would be the certain result. The bacteria, however, are not allowed to have their own way. Immediately upon their entrance into the blood current they are attacked by the white blood corpuscles and absorbed, eaten up by them as it were.

In any case of the so-called "germ diseases" there are millions of microbes and millions of white cells all engaged in a battle royal. If the white cells are strong and vigorous the patient is said to have good powers of resistance and the chances for his recovery are favorable; if the microbes get the upper hand he dies.

Now it has been proven that any form of alcoholic liquor greatly weakens the microbe destroying power of the white cells and they become an army of cripples and wounded. Consequently, with a drinking

man the microbes have the advantage right from the start. From this you will understand why there are far more deaths among drinkers, from such diseases as Tuberculosis, Typhoid Fever, Pneumonia, Erysipelas and the like, than among total abstainers.

Because of this condition of weakened resistance and feeble powers of recuperation, even ordinary sicknesses become serious ones with a drinker, and it is with fear and trepidation that a surgeon consents to perform a major operation on one addicted to the use of alcohol. Considerably more might be said along these lines but the foregoing will be sufficient to make you thoroughly realize the exceedingly harmful effects which alcohol has upon the circulatory system. However, before leaving the subject, I wish to say just a few words on the wide spread fallacy regarding the supposed heating or warming effects of intoxicants, when taken internally.

Alcohol Does Not Warm the Body. If upon feeling chilled or before going out on a cold day you are accustomed to take a drink "to warm up," you will no doubt be inclined to disbelieve the statement that alcohol does not warm but cools you. But the fact is, the body temperature *falls* after taking alcohol, instead of rising. You *feel* warmer for a time, that is true, but the most careful and accurate scientific tests have proven that the internal temperature is *lower* than normal, instead of *higher* as you have believed. This fact accounts for the so-called "drunkard's shivering fits," which often occur with drinkers who are literally filled with whiskey.

The reason for the seeming paradox, of feeling warmer and being colder, is this. Alcohol dilates the little arteries at surface of the body and increases the heart's action. This causes the hot blood from the in-

terior to be carried more rapidly and in greater quantity to the surface and extremities, where it warms the ends of the sensory nerves which convey sensations of heat and cold. These nerves being heated naturally carry a feeling or impression of warmth to the brain and you are firmly convinced that "that little drink just warmed me through and through." Actually, however, the hot blood is taken from the interior and rapidly cooled at the surface so that the temperature falls and the internal organs, which really need the heat and warmth, are deprived of it through a misunderstanding of alcohol's action.

Just the reverse of this effect is seen in a case of ague, or chills and fever. During the chill period the patient feels as though he were being frozen, he cannot get warm no matter how much clothing he puts on or how near the heat he can squeeze. Yet his actual heat condition, as shown by the clinical thermometer, is far *above* the normal but he *feels colds* and says he *is* cold. The chill period passes, the blood rushes to the surface of the body and the patient then says he is "burning up" while the thermometer shows that as an actuality his temperature is now lower than during the time he thought himself freezing.

All arctic explorers have found through experience that drinking men cannot stand the rigors of extreme cold, and the use of any form of alcohol as a beverage is strictly tabooed in all frigid climates. The range of your own observation perhaps has shown you how easily an intoxicated man is frozen to death when exposed to a degree of cold that does not prove at all harmful to one who is entirely sober. The moral is plain and unmistakable.

Any drinking man wishing to test for himself the truth of the statement that alcohol does not really in-

crease body temperature can easily do so. When you are going to be exposed to the cold for an hour or two take a couple of drinks of whiskey before going out. Then note how quickly you lose that first feeling of warmth and how the cold seems to reach your very marrow. The next day note how warm you feel if you let liquor entirely alone and use a hot cup of coffee, tea or bowl of broth in its stead.

Hot food is the best warmer that the body can have, but do not eat too heartily before going out as the process of digestion takes the blood to the digestive organs and the skin does not have quite the same supply, consequently there is a feeling of being chilled upon going out into the cold after a hearty meal. However this chilly feeling will quickly pass and, as food to the body is the same as coal under a boiler, you will soon find yourself warm and comfortable. If exposed to cold for any length of time remember it is dangerous in the extreme to use intoxicants.

The Liver and Kidneys as Affected by Alcohol

Every one is aware that when a physician is called upon to treat any form of liver or kidney trouble his first injunction is "Stop the use of all kinds of intoxicants!" and his advice is sound. Hundreds of years of clinical experience has shown that sufferers from these disorders do not make much progress toward recovery as long as the use of alcohol is kept up. In other words it has been found useless to try to remove the disease *effect* as long as the disease *cause* is maintained.

Degeneration and Cirrhosis of the Liver. The liver is the largest gland in the body and it also plays a most important role in the maintenance of health. Owing to its looseness of structure and the great quantity of blood

which it contains (one-fourth of the entire amount in the body) the liver is rather easily affected by alcoholic poisoning, Fatty Degeneration and Atrophic Cirrhosis being the two most common derangements due principally to this cause.

Fatty Degeneration of the Liver is characterized anatomically by a destruction of the liver substance, atrophy and a conversion of the albuminates of the cells into fat. The organ becomes much smaller than normal, light yellow in color, soft, pliable and easily torn. There is considerable pain, jaundice and dropsy. The disease is considered very serious, yet if it is due to alcohol alone, and not complicated with infection, it has a promising outlook if the exciting cause—alcohol—is removed.

Atrophic Cirrhosis of the Liver, also called “nutmeg liver” and “gin drinker’s liver” is due, almost always, to the use of alcohol. Such well known authorities as Osler, Anders and Freyhan say they have found Inebriety to be the main cause in nearly all cases. It is more frequent with constant moderate drinkers rather than with the “spreers.” Clinical history tends to prove that the stronger the alcoholic beverage, and the larger the amount consumed, the sooner the cirrhosis develops, though the amount necessary to produce the disease varies with different individuals. Compared to drunkenness, all other causes of cirrhosis are insignificant.

In typical examples of cirrhosis the capsule or covering of the liver is thickened, the organ is greatly reduced in size, hard, granular and much altered in form. Owing to the hardening and decrease in size the active liver cells are squeezed out of shape, and their power to perform their functions is greatly decreased or lost entirely. The outcome of cirrhosis is

decidedly unfavorable unless the trouble is recognized early and the use of alcohol stopped.

Alcoholic Inflammations of the Kidneys. Among the Kidney derangements which have the habitual use of alcoholics as a predisposing or the chief cause, are the acute and chronic inflammations often known as Acute and Chronic Bright's Disease. Acute inflammation may come on suddenly after a hard spree, or as the result of exposure consequent to a drinking bout. The symptoms are very severe and painful and the disease lasts from two days to several weeks. Severe cases may result fatally in a few days. The Chronic inflammations are comparatively slow in development and may become serious before they cause the patient sufficient annoyance to make him seek medical advice.

The chronically congested, fatty kidneys occur most frequently in beer drinkers, while the small, hard, fibrous kidneys (the conditions known as chronic interstitial nephritis) are found in those using the strongly alcoholic drinks, as whiskey, brandy or gin. The outlook for a *cure* in advanced cases is not good, though if the disease is recognized early and careful attention paid to hygienic and dietetic measures, the patient may live many years in comparative comfort.

The kidneys are organs for the elimination and excretion of waste products and body poisons. If rendered unfit by alcohol for the proper performance of their functions the whole body must and does suffer as a consequence. Therefore, if we have any form of kidney disease, our common sense should tell us to stop at once the use of intoxicants, but how seldom is this done? Everything else is blamed for the trouble except liquor, and everything else is readily given up except the one thing which is the cause of it all. What

a lot of brains it takes to have common sense, doesn't it?

You can readily understand that any inflammation will greatly interfere with the proper performance of function. If your eye is inflamed you have difficulty in seeing, if your throat is inflamed it is hard to talk or swallow, if a muscle is inflamed it is painful to move the part it controls. The same *interference with function* is true of inflammation in any other part of the body and that is why inflammation of any organ is so productive of distressing and disastrous results.

While on this subject just let me say a word about gin. The wide-spread notion that "Gin is good for the kidneys," is both false and dangerous. Most drinkers think that gin has some medicinal virtues and that it is *made* from juniper berries and therefore a benefit. Gin is a strong, alcoholic liquor distilled from rye and barley and supposedly *flavored* with juniper berries. As a matter of fact, most gin is *flavored with turpentine* and just ask your physician what turpentine will do to your kidneys. Don't try to fool yourself or anyone else that an alcoholic *drink*, of any kind, is medicine.

Alcoholic Disorders of the Stomach and Intestines

The effect of the steady use of liquor upon the stomach and intestines is to produce functional disturbances rather than disease of structure. From your own observations you know that a drinker complains of a hundred and one ailments and disagreeable sensations which he describes somewhat indefinitely as "stomach troubles." Their cause is alcoholic, though only rarely can you get him to admit it.

During a period of excessive indulgences the

stomach becomes highly inflamed and congested. Its feverish condition precludes the possibility of retaining and digesting solid foods and there is loss of appetite and often extreme nausea. You are probably familiar with that form of indigestion known as "Drunkards' Dyspepsia." The intestines are also inflamed, but to a lesser extent. Some drinkers will be very much constipated, others just the reverse.

The regular use of liquor results in an habitual congestion of the mucous membrane which lines the stomach and intestines. This congestion is in reality a low type of inflammation. The walls of the stomach become coated with a thick tenacious mucous which causes nausea and vomiting, especially in the morning, and it also interferes with the digestion and assimilation of food. The same condition obtains, to a lesser degree, in the intestines. The result is the chronic catarrh of the stomach and intestines from which so many drinkers suffer.

Among beer drinkers, who consume large quantities of this beverage, dilation or enlargement of the stomach is rather common. This causes an interference with the action of the heart, also of the lungs, and a distressing train of symptoms is the result.

The appetite of a drinker is usually very capricious. As a rule they are great meat eaters and inordinately fond of condiments, relishes and highly seasoned foods. This is due partly to the abnormal condition of the stomach creating abnormal desires and partly to the fact that liquor dulls the acuteness of the "taste buds" in the tongue and renders them unable to appreciate fine distinctions in flavors. In order to make his food "taste" the drinker resorts to high seasonings.

In very small amounts, and much diluted, alcohol

is said to aid digestion by inciting an increased flow of the digestive juices. This in a measure is true, but here again the drinker does not discriminate between sufficient to produce this result and an overdose. When taken in the quantities ordinarily consumed, alcohol instead of being a help to digestion actually tends to arrest the process and renders the assimilation of nourishment imperfect. This has been demonstrated time and time again. Its truth needs no further proof than your own knowledge of the fact that meat and vegetable specimens can be preserved almost indefinitely in alcohol. Again your common sense tells you that an agent strong enough to act as such a preservative must hinder, rather than help, a process as intricate as digestion.

Were we to investigate the action of alcohol upon all the other organs and tissues, we would find the same destructive process going on in each of them. There would, of course, be a difference in the degree of severity and mode of manifestation, but the general effect is very similar. From what has been said you can understand that the effect of alcohol on all the different organs is poisonous and injurious and further evidence would but complicate the subject. Therefore I shall not particularize on each organ but close the chapter by describing the effects of alcohol on the brain and nerves.

Physical Effects of Alcohol Upon The Brain and Nerves

Serious as are the results of alcoholic poisoning upon the organs already considered, yet they are as nothing when compared to its effect upon the brain and nerves. The evidences of injury here assume a

very different character. They are both physical and psychical. Under the head of pathology we shall consider only the physical aspects, leaving the psychical, which involves the drinker's thoughts, beliefs, actions and habits, to be discussed in the chapter which follows.

The Injury and Destruction of Nerve Cells. It is well to remember that the entire body is composed of countless tiny *cells*, and that each organ and tissue has types of cells peculiar to itself. Each different type of cell has its own particular function or duty to perform in keeping the body machinery in perfect running order. The functions of some cells are very simple while those of others are extremely complex and require a high degree of development of the cell itself. Exhaustive research work has shown that the higher the type of cell, the more sensitive it is to alcoholic influence. Because the highest type of cells and those having the most complex functions are found in the brain and nerves, and also because the nervous mechanism of the cerebral arteries causes alcohol to remain longer in the circulation of the brain than in any other tissue, it is in the nervous system that we will find the more profound manifestations of damage and destruction.

The exact *process* of cell injury is not yet fully agreed upon. Some authorities hold that alcohol's well known affinity for water causes it to extract the water from the cell and thus render it unfit for service. Others say it attacks the cell because of its fat; either dissolving the fat or having its narcotic principle dissolved in the fatty substance, and that the change, in some unknown way, interferes with the cell function, whatever it may be. But though authorities may differ as to the precise manner of alcohol's attack,

yet all agree that it seems to have a peculiar paralyzing and corrosive effect upon all brain and nerve cells. The damage done is shown by physiological and psychological tests, also by the examination of brain and nerve tissue under the microscope.

Upon examination the cells are found to be shrunken, wasted, and full of evidences of disintegration and degeneration. The coverings of the brain are thickened, and the brain itself is atrophied and hardened. Not all the cells are injured, nor can the exact proportion be determined. At first only a small portion of the brain or a limited number of nerves may be involved, consequently the outward manifestations will not be very noticeable. Gradually the affected area enlarges and you have a corresponding increase in the number and severity of the outward or visible signs of the nerve tissue destruction going on within.

**The Paralyzing
Effects of
Alcohol.**

The first general effect of alcohol is popularly supposed to be that of a powerful stimulant, quickening and strengthening all mental and physical action. There is a common belief that a man under the influence of small doses of spirits becomes more mentally alert, more brilliant and possesses more bodily strength. Authorities now agree that just the reverse is true. That instead of being a stimulant, alcohol is a devitalizing, demoralizing narcotic, and paralyzing depressant. The apparent evidence of increased mental activity under alcohol has proved, for the most part, to be illusory when carefully investigated.

Instead of exciting the motor apparatus to increased activity, the now most widely recognized theory is that alcohol paralyzes the regulating apparatus, and, as it were, permits the mind to run without control. The subject in this condition is not able to

judge correctly or discern his real weaknesses. The effect of paralyzing the inhibitory centers of the brain can very well be compared to the results which would follow the destruction of the fly-wheel of a powerful engine or the balance-wheel of a watch. The machinery would run faster for the time being but would not generate as much power, and running "wild," without check or control, would soon wreck itself.

A mental instability in many so-called moderate drinkers is shown by their extreme susceptibility to delirium, of either a violent or muttering type, which seems to occur from the slightest of causes. Thus a slight illness due to constipation or mild infections, a blow on the head, a fall, shocks of different kinds or a fit of anger brings on delirium. Such persons are also very prone to develop various neurotic diseases and begin to use spirits excessively. They are also liable to sudden, extreme prostration and exhaustion without sufficient cause.

The Impairment of the Five Senses. Among the early physical evidences or symptoms of nerve affectation are defects in the different sense perceptions.

A drinker will often complain that his eyes are weak, his sight poor and if glasses are worn they have to be changed frequently. The eyes themselves, while perhaps bright for a short time during the active intoxication, soon grow dull and later watery; in extreme cases "bleary eyed" expresses their appearance. The hearing is often faulty, and complaints of head noises, ringing or buzzing in the ears are very common.

As before mentioned, the sense of taste loses its acuteness and an unusual fondness for spices, pepper, relishes, pickles and highly seasoned foods of various kinds often develops. The inability to recognize and

to differentiate odors shows affectation of the center for the sense of smell. The tactile sense, or sense of touch and feeling, becomes blunted and uncertain. Those whose work demands a high development of this sense soon find their work falling off both in amount and excellence.

Muscular Power Weakened. When the integrity of the nerves which supply the various muscles is attacked, lack of strength and muscular control puts in an appearance. The drinker is not sure of himself either in thought or action. His hand is shaky, his legs are unsteady and he feels "wobbly" all over. After a few drinks he may regain a semblance of his control but only while the effect of the liquor lasts, then he is as bad or worse than before. He loses the "ginger" and "get up and get" that he should have. He is easily exhausted and has no staying power; he can and does begin many things but he lacks the stamina and determination to "stick to the finish." His capacity for all kinds of work, both mental and physical, is greatly decreased, but lacking the power of correct judgment he seldom can be made to realize or acknowledge it.

Other Nerve Disturbances. Besides the impairment of function due to nerve disturbance there are numerous aches and pains which are ascribable to the same cause. Many, so-called, rheumatic pains, particularly of the lower extremities and when accompanied with cramps and numbness, are due to alcoholic inflammation of the nerves and disappear when the use of alcohol ceases and its toxins are removed.

Affectation of other nerves is made manifest by irregularities of appearance and action in such parts as have a particular nerve supply. No matter what part of the body is considered, its real strength is determined by the amount of "nerve energy" with

which it is supplied. Anything which lessens the force conveying power of a nerve, weakens the part supplied by that nerve. If the nerve force is shut off entirely the part supplied becomes paralyzed and useless. With this knowledge of the effect of alcohol upon the nerve cells it is not so hard to account for the widespread physical and mental disturbances which so commonly make their appearance in those indulging in intoxicants.

This brings us now to the effects of alcohol upon the mind and we will discuss this phase in the next chapter.

The Fancies, Vagaries and Beliefs of Drinkers

While it is impossible, during life, to see the brain cells themselves, as damaged by alcohol, yet the *effects* of that damage are plainly shown by the characteristic *thoughts* and *beliefs* entertained by all drinkers. No doubt you have often observed the delusions which a drinker may have in relation to himself and his intemperance and you may have wondered why one of apparently sound sense should show such defective reasoning where his own drinking is concerned, and why he should cling so tenaciously to false beliefs when the evidence of his self deception is patent to all. I venture to say you have considered such delusions as being peculiar to the one particular drinker under your observation and have not realized that they are among the common manifestations of Inebriety.

As you read this you may have in mind a drinker with whose actions, thoughts and beliefs you are very familiar. If so, observe how closely he can be described to you by one who has never seen him. Not only are his actions portrayed but even his very thoughts regarding his drinking are laid bare. This is not chance, nor is it mind reading, it is merely because *Drunkenness is a disease* and any one who understands its pathology and its psychology knows how it must make itself manifest.

**No Beginner
Believes Drink
Will Injure Him.**

Every beginner is firmly imbued with the idea that liquor will never harm or injure him and that he will always drink in moderation. The example of the countless thousands before him, who have succumbed to King

Alcohol contains no warning, nor will he profit from their experience. Tell him that he is sure to create an appetite for drink that is certain to overwhelm him in the end and he will indignantly deny it. He declares that he is perfect master of himself and always will be. He may even claim that he is actually benefited, physically and mentally, by the use of intoxicants. He will readily agree, however, that if he ever notices that liquor is doing him any harm he will stop its use at once, but it is usually very difficult to get him to do any noticing along those lines.

Call his attention to some poor chap whose ruin is easily apparent and he will say: "Yes, I know all about him and I am sorry for him. He had no will-power, but I am different. I know what I am doing, he didn't." They all think they are "different" and all believe that they are just a little bit wiser than anyone who has ever drunk before. They are egotistical in the extreme in their faith in themselves and in their strength of character and will-power. This very satisfaction, with themselves and their opinions, serves to blind them to their danger until the liquor appetite has become firmly fastened upon them. This egotistic confidence in the peculiar and particular strength of their will-power also keeps them from acknowledging their mistake and seeking that help which everyone but their deluded selves can see they sorely need.

May Believe It is no unusual thing to find a drinker
His Drinking who believes that he has so carefully con-
Concealed. cealed his drinking that no one is aware
of it but himself. No matter how apparent it is to
others, if charged with using intoxicants, such a one
will enter an indignant denial and swear by all that is
great and holy that he does not use liquor in any form.
If attention is called to extraordinary acts which he

has committed while intoxicated he will either deny them in toto or offer the most ingenious excuses and explanations to prove that his conduct was due to other causes.

Despite all evidences to the contrary he will maintain his teetotalism with a breath to which you almost would be afraid to touch a match for fear of an alcoholic explosion. He imagines that he has cleverly disguised his failings and that you really believe his often fantastic reasons for his appearance and actions.

Can Always There is one delusion so common to all
Stop When classes of drinkers that it can be said to be
He Chooses. found as often in Inebriety as a rash in measles or chills and fever with ague. This is the belief that he can stop drinking any time he chooses and for just as long as he elects. Through all the various stages of his drinking experience, from the beginning, when he indulges only occasionally and in moderation, to the time when he gets drunk whenever he has the opportunity and the price, he asserts that he is the master of his appetite and can control it if he so desires.

As a usual rule, the more positive a drinker is in his declaration that he can stop drinking without effort, the more he is in need of treatment. It seems the more strongly the appetite fastens upon him the greater appears his determination to defend his use of alcohol as a tonic or rejuvenant. He may actually point to himself as an example and proof of its beneficial effects, when a mere glance, from one who sees him as he really is, is sufficient to show otherwise.

This persistent claim, in reality a delusion coupled with false pride, prevents his acknowledging that the craving for drink is too strong to be resisted and the poor chap goes from bad to worse despite the efforts of

family and friends. Getting a drinker to realize and admit his need for treatment is by far more difficult than it is to cure him completely of the appetite. This one thing is the greatest obstacle to be overcome in the satisfactory handling of the disease. This feature and a manner of dealing with it, from a new standpoint, will be more fully discussed when we take up the various curative methods.

The The egotism of the drinker is worthy of note.
Drinker's Have you ever marked how the confidence in
Egotism. his ability to do great things increases with the number of his drinks? From an ordinary individual he becomes the greatest of the great. There is nothing that he cannot accomplish and he feels competent to offer advice to all persons and on all affairs. His wisdom transcends that of King Solomon and his judgment is infallibility itself. With a steady drinker a similar state of mind often persists, even during his periods of comparative sobriety. You have perhaps observed that one who is much given to the use of liquor is usually ready with his opinions and advice. Moreover he places a high estimate on his own ability and is always on the point of great accomplishment. But you undoubtedly also have noticed how rarely do his promises reach fulfillment.

He is incapable of correctly judging himself and therefore cannot see himself as others see him. His precepts and his practice may be utterly inconsistent, but he can see no incongruity therein and believes all the world wrong but himself. A drinker who loses his social and business standing because of his intemperance seldom realizes his degradation. He overestimates his own worth to such an extent that his abasement seems, in his eyes, an exaltation. Even the drinker who is supported by his wife or family, while

he spends his time in a saloon, thinks himself a good citizen and a valuable member of society. If he has a trade he will assert that he is a far better workman than anyone he knows. He is specially persistent in this latter opinion, if he at sometime has been exceptionally skilled in any particular line.

Delusions of Persecution. The drinker often believes himself wronged by his family or friends and complains loudly and long that he is being abused and persecuted.

This belief takes many different forms and finds some rather startling ways of expression. It is common for him to think that his family no longer cares for him and he abuses them as a consequence. It makes him angry when his children shrink from contact with him when intoxicated and he declares their minds have been poisoned against him. He often goes so far as to accuse his family of infidelity and treachery toward him and this delusion has resulted in countless tragedies.

He impugns the honesty and honor of his associates without cause or reason. Should he meet with business reverses, lose his position or suffer in a social way, he seldom admits that his drunkenness is the real cause but thinks and declares that he is the victim of a plot to disgrace and ruin him. When these symptoms recur with frequency, indicating as they do that the ideas are firmly fixed, they show marked alcoholic degeneration tending toward suicidal or homicidal mania. A drinker of this type requires prompt and efficient treatment as neglect may result in his commission of a serious crime to avenge his supposed wrong.

The Memory Is Faulty. Another of the mental phases is shown by a progressive deterioration of the faculty of memory. A total inability to recall what has taken place during the course of a hard spree is of

such common occurrence that almost every drinker has experienced it. This loss of the power of recollection may only extend to the events of a few hours or perhaps to those of several days. It may be complete or only partial. Upon recovery the patient will usually say he does not remember a thing that happened after such and such a time until he "woke up."

During this period he may have conducted himself so well that it would be hard to convince an observer that he was intoxicated. He may have taken a journey or transacted important business but will have no remembrance of his acts. Again he may have committed all kinds of excesses, even crime, and have no recollection of what he had done.

These facts are often made the basis of a defense for a crime committed while drunk. The claim is made that the defendant is not criminally responsible because he was under the influence of liquor to an extent that the powers of reason were lost, as indicated by his inability to recall what had transpired.

As the brain becomes more seriously affected by the progressive poisoning, the memory for events which take place during the period of sobriety becomes faulty also. It is hard for the drinker to recollect with ease and certainty. His mental images are poor and indistinct, though in the event of a controversy he is very prone to maintain that his recollection of the case is absolutely right and everyone else is wrong. He can vividly recall events that happened years before but gets badly mixed on the recent ones. This same condition obtains in extreme old age, even in total abstainers, but the use of alcohol may bring on this senile change in drinkers under thirty.

His Judgment and Efficiency Below Par. It is difficult for a drinker to keep up a sustained mental effort requiring the exercise of judgment and reason. His powers of observation have been blunted to a degree which prevents him from seeing things clearly and of going to the bottom of any subject. He cannot acquire facts for himself nor can he draw correct conclusions from such as are presented to him by another. His power of reasoning is deficient and his entire mental efficiency decreased to far below normal. He cannot think quickly or decide promptly. The speed of the nerve impulse is lessened and his actions, mental and physical, are slowed in consequence.

His moral judgment seems specially liable to debasement and there is a lowering of standards all around. One who formerly was never satisfied unless he put forth his best endeavors becomes indifferent and slipshod in his methods. He becomes careless in his personal habits and his work is slighted at every opportunity. Seldom can he be made to see that his mental and physical capacity has in any way suffered. If he does realize his failing ability he is more than likely to attribute his deterioration to other causes. When censured for poor work or discharged from his position he blames anything or anybody but alcohol for his trouble.

All large industrial institutions employing men whose work demands accuracy of judgment, quickness of thought, and promptness in action, recognize the fact that liquor unfits a man for any degree of responsibility and therefore require that employees shall be strictly sober or be subject to discharge. The enforcement of this rule is every day becoming more stringent and more general as it has been found necessary for

the protection of business and property and to guard the safety of the general public.

As stated a few pages back, alcohol paralyzes the "balance-wheel" of the mind, so that under its influence conservative men of sound judgment often become extremely reckless and by speculation or foolish policies completely wreck a business or reputation that it has taken years of toil and effort to build up. In commercial circles this is considered in all applications for credit or money accommodations. A business man who is known to be a drinker cannot secure as high a commercial rating, or as good credit as one who is an abstainer, moreover creditors keep close track of him as they know that he is liable to jeopardize the collection of their money through acts committed while under the influence of drink.

Examples without number can be given as to the grievous effect of spirits upon a man's judgment and efficiency, in fact they are so common that from your own observation you can supply any others that may be needed to complete the argument.

Will Power and Initiative Lacking. Presumably every drinker since time began has been urged to use his Will Power to overcome his craving for drink. The only trouble with the advice is that a confirmed drunkard has no power to will against his obsession. He may say he wants to quit and promises never to touch another drop but the promise is broken almost as soon as made. All the rewards of sobriety, a loving wife and family, a happy home, a successful business, the confidence and respect of the community may be at stake, but he lacks the ability to make the necessary effort.

The lack of will power is shown by many indecisions of character and lack of stability. Do not

confound will with stubbornness. Will implies decision as well as action, and decision is the fruit of observation, judgment and reason. Stubbornness usually implies lack of reason, and, if a habitual trait, it shows lack of ability to reason. The habitual exercise of Will Power marks a man outwardly so plainly that "he who runs may read." It is seen in the firm set of the jaw, the upheld head, the indrawn chin, the firm step, and the level, unwavering eye. You will admit that the appearance of the confirmed drinker is far from the above picture.

The confirmed drinker lacks the power of initiative; that is, he cannot act intelligently and successfully on his own responsibility. Lacking the power of correct judgment and reason he cannot originate or do constructive thinking. Attempts along these lines are painful to him and, if undertaken at all, require much time and effort. He may be able to attend fairly well to routine duties, especially when they have become habitual by reason of many repetitions. He may be able to carry out plans made by another, but only rarely can he do effectual planning himself.

It will profit but little to enumerate in further detail all the ways in which alcohol weakens the will power and the spirit of initiative, nor will I devote more time to describing the various idiosyncrasies which are to be met with in the study of inebriety, as the foregoing will be sufficient to give you a fairly accurate idea of how a drinker's abnormal mental processes show themselves in his beliefs and actions. Before leaving the subject, however, I wish to enlarge a little on a point which, although it has already been mentioned, yet a little further knowledge may enable you to better understand the changes which a drinker's

character undergoes as he descends the scale from "beginner" to confirmed and chronic "inebriate."

The Result of the Higher Brain Centers Being Most Affected

Physical and Moral Standards Are Debased. As mentioned in the previous chapter, alcohol has a special predilection for such cells of the brain as are directly associated with the chief intellectual processes. It seems to narcotize and paralyze the brain cells and centers which control the higher of man's powers and attributes. The result is a gradual retrogressive change in the drinker's characteristics. For this reason the more highly educated he is, the more sensitive his nervous make up, the more fully he is endowed with pride of character, sense of duty, loyalty and obligation to others, the greater his truthfulness, honor, love of home, family and friends the more noticeable will be the evidences of alcoholic degeneration, as shown by the gradual change for the worse in his habits and character.

The old adage, "The higher you go the further you fall," can be well applied to the effects of drunkenness upon the character, thoughts and actions of different drinkers. The characteristics of a man who, as a teetotaler, is mean, ugly and vicious would not change very markedly should he become an inebriate. They might grow a little worse or become accentuated but they would not be greatly altered in their nature. This is because he has allowed his brute instincts to predominate and to govern him when sober and is already so low in his moral and ethical conduct that he cannot drop much farther, even when intoxicated.

It is different with a man of great intellectuality and refined personality. During intoxication his

higher and nobler faculties are for the time being put to sleep, while the vicious and animal part of his nature gets a chance to assert itself. As a result, he, who when sober is a gentleman in every thought and act, when drunk often becomes coarse, vulgar and guilty of the grossest acts against decency and morality. There is such a great difference in his conduct when drunk and when sober that he seems to possess two entirely distinct and separate characters.

His True Colors Not Shown When Drunk. Drink never brings out the *best* in any man but always the *worst*. The saying that a drunken man shows himself in his true colors is absolutely false. Neither does he always speak the truth as some misguided persons would have you believe. *In vino veritas* (In wine there is truth) is false doctrine. He may talk more freely and perhaps make disclosures of things which he would have kept to himself if sober, but this is merely an indication of loss of control. Naturally morose persons may become merry during the first stages of intoxication or jovial ones grow surly under its depressing after effects, but this temporary state is not at all an indication of their normal condition.

Let us apply just a little thought and common sense to this question. Let us take for instance the case of a periodic drinker who gets drunk every sixty days and whose sprees last from three days to a week. For about fifty days out of the sixty he is all that could be asked of any man; for the remaining ten he is more or less under the influence of alcohol. Let us suppose during this time, when he is incapable of exercising his powers of reason, that he should exhibit in his speech and actions a coarseness, even a brutality, not at all in keeping with his conduct during the sober period. Could you make yourself think that his

thoughts and actions during this time—expressions of an alcohol poisoned and narcotized brain—are the predominating traits and an exemplification of the real man in full possession of his sober senses? They are not and don't you ever believe they are.

But do not lose sight of the fact that a brain poisoned by alcohol is not a normal brain. It cannot think absolutely normal thoughts, it cannot inspire absolutely normal actions. If the poisoning process is kept up day after day the powers of the brain are gradually lessened and the drinker sinks lower and lower in the mental scale. The degraded condition of thought, which at first was in evidence only during actual intoxication, then becomes his habitual state of mind and his acts are correspondingly lower and coarser in accordance with his thoughts.

The Difference Between Man and Brute. We keep ourselves above the level of the brute creation only by the exercise of our reasoning faculties and through the sentimental and emotional side of our natures. *These are the higher qualities and faculties of the mind.* The more they are *developed* and *used*, the farther you raise yourself above the brute. The more stunted and dormant they are the nearer you approach the brute's level. Anything which blunts our emotions and finer feelings and at the same time deprives the mind of its ability to reason soon robs us of our true manhood even though we still retain the outward semblance.

There is an immutable *Law of Nature* which makes it impossible for anything animate to stand still. You must progress and live, or deteriorate and die. Every living thing must and does follow this law. Only look around you and you will see that when a man, beast, bird, plant, tree or anything which has what we call life, reaches its maximum growth,

strength and usefulness, it begins to decline to ultimate death and dissolution. In effect Nature says to all living things: "Advancement and service are the price you pay for existence; stand still or go backward, and you perish."

This law applies to man's higher faculties. They must be kept in active use if they are to be preserved. They must constantly grow and expand, otherwise Nature makes certain that they will become weaker and weaker until, to all intents and purposes, they are lost entirely. Now, as you know, a drinking man loses control of his higher faculties during the time he is intoxicated. If he is a constant drinker they are never completely and entirely under his domination. What is the result? During the periods of intoxication, which tend to increase in frequency, his better nature is drugged into semi-unconsciousness and the brute in him gets a chance to make itself seen and felt. The oftener it gets this opportunity the more difficult it is to subdue and keep under. It grows stronger and stronger as the alcoholic poisoning progresses, until the balance turns and the drinker's better nature is subjugated to his selfish instincts and grosser desires. The bad now predominates and his moral destruction is well nigh complete.

The range of your own personal observations, I believe, has been sufficient to enable you to verify every statement that has been made regarding the destructive effects of drunkenness, from both a physical and mental standpoint. You never have known an individual who owed his success to his drinking, while countless thousands can trace their failures in business and social life and their loss of health directly to their use of intoxicants. While much more evidence will be presented yet what has already been said must fully

convince you that *Drunkenness is a Physical and Mental Disease* and, as such it must be considered and treated if any measure of permanent relief is to be expected or secured.

Three Classes of Drinkers

From an analytical and scientific view drinkers may be divided into many different classes. In fact, each individual may show some slight variation from all others in the manner and effects of his drinking. But as a minute classification would only serve to confuse, without adding to your practical knowledge of the subject, I shall divide them into only three general classes—the Constant, the Periodical, and the Voluntary or Occasional drinker. Each of these classes has its “moderate” and “hard” drinking types, and each its different stages. A little study of each class in general, with an allowance for slight individual variations, will enable you to correctly group the different drinkers under your consideration.

What Is Moderate Drinking? Before going further it might be well to say just a word or two about “moderate drinking.” Nearly every user of intoxicants claims that he drinks only “moderately,” but each and every one has a different idea as to how much one can drink and still be moderate. As a matter of fact there is no way of determining just where the line of safety should be drawn for each individual. The amount would vary in each case and could only be determined by careful observation of the effects in each instance. The drinker’s opinion as to what constitutes moderation in his case is of little value as he is incapable of judging for himself and his decision is sure to be biased in his own favor.

Speaking from a purely physiological standpoint I would say that one drink of whiskey, beer, or wine each day will not be productive of a great deal of

harm. This statement presupposes that the individual is not peculiarly susceptible to the poison of alcohol and that the organs of elimination are functioning normally. The severity of the effects of drink seem to be in proportion to the amount of alcohol consumed and the regularity with which it is taken. Naturally, the strong and robust individuals have more power of resistance than others and the severe effects are not so quickly apparent. The nervous types are more quickly and severely affected than are those of phlegmatic temperaments.

Many a drinker considers himself "moderate" as long as he can give some attention to his business and does not stagger when he walks. He says: "I never get drunk, you have never seen me when I couldn't look after my business, I am only a moderate drinker." At the same time he may be taking five to ten drinks, maybe more, each day. He also considers his ability to drink a great quantity of liquor without showing it as evidence of a strong head.

This type of drinker is anything but moderate. His ability to drink without feeling the effects is because the body after a time acquires a certain "tolerance" for the poison of alcohol, just as it does for a great number of other poisons, and one who is accustomed to drink can take much more without showing the effects than can a novice. A poor, old, barrel-house sot requires several drinks of spirits before he can steady his limbs, but one-quarter of the amount would make an abstemious athlete roaring drunk. You know this to be true, but I don't believe that you for a moment think that the confirmed alcoholic, because he could stand more drink, had a "better" and "stronger" head than the athlete. As a rule the more

liquor a steady drinker can stand without intoxication the more apt he is to be in need of treatment.

If there is any "safety mark" up to which one may go without danger it is practically out of the question to define it or to keep within it. The use of alcohol has a tendency to create a constantly increasing demand for more, and therein lies the danger of "moderate drinking." The evidence in thousands of cases goes to show that the moderate drinker soon grows immoderate. A glass or two each day soon becomes more, and before the drinker is aware the craving for intoxicants is established and there develops the diseased condition of mind and body which grows steadily worse as the use of liquor is persisted in. Some few there are who really can take one or two daily drinks and never exceed that limit, but their numbers are comparatively so small that their example cannot be considered as a criterion of what is usual in moderate drinking.

The Constant Drinkers

In the class of Constant Drinkers may be placed all those who are in the habit of using intoxicants daily, or so frequently as to make it a matter of common practice. The amount of drink consumed each day may be only a glass or two or it may be a quantity sufficient to partially or wholly intoxicate. It embraces all who "feel the need" of a drink to fit them for their daily occupations, and who have a "desire" and "craving" for alcoholic stimulant, be the amount required much or little. With some of this class a drink before meals or one at night may be all that is used; with others, whenever the effect of a previous drink ceases to be felt there arises the thought "a little drop would taste fine and do me lots of good," and this idea con-

stantly presented to the mind leads to almost continuous indulgence.

Because of the regularity of his drinking, the body of the constant drinker has no chance to eliminate the alcoholic poison and thus, partially at least, recuperate from its effects. His various organs become so used to functioning under the stimulus of alcohol that they grow dependent upon it. Deprive them of their excitant and they show their resentment by a long train of disagreeable sensations and disordered functions. From this comes the so-called "liquor craving" which is only satisfied by more liquor to restore what to him seems the "normal" condition. The constant drinker keeps his body "pickled in alcohol," as it were, and therefore degenerative and disease processes take place more rapidly with him than with the other classes.

In certain localities and among some people there is a rather common belief that a moderate use of intoxicants tends to ward off sickness and prolong life. This idea is false as no alcoholic drink of any kind or in any quantity will prevent disease or increase the probabilities of reaching a ripe old age. The tendency is exactly the other way. A preponderance of evidence goes to show that moderate drinkers usually develop some chronic ailment which owes its origin and continuance to alcohol and which carries them off before their time.

It is very difficult to convince a moderate constant drinker that he has passed the safety limit. If such a one is told that he is really an inebriate and in need of medical treatment he is almost certain to deny the fact. He at once becomes indignant and emphatically declares that he can stop whenever he desires. Under the influence of some powerful emotion, some strong

suggestion or other forceful cause he may stop drinking for a short period, but he is almost certain to begin again. The test as to whether he can stop at will or not is to have him leave liquor absolutely alone for a period of one month.

The If during this time of total abstinence he does
Test of not in the least miss the stimulants; if his nerves
Safety. are steady and his brain active; if all his bodily functions are regular and produce no discomfort, then he has not yet contracted the disease. On the other hand, if he finds, as is usually the case, that during this time there seems to be something lacking, that he is restless and not right up to the notch in many ways, then he can rest assured that he is already a victim of inebriety. He differs only in degree from the poor "down and outer" whom he perhaps may pity, perchance condemn, and this difference in degree will rapidly disappear with continued indulgence.

I do not want to "preach" nor do I want to moralize, but from years of experience in treating inebriety let me just say Mr. Moderate Drinker that if you think that you are perfect master of your appetite and are free from alcoholic enthrallment, try the above simple test. Try total abstinence from liquor for the period of only thirty days. Don't boast that liquor is not harming you until you have put yourself to proof. Don't condemn some poor chap because he cannot resist, until *you* try it for yourself. You may be disagreeably surprised to find that you are not so strong or possessed of such will-power as you had fondly imagined. If you *do* pass the test successfully, then *never touch liquor again*. It is bound to get you in the end. No man ever beat King Alcohol at his own game and don't foolishly imagine that you will be an exception to the rule.

The Periodical Drinkers

This division comprises a rather numerous class of drinkers who, after a period of perfect sobriety, suddenly "go on a spree" which may last a day, a week or even several weeks, they then "sober up" and become perfectly temperate until the next outbreak. The sober periods may be anywhere from a month to a year in duration, with a tendency to constantly shorten, while the sprees become more frequent and longer. In this connection I may say that one who gets drunk every week, or every month, "on pay day," or "whenever he goes to town," is *not* properly to be considered a periodic drinker. He is really a constant drinker and the only reason for his abstinence is lack of money or opportunity for indulgence.

Between attacks the periodic drinker seems to have no desire whatever for drink, very often he cannot bear the smell of it and may take a violent dislike to those who use it. Why he should enjoy complete freedom from the craving during his sober periods is not understood, and while there are many theories which attempt to account for it, no satisfactory explanation has ever been given. The drinker himself usually claims that he refrains through "will power" and though this explanation has no foundation in fact yet it is often accepted by his friends.

The Symptoms Which Precede a Spree. Careful study has shown conclusively that these periodical attacks of the drink craving are not under the control of the patient's will. In many instances they are preceded by symptoms which foretell the coming outbreak. The significance of these premonitory signs may not be understood by the patient himself, and again he does know what they mean and may try to conceal them from others. There is often a loss of appetite, ner-

vousness, irritability, restlessness and an inability to stick to his work. Oftentimes he starts to work at high pressure, with long hours and great bodily and mental fatigue. Again he may be depressed and melancholy, or worried and anxious about himself, his business or family. These and other symptoms may precede the drink outbreak by several days. Then comes the attack, which lasts a variable length of time, then another period of sobriety and freedom from all craving for intoxicants.

With some periodics the attacks seem to occur at regular intervals, with others they are very irregular and uncertain. Some attacks occur only under special circumstances, as at reunions, celebrations, holidays and the like, others under certain weather conditions. The cause of this irresistible impulse to drink has not been as yet satisfactorily worked out, though undoubtedly it is a convulsive explosion of nerve energy and very much akin to an epileptic seizure. The sprees of the periodic drinker usually last until he has thoroughly saturated his system with alcohol and inflamed his stomach so that liquor nauseates him and the idea of drink becomes repugnant. He then gets the idea that he wants to reform and informs his friends that he has decided to stop drinking, which he does until the next outbreak.

There is a vast difference in the character and conduct of the periodic drinker during his periods of sobriety and while drinking. When sober he may be kind, considerate, loving and lovable, a good business man, cleanly in habits, of irreproachable honesty and morality. While drinking he often is just the opposite, losing all sense of honor and shame, becoming coarse, vulgar and profane. He has no pride of personal appearance and all sense of duty to family and friends

is forgotten. He commits excesses of all kinds while drunk which are abhorrent to him while sober. He commonly undergoes a regular Dr. Jekyll and Mr. Hyde change of personality.

The Dipso- Dipsomaniacs are to be found among all classes
maniac. of drinkers, but more often than not they are periodicals, and fortunately their numbers are comparatively few. Drinkers of this type become obsessed with an uncontrollable mania for drink and when under its influence they show symptoms of marked mental excitement and brain disturbance. They become to all intents and purposes insane, with all a maniac's wild thoughts and impulses. Some authorities contend that it is a grave question whether or not drinkers of this type do not border close upon insanity even when sober, and that drink but intensifies their symptoms which would otherwise remain unnoticed.

Certain it is that drink unbalances their mental machinery to an extent that makes them extremely dangerous. As patients they are hard to handle and difficult to treat. While I do not advocate confinement in treating ordinary cases of inebriety yet with a dipsomaniac such measures may be necessary. While intoxicated every precaution should be taken to prevent their doing harm to either themselves or others. They exhibit marked suicidal or homicidal tendencies and the daily press is full of accounts of suicides and murders committed by those crazed with drink. This loss of life might have been averted if timely curative measures had been adopted.

The Mistaken Idea of the Periodical's Will Power.

The absence of a desire to drink on the part of a periodical during the sober period and his usual claim that he stopped by will-power often leads his friends

to criticise and condemn his weakness in "yielding to temptation." They say, "If you can leave it alone for a month you can leave it alone forever." They feel they are right in this assumption and assertion because of the statement of the patient himself that he has full control of his desires.

These constant reproaches do the victim more harm than good. His friends are sincere in their intent to help but their ignorance of the real condition and the proper methods of treatment increases the trouble instead of benefiting it. Unkindly criticism often causes a drinker to say, "Oh, what's the use" and to cease his efforts to refrain. When this takes place he rapidly becomes a constant drinker and usually of the most immoderate type. I have seen periodic drinkers who, when they felt the attack coming on, have put up a tremendous fight against it, a fight which would crown them heroes, if made in some other cause. When they lost they received only abuse instead of the help they craved and required.

If you have never known the irresistible impulse to drink to complete intoxication, then God grant you never may. But, because you are free and full master of yourself, do not criticise and condemn another who is not so blessed. Seek to give real help instead. I hope to show you ways and means for extending the practical aid he needs and remember even a slender rope thrown to a man already in quicksand is of far more value to him than all the advice you might give on how he could have avoided his danger.

A Word to the Periodical Drinker. Do not cease for one moment your endeavors to overcome the drink obsession whenever it makes itself manifest. Do not think that a spree once or twice a year will not injure you or that they will not recur with increasing

frequency. Take the experience of anyone you know, also your own, and you must realize that the desire to drink comes oftener and oftener, stronger and stronger, while the power to resist grows weaker with every indulgence. In a short time the periods of sobriety become shorter, the attacks of drunkenness longer, until soon there will be an ever present desire to drink, with confirmed inebriety as the result. You can conquer the desire to drink, conquer it completely and forever. You can once more enjoy the feeling of perfect power over yourself and your appetites. You will be shown just how quickly and easily this may be done and it will be left to your own good judgment to use the means provided.

The Voluntary Drinkers

Let it be understood that drinkers should be separated into two great divisions. First, those who drink because of an intense and uncontrollable craving or desire for alcohol. Second, those who have no physical craving whatever but drink a few glasses or get drunk just to be "good fellows" or to satisfy some caprice or notion. These latter are the voluntary drinkers and, having no need or craving for alcohol, they can drink or let it alone as fancy dictates. Cases of this character are not strictly medical ones, and their treatment must be considered more from the moral standpoint. Drinkers of this type can be said to be addicted to the "vice of drinking" but they are not afflicted with the *disease of drunkenness*. It is not the physical but the moral side which is weak or defective.

When this distinction between drinkers becomes clearly understood the one who is genuinely in need of help will sooner obtain it and suffer less from the

censure and unjust condemnation of those who mean well but who lack the knowledge necessary to render effective their well intended efforts at reform.

I may say that it is very seldom that voluntary drinkers remain such. The use of alcohol even in small quantities, as before stated, soon establishes the craving for more, the ability to leave it alone at will is soon lost and one more is added to the list of habitues.

An If you are a purely voluntary drinker it is easy
Admoni- for you to be absolutely temperate. It is wholly
tion. a question of your mental attitude. You drink because you *want* to not because you *have* to. Having in mind the fact that sooner or later, and usually soon, you will become a regular user of liquor, with an established appetite and constant desire for it, an inebriate in fact, you should stop while it requires no effort. Liquor does you absolutely no good and it does an incalculable amount of harm, therefore your common sense should tell you to let it alone. You wouldn't let a surgeon unsex you or destroy all your higher mental faculties and nobler sentiments, as he could easily do through surgical interference, and then why should you through drink do practically the same thing, voluntarily and with your eyes wide open?

Causes of Drinking

Were you to ask a thousand drinkers why they drank, you would be given in reply almost every reason conceivable and the various causes would seem to differ with each one questioned. A careful analysis, however, will show that you can group all the different motives under a very few general heads. The variations will then be found to consist not in differences in the cause but merely in such slight details as will fit each individual's particular circumstances. For example, one may say he drinks to help his indigestion, another for weak lungs, another for intestinal trouble, another for nervousness, another for sleeplessness. The reasons are apparently different yet all of them come under the general head of drinking to relieve some ailment. It is the same with the other excuses advanced by different drinkers. Therefore only the main groups with an example of each type will be given and from these it will be easy for you to correctly place any specific case.

The chief causes to which a drinker may attribute his use of intoxicants will usually be found under one or more of the following heads: Heredity, Surroundings and Associates, Disease, Exhaustion, Worry and Trouble, Injuries, and Social Customs. These can be still further simplified by saying that every man drinks from one of three reasons: First, A desire to be sociable; Second, To gain relief from some mental or physical ailment; Third, To satisfy an established craving for intoxicants. To these causes I would add another; one which is rarely if ever given and yet is, as will be shown, the most powerful of them all. This great cause of drinking is *Suggestion*.

The patient may give one reason for his *beginning* to drink and another for his *continuing*. In addition to the reasons given, which may be right or wrong, there must always be considered the almost *irresistible craving* for liquor which is so commonly established when drinking has been continuous for any length of time. This craving is not often given as a provocation to drink by the average drinker. In cases of long standing, which began with moderation, gradually increasing to excess, the motives are really *excuses* by which he attempts to deceive himself and justify his conduct in the eyes of others.

As these various "causes" very often give the key to the proper method of treatment and cure, which is the end sought, I want you to give them some little attention, both in your study and in your observation of the patient you wish to cure. Note particularly what a very important part "Suggestion" plays in every phase of this drink question from the very beginning on through to the end.

Heredity

When we say that the drink craving can be and very often is inherited from a father or mother who drank, we must understand exactly what is meant by an "inherited craving" or being "marked" by a drinking father or mother. An inherited craving does *not* mean that a child is born with an already established desire for any form of alcoholic drink, nor does it spontaneously acquire any such desire at any time thereafter. The offspring of an alcoholized parent does however inherit a *weakened power of resistance* to alcohol and, therefore, *after the first drink*, is far more liable to rapidly acquire the desire and craving for the drink than one whose parents were abstainers.

The children of alcoholics are seldom equal, either in mental or physical strength, to those whose parents never drank. St. Vitus Dance, Imbecility, Epilepsy and various deformities are common in their childhood and later in life various forms of nervous disorders are apt to develop. These will range from simple nervousness, to neurasthenia, hysteria, melancholia, and even insanity. In the insanity of drunkards a suicidal or homicidal mania is commonly present.

In treating inebriety I have often had a patient say, "Doctor, my father was a very hard drinker, I have inherited this craving and I don't think I can be cured and therefore I have never sought help but am coming to you to see if there is any hope." Let me say right here to anyone having a similar idea, that there is not only hope but every assurance of obtaining a cure and complete freedom from all desire and necessity for intoxicants. An inherited tendency to drink is no bar to recovery from inebriety. This has been demonstrated so fully and so often that in treatment no great distinction need be made between so-called hereditary cases and those with no alcoholism in the family history.

Surroundings and Associates

Owing to their suggestive force we are all very greatly influenced by our surroundings or environment. Our own actions and habits are unconsciously molded by those with whom we are constantly associated. If their thoughts and practices are elevating and progressive, ours will be also, and vice versa. A young man who has grown up in a community where drunkenness is the rule, rather than the exception, is almost certain to become a drunkard himself. All his life he has been accustomed to seeing men drink and

get drunk and he takes to drinking as a matter of course. To him it appears to be the regular order of things.

Poverty is a cause and also an effect of drunkenness. There are those who become so hopelessly discouraged in their struggle for a mere existence that they seek temporary respite in the only way they know—drink. They feel that the world holds nothing for them and that it does not matter one way or another. They feel happy for a time at least and are oblivious to what results may follow.

Association with criminals or others of depraved morals is almost sure to result in habitual drunkenness. The followers of certain trades and occupations seem to be given to drunkenness more than others. "As drunk as a sailor" is a time-worn expression to describe profound intoxication, as the old time sailors the world over were noted for their drinking. "Tell me with whom you associate and I'll tell you what you are" is a truism based on the fact that we are seldom better or worse than our chosen surroundings.

Disease

Considering disease as a cause of inebriety we may include all cases where alcohol in some form has been prescribed by a physician for the relief of an ailment, or where the patient has been his own adviser and uses liquor for some real or fancied derangement. Numerous and strange are the different ills for which the patient takes liquor. To his perverted reasoning alcohol can be made a universal panacea. I will enumerate only some of the more usual ailments as the others are simply variations and present no new characteristics.

Heart disease is not only a common *result* of

drunkenness but, strange as it may seem, it is also a rather frequent *cause* of the same. A physician finds his patient suffering from some heart lesion and believing that the heart requires "stimulating" prescribes whiskey or brandy. These are easy for patients to secure and not so very difficult for most of them to take. The physician seldom goes to the trouble to prescribe the exact *dose* or the exact *number* of doses daily, his usual method of prescribing liquor being, "When you feel that discomfort or pain just take a little whiskey or brandy and you'll be all right," and he lets it go at that.

The patient left to his own devices is very apt to take far more than he should. He uses it first to *relieve*, then to *prevent* an attack. He soon begins to think that if a little is good, more is better, and acts accordingly. Before he realizes it he is using liquor not cautiously as a poisonous drug should be used but as a beverage.

If such a one be questioned about his drinking he at once exclaims, "My doctor *ordered* me to drink. He says I must have it as it is just what is required for my weak heart." Now the probabilities are that the doctor never dreamed that he would make a drunkard out of his patient, but that is just what is too often done by carelessly prescribing any form of alcohol. Moreover the patient feels justified in drinking to excess because, as he claims, "His doctor told him to."

Dyspepsia or *indigestion* is another ailment for which some form of liquor is commonly used. A little "appetizer" in the morning and another before each meal for the stomach's sake and then a few between meals to aid digestion. A true case of indigestion is made worse by alcohol, though its narcotic or nerve

stupefying action leads the sufferer to believe that he is obtaining actual benefit through its use. Because of this temporary abatement of distress it is difficult to convince a drinker that it is the whiskey which is prolonging and increasing his trouble every day and making it more difficult to cure.

Gin is often used, as a *kidney remedy* when in truth it is a strong irritant; brandy for "weak lungs" is another wide-spread fallacy; a drink of whiskey to promote sleep, a "night cap" so-called, is in common use; whiskey and quinine for a cold is a time honored excuse for a spree. A drink to ease a "bowel complaint" is yet another means by which the drink habit is acquired, and I might go on naming nearly all the ills that flesh is heir to, as contributing causes of inebriety.

The great danger in using any form of alcohol for the relief of ills or ailments is the almost certain acquirement of inebriety. This danger is seldom thought of by either the physician or patient but thousands of unfortunate cases attest the ever present peril. Alcohol by its narcotic or paralyzing effects does afford a temporary relief in some few ailments, but *it never yet has effected a cure*. The user thinks he is getting actual benefit and takes more and more. He awakens to find that he has become enslaved by an overwhelming craving for drink and instead of being freed of the original trouble he has added to it one that is far worse.

If the physician who is given lightly to prescribing whiskey for this, that, or the other thing should take the trouble to ascertain the final outcome, I believe there would be an immediate change in his methods. I am certain that no man would knowingly make a drunkard of another, and yet this is exactly

what is accomplished by the well meaning but thoughtless one who advises whiskey as a cure for sickness. For any ailment that alcohol relieves there are a dozen remedies that are far better, so lack of other curative means is no excuse for its continuance as medicine. As a remedial agent whiskey has a place in only two pharmacopoeias of the world—Greece and the United States. This is proof that it is not a medicine.

Nervous and Physical Exhaustion

While exhaustion might properly come under the head of "Diseases" yet it is best to make specific mention of it as a very common cause of drinking. We are living in an age of high pressure, both mental and physical. There is a constant endeavor on the part of the ambitious to out-do and outstrip each rival in the race for wealth or position, and to gain as quickly as possible the particular brand of success they most desire. This effort is made at the expense of a heavy drain upon the mental and physical forces of the body and, to recuperate or gain additional force, recourse is had to alcoholic stimulant.

As the first effects of alcohol are apparently *stimulating*, the one who resorts to alcohol as a means of physical and psychical rejuvenation finds that a drink does seem to give him the assistance desired. The *depressant* effects soon follow, however, and the condition is then worse than it was at first. To offset this more liquor is taken, and a continual round of exaltation and depression is begun, with the periods of depression growing longer and more profound, and the stimulating effect becoming more brief and transitory. By this time the system makes a positive *demand* for alcohol and refuses to be denied. The drinker who began by choice to use a moderate amount, for

the purpose of doing more and better work, now finds that he *must* use it in considerable amounts if he is to do any work at all. It matters not whether he labors with his head or his hands, both the quantity and quality of his output soon run below what they were before he resorted to liquor to increase his stamina.

When this age of strenuosity has driven him to the limit of his capacities, it is not at all to be wondered at that a man should resort to alcoholics for an additional supply of energy or force. And inasmuch as he is at first afforded a delusive aid, it is easy to understand why he seeks help again and again from the same source whenever he feels the real or supposed need for increased strength, until the time comes when the appetite for drink is established and he is no longer his own master.

You often hear it said of a constant drinker who has lost his place in society and the business world: "He was such a fine man before he drank." "He was a splendid business man before he began to drink so hard." "There wasn't a better worker or one who worked as hard anywhere around here until drink got the best of him." His former associates think him guilty of vicious conduct and often believe he deliberately chose to ruin his business ability or his skill as a mechanic that he might spend his days in drunkenness. Seldom do they understand that his endeavor to work longer and harder was the cause of his undoing. His attempt to whip up a tired body and brain with an alcoholic lash was made with the best of intentions but it resulted, as all such attempts must, in quickly relegating him to the ranks of the down and out.

Worry and Trouble

Worry and trouble over business and family affairs, or perhaps his own personal concerns, is often given by a drinker as his reason for indulgence. He seeks solace in drink from any one of a thousand annoyances which may occur in the course of his business or social relations. After one or two experiences he soon grows into the habit of drowning his troubles in the glass, on any and all occasions. Many inebriates can point definitely to some great crisis, some sorrow, business reverse or shock which an unstable mental and nervous organization was unable to withstand and recourse was had to alcohol to carry them through the time of stress. The crisis once passed there was a natural nervous depression on account of relaxation of tension and again alcohol in some form was used to bring them up to normal, with the ultimate result of establishing the craving and the feeling that alcohol in some form was an absolute necessity.

Injuries

Rather frequently, when taking the history of a hard drinker, one finds that the beginning of his excesses dates from his recovery from some injury. Such an injury is usually of the head but may be a serious one in another part of the body. Time and time again the physician is told by some one of the family: "Doctor, he was all right up to the time he was hurt and ever since that it seems he just can't stop drinking." The injury may have apparently no other bad effect and the patient appears normal in every way.

Just how or why traumatism causes a craving for alcohol is not known. The shock certainly throws the mental machinery out of balance in some degree, and the evidence of this is seen in the patient's excessive

drinking, when before, he was a total abstainer or at most a very moderate drinker. It will be unnecessary to cite specific instances of the effects of trauma, it only being necessary for our purpose to know that severe injury as a cause must be borne in mind when endeavoring to ascertain the reason for inebriety in any given case.

Social Customs

The practice of "treating," which is very much an American institution, is responsible for drunkenness to a very large degree. It is a very effective though a highly destructive form of suggestion. A few friends chance to meet, none of them having any desire or thought of drinking, when one of them, struck by a spirit of hospitality and sociability, suggests—"Let's go and have a little something." The suggestion is accepted and acted upon. One drink is had, then one of the others feels that it is incumbent on him to buy "another round"; another says "Now have one on me"; the barkeeper's friendly, "Well, gentlemen, have one with the house" is never refused, and soon there are several cases of complete intoxication, all due to the social custom of "treating."

Were it possible to enforce a law which would prevent "treating" in any manner or form and make every man pay only for his own drinks, it would most certainly result in a surprising decrease in the consumption of liquor and a corresponding lessening of drunkenness. Man is by instinct a social creature and easily influenced by the attitude and actions of others. This is exemplified time and time again by the drinker who returns home in a state of complete intoxication and explains his condition by saying, "Well I went in a saloon to get just one glass of beer, but I met Tom, Dick and Harry and they asked me to have a drink

with them and then I bought a round and someone else bought and before I knew it I had so much I forgot all about my promise to come home." If you are a drinking man you have told this same tale yourself or you have heard it told so often that it seems like an old friend.

The practice of serving wines or liquors at dinners or social gatherings is another fruitful source of the drink appetite. Many seem to think that a meal cannot be eaten without first partaking of a cocktail or having beer or wine with it. When confronted with this custom young people, who have never taken a drink, hesitate to refuse through fear of being thought prudish, odd or of offending their host, and many can trace their appetite for drink to this beginning. Knowing this, never urge anyone to take a drink if he once refuses. Better still, never under any circumstance ask another to drink. This applies with special emphasis when your guest has never taken anything intoxicating or where it is known that he is trying to stop the use of liquor. Play fair, give him the same chance you would want if conditions were reversed.

Suggestion the Great Cause of Drinking

The *first* drink is *always* the result of a suggestion which comes either directly from some one else or an "auto-suggestion" coming from within. If you have your own experience to go by and can recall the occasion of "your first drink," you will remember that it was taken because some one "suggested" it, or your own curiosity "suggested" it to yourself. Perhaps it was when you were wet and chilled and someone said: "Feel cold and miserable? A little drink would do you good. Here, drink this, it will warm you up."

Or you might have been in a crowd which was drinking and upon your refusal to join them you heard: "Come on, be a good fellow with the rest, take a little drink. Don't be a piker and quitter, stick along with us and have a good time." Again that first drink might have been at a social gathering where you were told: "Everybody drinks and you don't want to seem odd or old fashioned, just take a few sips for politeness sake and to show consideration for your hostess." There might have been some variation in the circumstances and the words used, but the suggestion was there and you followed it.

It might, however, have been "auto-suggestion" coming from yourself which caused you to take your first glass. You wanted to find out for yourself whether what you had heard of drink—either good or bad—was really true. It was the auto-suggestion of *curiosity* and it probably began "I wonder what beer tastes like." "I wonder what a drink of whiskey would do." "I don't feel very well; I think a little drink would do me good." "I believe I'll just try it once; once can't hurt me a bit and no one can ever tell." This line of thought was bound to result in that first drink being taken. If that same line of thought be persisted in or the same character of suggestion be received from others there is absolute certainty that the first drink will be followed by others and that drunkenness and inebriety will follow.

So great is the power of suggestion that I believe it would not be at all out of the way to say that, in one form or another, *suggestion is the one true cause of drinking*. All other reasons which are advanced being simply descriptive of the *form* in which the actual drink impelling idea is given.

A minute analysis of the various given causes of

drinking will show that the "Law of Suggestion" is the impelling force behind them all. Through suggestion the first drink was taken; because of suggestion the practice of drinking was formed and continued. Furthermore we will learn that one of the most potent means for restoring a drinker to a condition of complete and permanent sobriety is suggestion, scientifically employed. An exception to the above general rule must be made in such cases where the mentality of the drinker is of such a low order as to preclude the possibility of suggestion's correct use.

Paradoxical as it may seem, suggestion is at once a cause and a cure for inebriety. For this reason and because I expect to show you how to use suggestion, with all its wonderful influence, I want you to study the drinker's beliefs regarding the effects of liquor upon himself and his reasons for drinking. The various types of drinkers reason along the same lines and knowing their trend of thought it becomes a comparatively easy matter to outline the correct psychological or mental treatment which should accompany the physical or bodily treatment. A thorough explanation of suggestion and its relation to inebriety will be given in other chapters, where you will learn how it operates and how to use it.

Up to the present we have confined ourselves rather closely to the effects of inebriety upon the drinker himself but unfortunately its influence extends far beyond him. His family, friends, business associates and the very nation itself is affected by his drinking. Therefore a complete presentation of the case necessitates the consideration of inebriety from the broad standpoint of its effects on society and the nation, which will be done in the next chapter.

Effects of Drunkenness on Society and the Nation

Everyone knows that drunkenness is demoralizing and destructive to the individual but its appalling effect, considered nationally, but few have as yet realized. For the purpose of making you fully familiar with the facts I quote portions of the speech of the Hon. Richmond P. Hobson, made before the National House of Representatives at Washington, D. C., on February 2d, 1911. The full speech can be obtained by writing the Congressional Librarian at Washington and asking for Bulletin 1593-10167:

THE GREAT DESTROYER

*From the Speech of the Hon. Richmond P. Hobson
Before the House of Representatives*

Alcohol History is a record of a sad procession of **in History.** world tragedies. Nations and empires in turn have risen to greatness only to fall. Before the death-blow was struck from without the evidence shows in every case the ravages of a titanic destroyer within, under whose operations the vitality and strength of the nation were submerged in a general degeneracy.

For centuries the world's philosophers and historians have looked on appalled, overwhelmed. Only in the last few years has science taken up the question. Following her patient, rigid methods, under which nature and life have slowly yielded up their secrets, science has at last cleared up the mystery and identified the great destroyer as alcoholic poisoning.

**The Discovery
That Alcohol
Destroys Men.**

The discovery, like most great discoveries, came about almost by accident. During the Boer war it was found that the average Englishman did not measure up to the standards of recruiting and the average soldier in the field manifested a low plane of vitality and endurance. Parliament, alarmed by the disastrous consequences, instituted an investigation. The commission appointed brought in a finding that alcoholic poisoning was the great cause of the national degeneracy. The investigations of the commission have been supplanted by investigations of scientific bodies and individual scientists, all arriving at the same conclusion. As a consequence, the British Government has placarded the streets of a hundred cities with billboards setting forth the destructive and degenerating nature of alcohol and appealing to the people in the name of the nation to desist from drinking alcoholic beverages. Under efforts directed by the government the British army is fast becoming an army of total abstainers.

The governments of continental Europe followed the lead of the British Government. The French Government has placarded France with appeals to the people, attributing the decline of the birth rate and increase in the death rate to the widespread use of alcoholic beverages. The experience of the German Government has been the same. The German Emperor has clearly stated that leadership in war and in peace will be held by the nation that roots out alcohol. He has undertaken to eliminate even the drinking of beer, so far as possible, from the German army and navy.

In the summer of 1909 an international conference on alcoholism was held in London, to which most of the great nations sent scientific men or delegates.

Comparing the results of investigation made in all parts of the world, finding that these results agreed, representative medical leaders of the conference drew up a report in the form of a statement defining the nature of alcohol, as follows:

The Nature of Alcohol. Exact laboratory, clinical, and pathological research has demonstrated that alcohol is a dehydrating, protoplasmic poison, and its use as a beverage is destructive and degenerating to the human organism. Its effect upon the cells and tissues of the body are depressive, narcotic, and anaesthetic. Therefore, therapeutically, its use should be limited and restricted in the same way as the use of other poisonous drugs.

It is to be noted that the investigation has been conclusive. The question has passed beyond the experimental stage, beyond the stage of theory, and is a demonstration that is final, like the demonstration that the world is round and not flat.

Alcohol a Poison. The last word of science, after exact research in all the domains, is that alcohol is a poison. It has been found to be a hydrocarbon of the formula C_2H_6O , that is produced by the process of fermentation, and is the toxin, or liquid excretion or waste product, of the yeast or ferment germ. According to the universal law of biology that the toxin of one form of life is a poison to all forms of life of a higher order, alcohol, the toxin of the low yeast germ, is a protoplasmic poison to all life, whether plant, animal, or man, and to all the living tissues and organs.

Alcohol Has No Food Value. It is necessary to surrender the old idea, so widespread, that alcohol in small quantities has a food value, that its temperate use has any benefit. The experience of the railroads

has led over 39 great railroads to forbid the use of alcoholic beverages among their employees. While the men thought they were being fortified, experience proved the contrary. Science has supplemented experience by actual and accurate measurements. If a man drinks one glass of beer, the day on which he drinks it his general efficiency will be lowered on an average of 8 per cent. If he takes three glasses of beer a day, or the equivalent in light wine, for 12 days, his efficiency at the end of the 12 days will be lowered from 25 per cent to 40 per cent, depending upon the temperament of the man and the nature of the work. In doing mathematical work, like bookkeeping, the loss of efficiency goes above the 40 per cent limit; in memorizing the loss goes up as high as 70 per cent. Thus the most moderate and temperate drinking is harmful. No matter in what quantity taken alcohol remains always a poison.

Alcohol a Narcotic, Not a Stimulant. In like manner it is necessary to surrender the old idea that alcohol is a stimulant and has medicinal value as such, for it has been found to be a narcotic. What is thought to be stimulation is in reality a condition where the higher centers of co-ordination and control are more affected by the narcotic and, under the paralytic effect, turn loose the lower activities. The real effect throughout is depressive, and all the ideas of medicinal value attaching to alcohol must be abandoned.

Alcohol Not an Aid in Consumption. The old idea that alcohol is good for those threatened with lung trouble must be abandoned. Accurate records show that deaths from lung trouble are directly in proportion to the average amount of alcohol consumed. In one province of France, where the consumption of alcohol is 12.5 liters per capita per year, the deaths from consump-

tion are 32.8 per 10,000 per year, while in a similar province, where the consumption of alcohol is 36.4 liters per capita, the deaths from consumption are 109.8 per 10,000. With regard to drinking alcoholic beverages, what applies to consumption applies to pneumonia and other diseases of the lungs, like grippe, pleurisy, colds, and the like. What applies to the diseases of the lungs applies in a general way to the diseases of the stomach and intestines, diseases of the kidneys and bladder, diseases of the liver, diseases of the heart and blood vessels, diseases of the nervous system and the brain, diseases of the blood, diseases of the bones, muscles and tissues.

Alcohol the Cause of Disease. The alcoholic toxin not only has a poisoning effect of its own in every case, but in addition, through lowered vitality, the organs and tissues are opened to attack from other sources. The results can be illustrated by taking the effect of alcohol on the white blood corpuscles, the wonderful standing army of the system, whose organized hosts, millions strong, attack and destroy the hordes of disease germs of all kinds that are constantly entering the system through the air we breathe, the food and drink, and through abrasions of the skin. These disease germs, seeking a lodgment, germs of tuberculosis usually in the lungs, germs of typhoid in the intestines, each kind in its favorite organs or tissues, are constantly under assault from the armies of the corpuscles. If the latter win from the outset the germs are thrown off. If the germs win at first they get a lodgment and multiply, and the person contracts the diseases. If by repeated assaults the corpuscles finally win, the patient recovers. If the multiplying hordes of germs win, the patient dies. Nearly all the diseases of mankind and nearly all the deaths hang

upon the vitality and vigor of the white blood corpuscles.

One Drink Makes the White Blood Corpuscles Drunk. Under the microscope it was found that even a moderate drink of alcoholic beverage passing quickly into the blood paralyzes the white blood corpuscles. They behave like drunken men. In pursuit they can not catch the disease germs. In conflict they can not hold the disease germs for devouring, and they can not operate in great phalanxes, as they do when sober, against such powerful germs as those of consumption.

Every time a man takes a drink of alcoholic beverage he lays himself open for a time to contracting diseases. Every time a man takes a drink he puts his life in peril. No wonder the mortality statistics show, as they do, that a total abstainer has nearly twice the security and hold on life that the average drinker has and about three times the hold of heavy drinkers and those engaged in the liquor traffic.

If the drinks are repeated, the microscope shows that the fighting powers of the white blood corpuscles are permanently impaired, even when they are not actually drunk. This accounts for the lowered vitality of regular drinkers, even though temperate.

The Great Destroyer. Statistics compiled by insurance companies show that the death rate for the population at large is 1,000 deaths per year out of every 61,215 of the population, and that the death rate of total abstainers is 560 per year out of the same number, and for liquor dealers 1,642 deaths per year out of the same number. These figures, resulting from many millions of cases, can be taken as accurate. They show that 440 deaths out of every 1,000 deaths, nearly one-half of the deaths that occur, are due to alcohol. Applied to this country, over 680,000 deaths

per year in continental United States, or over 725,000 per year in the United States and its possessions. In other words, alcohol is killing our people at the rate of nearly 2,000 men a day every day in the year.

Alcohol Ten Thousand Times More Destructive Than War. The Army War College at Washington made an investigation of destructiveness of war. Taking all the wars of the world, from the Russo-Japanese war back to 500 B. C., the War College found that the total number of killed and wounded in battle amounts to about 2,800,000, of which it is estimated that about 700,000 were killed and something over 2,000,000 wounded.

The comparative figures show the appalling fact that alcohol is killing off as many Americans every year as all the wars of the world have killed in battle in 2,300 years.

Applied to the whole white race, we find that alcohol is killing 3,500,000 white men every year, five times as many as have been killed in war in 2,300 years; so that, stated mathematically, alcohol is ten thousand times more destructive than all wars combined. No wonder the governments investigating the subject have found that war has been only a secondary cause of national decline, and that alcohol has been the real destroyer that has overthrown all the great nations of the past and is now undermining the great nations of today.

The figures of the British Government and English life insurance companies as to the effect of drinking on longevity are stated as follows:

Alcohol's Wounded Today Are More Than Six Hundred Million White Men. If a young man at the age of 20 is a total abstainer and remains a total abstainer, his prospect of life is 44 years and he will live to the average

age of 64, but if he is a temperate regular drinker his prospect of life will be 31 years and he will live to the average age of 51, after losing 13 years out of his life. If he is a heavy drinker, his prospect of life is 15 years and he will die at the average age of 35, after losing 29 years out of his life. Conservative estimates place the number of confirmed drunkards in the United States at something over 1,000,000, of whom 300,000 die every year; the heavy drinkers at over 4,000,000; and temperate regular drinkers at over 20,000,000. A soldier wounded in battle and losing 10 years of his life as a consequence would be classed as seriously wounded. The confirmed drunkards and heavy drinkers together, 5,000,000 in number, must be looked upon as mortally wounded and the temperate regular drinkers as seriously wounded, making a total of over 25,000,000 Americans wounded by alcohol today, more than ten times as many as wounded in all the battles of the world since the dawn of history. The estimates for the white race make over 125,000,000 white men today wounded by alcohol.

If a great military power were to declare war on unprepared America today every patriotic heart would be filled with anxiety. I know the full significance of war, especially when a nation is unprepared. But if I had the choice of having alcohol continue its deadly ravages with the Nation at peace or of having it wiped off the face of the land with a declaration of war by all the nations of the earth, I would not hesitate for a moment; I would take sober, undegenerate America and face the combined world in arms.

The If a peaceable red man is subjected to the
Curse of regular use of alcoholic beverage, he will
All Races. speedily be put back to the plane of the
 savage. The government long since recognized this

and absolutely prohibits the introduction of alcoholic beverage into an Indian reservation. If a negro takes up a regular use of alcoholic beverage, in a short time he will degenerate to the level of the cannibal.

No matter how high the stage of evolution, the result is the same. A white man with great self-control, considerate, tender-hearted, who would not willingly harm an insect, will be degenerated by regular use of alcoholic beverage to the point where he will strike with a dagger or fire a shot to kill with little or no provocation.

The Overshadowing Cause of Crime, Pauperism and Insanity. Though at first a tender, loving husband and parent, he will degenerate to the point where he will be cruel to his own flesh and blood. It is con-

servatively estimated that 95 per cent of all the acts and crimes of violence committed in civilized communities are the direct result of men being put down by alcohol toward a plane of savagery. The degenerating process strikes at the integrity of the reason and is the chief cause of idiocy and insanity. It wipes out self-control, self-respect, the sense of honor, the moral sense, and produces the bulk of tramps, paupers, vagabonds.

Defies Nature and Nature's God. In every living thing there is the evolutionary impulse to rise and progress. In the human family man is not changed much in his physical nature, but is evolving chiefly in his nervous system, building up those delicate centers of the brain upon whose activities rest the moral sense. Nature is trying to produce men of high character, a race of true, noble men. Alcoholic beverages, even in moderation, reverse the processes of nature and set back the purposes of creation.

Blights of the Progeny of Man. Nature is pitiless when her processes are reversed. She abhors degeneracy and will not tolerate its perpetuation. With parents properly mated and undegenerated the offspring will multiply and be higher and nobler in each succeeding generation. But woe to the offspring if the parents degenerate themselves. Nature will blast the progeny and everything associated with its production.

The same inexorable law holds for man as for animals and plants. A scientist having investigated more than 800 cases, announces that of children born of alcoholic parents, one of every five will be hopelessly insane, one out of three will be hysterical or epileptic. More than two-thirds will be degenerate. Another scientist located 10 large families in which both parents were alcoholic, and in the same localities, with other conditions practically the same, 10 large families in which both parents were total abstainers. Of the 57 children of the alcoholic parents, 10 were deformed, 6 were epileptic, 6 were idiotic, 25 were nonviable, only 17 per cent were normal, 83 per cent being abnormal. Of the 61 children of the total-abstaining parents 10.5 per cent only were abnormal, and these chiefly backward, while 89.5 per cent were absolutely normal. Seventeen per cent were normal in the one case and 89.5 per cent in the other case, a difference of 72.5 per cent.

Alcohol Increases the Perils of Childbirth and the Danger of Race Suicide. Another scientist after wide investigation has found that in only 1 per cent of cases do accidents occur in maternity to mothers where the parents are total abstainers, while 5.25 per cent occur where the parents are regular temperate drinkers, and 7.32 per cent where the parents are heavy drinkers. In the case of total-abstaining parents the

deaths in infancy among their children will be 13 per cent; in the case of temperate regular drinkers 23 per cent, and heavy drinkers 32 per cent. Of the children of drinkers 10 per cent will have consumption, of the children of total abstainers, only 1.8 per cent. Those who drink alcoholic beverage should realize the terrible price they pay. For even temperate regular drinking, they increase over 400 per cent the chances of accidents in maternity. They nearly double the chances of their children dying in infancy, and they undermine the health and normality of those that survive. A man may take chances with himself, but if he has a spark of nobility in his soul, he will take care how he tampers with a deadly poison that will cause the helpless little children that he brings into the world to be deformed, idiotic, epileptic, insane.

The Stand-point of the State. The standpoint of the individual is not the only standpoint from which this great destroyer must be examined. His blight is as deadly for society as it is for the individual. We must examine him from the standpoint of the state. From the standpoint of the state, there is but one decision, my countrymen, this great destroyer himself must be destroyed.

The Disease Is Organic. The investigations above show the disease to be organic, and chronic. It has been running for 3,000 years; it is grafted upon the social and political life of the nations; it grips every civilized government in the world—the rulers and the ruled, the families of high degree and low degree. It is the deepest, most organic disease known to the body politic and body social, the root and source of nearly all other social and political ills.

The Treatment Must Be Organic. For an organic disease the treatment, to be effective, must be organic. What is organic treatment? Who are the organs and tissues and cells of the body politic and body social? The people themselves. Each citizen may be regarded as a cell in the body politic. Any effective cure must reach the great multitude of individual citizens. The problem resolves itself into two parts—first, to find a treatment which, applied to the average individual citizen, will cure him; secondly, to carry this treatment down to the multitudes.

The Power of Truth. The average man is a rational being. If undegenerated, he shares with other creatures three elemental attributes—the instinct of self-preservation, the impulse to rise and better himself, the instinct to protect his progeny. Therefore, being rational, the average man can be cured by taking to him the truth that alcohol strikes at his life, stops, then reverses his evolution and blasts his progeny. The problem, therefore is to take the great vital truths to the vast multitudes of the people. In the broadest sense, it is a question of universal education.

Pass the Cure Along. In the cure of an organic disease, when a cell gets cured it becomes active and passes the cure to the next. When a person has come into possession of the truth he should never lose an opening to pass it on and on, if only in the shortest, simplest form, that alcohol destroys, degenerates, and blights the progeny; then the question is settled as completely as a problem in geometry.

Note the concluding paragraphs in the above extract. Mark well his admonition, "Find a treatment which, applied to the average individual citizen, will cure him, and carry this treatment down to the multi-

tudes." That is the purpose with which this book has been written.

I might go on for pages describing the minute effects of drink upon the body; much more could be said as to variations in types of drinkers and the causes of their indulgence; volumes could be written about the heartaches and troubles experienced by a drinking man's family—but to what end? If you are a drinker, moderate or otherwise, it will avail nothing to plead, scold or sermonize and I have no wish or intention of so doing. My aim is to tell you enough of the proven, scientific truths about drunkenness to make you understand and realize that they are *truths* and then let your reason and good common sense appeal to you to take such measures as are necessary to counteract and get rid of the poisonous effects of alcohol, just as you would seek as quickly as possible to overcome poisoning from any other drug.

We might lecture from now to the Day of Kingdom Come on the ills and evils of drink but we would accomplish but little if we only "preached." To get results, *faith* and *good works* are necessary. Don't overlook the fact that they both go together. Either is badly crippled or useless without the other. In order that you may have faith to carry out the good works required drunkenness has been proven to be a disease and I propose to show you a method by which it can be stopped and cured to stay cured.

The method, as applied to the home treatment of inebriety will be new to a very large majority of readers. For this reason I will give considerable space to details as I want everyone to thoroughly understand and be able to use the method in its entirety.

The Law of Suggestion

A number of references have been made, in previous pages, to "Suggestion," and as this force plays such a prominent part, both in the cause and in the cure of inebriety, it is really necessary to give an explanation of what it is and how it operates, before the various methods of treatment are discussed. The limits of this book necessarily prevent an exhaustive treatise on the subject, but for the practical application of Suggestion in the treatment of drunkenness such a treatise is not at all requisite. Therefore I shall confine myself to an explanation of the salient features and facts without going deep into scientific detail.

Pay special attention to this chapter because the knowledge you will gain can be profitably employed for the betterment of your business or your physical, mental and moral self. No other discovery has given us such a clear insight into human nature as has the recognition of the "Law of Suggestion" and its control of the mind and acts of man. The principles of Suggestion are simple and easily comprehended. An understanding of them will be amply sufficient for a practical "working knowledge" of the law and will enable you to intelligently use this great force in the successful treatment of either a patient or yourself.

In the following presentation of fundamental psychological facts there will at times appear a lack of sequence in their arrangement. This is almost unavoidable as the subject does not lend itself to a smooth and continuous unfoldment. You cannot, as it were, get hold of one end of the string and unwind

the explanations as you would a ball of twine. You must study each *feature* and *fact* by itself, then after a very short time you will find that you can fit them all together into a perfect whole. If the subject is new to you proceed slowly and think over each paragraph and page. Your common sense will fully agree with every statement made and you will soon understand and be able to apply the "Law of Suggestion" for your own good ends.

The Two Minds

And now just a word to prevent the establishment of wrong ideas in regard to that most remarkable instrument, *the human Mind*. Do not confuse *brain* with *Mind*. The brain can be seen, it may be felt, it is tangible; that is, it possesses form and substance. Mind is a *power* of the brain. It has neither shape nor substance, yet the study of psychology has taught us *by what forces this power is governed and just how it is manifested*. It is customary to speak of the *Mind* as though it were of material form, and you must not be misled by this into error. The *Mind* is that which perceives, remembers, thinks, feels, desires, reasons and wills.

Let us now go a little further, and, as a preliminary to an understanding of the process by which Suggestion exerts its influence, study the theory of *man's dual mentality*. By dual mentality is meant that every human being has either *two minds* or that the mind has *two distinct aspects or states*. Recent discoveries indicate that the one mind possesses two different states or characters rather than that there are two minds. The practical result is, however, that of two separate minds, so it is immaterial whether we call the subconscious phenomena the acts of a subcon-

scious mind or say they are due to the unconscious action of the nervous system. But in the study of the mind a practical distinction is made between its two aspects and for convenience one is designated as the *conscious mind* and the other as the *subconscious*. As a rule, the two minds work together, with no dividing line between them, and we feel there is but one personality.*

The *conscious mind* is the one which we use *knowingly*. It forms conceptions, compares ideas, evolves judgments and it reasons; it directs our every *conscious* and *volitional act*. It receives impressions or suggestions *consciously*, through the medium of the five senses, viz.: sight, hearing, taste, smell and touch. It also *receives* and *acts* upon impressions or suggestions received from the subconscious mind. Reading, writing, talking, logical thinking, the performance of tasks requiring our active attention are all directed by *conscious* mind.

Only a little reflection, however, is required to show you that but a very small part of our mental and physical activities are *consciously* carried out. We go through our day's work without a break although we know that a good part of it is not consciously and deliberately directed. We finish accustomed tasks automatically and, as is often said, "without giving them a thought." We perform such acts as walking and eating, riding and talking, carrying on conversations, and even thinking, in a manner largely unconscious. All these acts are directed by that phase of the mind designated as the *subconscious*.

The subconscious mind also governs the apparently automatic bodily functions, such as the beating

*The "conscious" and "subconscious" phases of the mind have been designated by some authors as "primary and secondary consciousness," and also as the "objective and subjective mind."

of your heart, your ordinary breathing, the digestion of food, and all the other innumerable actions and processes which are constantly going on within you. During sleep the subconscious mind stands guard and all goes on as during our waking hours. It controls the somnambulist, the hypnotized subject and the person in a state of trance. By means of anesthetics you can overcome the conscious mind and render it insusceptible to all external influences; but not so the subconscious, which in every normal individual is *always* alert and *always* active. We could exist for some time without the conscious mind, we could not exist at all without the subconscious.

The distinctions between the two minds are pretty sharply drawn, and at the same time, the relations between them are definitely fixed, though the subconscious often seems to encroach upon the domain of the conscious. As for example, when we first attempt a task that is new or strange, we are intensely conscious of our every effort. Our movements are slow, awkward and unskillful. By degrees, as we acquire more and more dexterity, we become less and less conscious of our movements until they are done unconsciously. Thus we perform an act or series of acts so often that they become "habitual" and are carried out without an effort of will. They are "conscious acts" performed "unconsciously" for the reason that the subconscious has assumed control and the conscious mind at once drops all care and responsibility. Thus it is seen that all *habits* of mind and body are for the most part governed by our subconsciousness.

A difference in the mode of operation of the two minds must also be noted. The conscious mind always works consciously; we are always aware of what it is doing. It always works by "day-light." This is

not true of the subconscious or subjective mind. We are conscious only of its *results* after it is through. But we can never be conscious of its relations directly, never catch it in the act of working. It never reasons "out loud." It works subtly, by intuition.

Another characteristic of the subconscious mind, which you must thoroughly grasp, is this: *The subconscious mind does not reflect nor reason but acts with machine-like precision and faithfulness upon SUGGESTION.* It will *accept* any suggestion and *act* upon it, provided that such suggestion is not outweighed in power and force by counter or inhibitory ones. And provided further that carrying out the suggestion will not produce harm to the body. The instinct of self-preservation is an all powerful, inborn suggestion—impression of the subconsciousness and any attempt to overcome this instinct by direct suggestion will be pretty sure to meet with failure.

The subconscious mind is far more sensitive than the conscious. It not only receives every impression that comes to the conscious mind but also many of which consciousness takes no note. It receives intuitive or instinctive impressions from the *minds of others* and from the judgment and reason of consciousness. It is the storehouse of every thought we have ever had and every act we have ever done. *It is memory* and retains every impression received. Pictures of past experiences, of which we have no recollection, are stored in the subconsciousness and may exercise an influence over us of which we are unconscious. "Many minds are moody, morose, melancholy, excitable, irritable, immoral, unbalanced, solely because of the overpowering influence of some past experience, which remains subconsciously in operation after conscious

thought on the occurrence has ceased and the person has apparently forgotten the incident.”

From the foregoing you now must thoroughly grasp the following points: There are two phases of mind, *conscious* and *subconscious*. The subconscious does not reason but *acts upon suggestion*. The subconscious controls our *habits* after they are formed and also many habits grow to be such subconsciously. The subconsciousness is the seat of *fixed ideas* and it is our fixed ideas which determine our character and the general course of all our actions. The subconscious *never forgets* an impression, though the conscious mind may be unable to recall it. Long after an impression is received and passed out of our consciousness, the subconscious memory of it may cause us to act in a manner for which we can give no logical reason. The subconscious is *never asleep and is always on duty*. The subconscious exerts a most powerful influence over all our conscious acts, and is itself most easily persuaded to action by suggestion.

With this explanation of the workings of the conscious and subconscious aspects of the mind, let us take the next step and get an idea of Suggestion.

What Suggestion Is

The term Suggestion, in its psychological sense, has come into comparatively frequent use only in recent years. Its meaning, application and mode of operation are still not generally correctly understood, though its *results* are everywhere noted. Stripped of all obscuring phraseology, *Suggestion means the giving of an IMPRESSION, FEELING, or STIMULUS to the mind, by something or someone, which arouses a THOUGHT, IDEA, or BELIEF, which in turn is expressed by ACTION.* The initial impulse

may be conveyed to the mind by any or all of the five senses, or it may come by "auto-suggestion" from within oneself, or it may come through the mind of another.

You know how the sight of a photograph, a face, or a bit of landscape, will arouse a train of ideas and thoughts, which all tend to shape our immediate or future actions. The same is true of everything about us and with which we come in contact. The books we read, the words we hear, the things we see, the odors we smell, the objects we touch and even the thoughts of our associates, all have their suggestive influence for good or ill and as a consequence we are for the most part made and molded by this force.

The reason why Suggestion exerts such a powerful and universal effect is this: Suggestion, as has been stated, is an influence which arouses an idea or thought. Now, according to a simple psychological law, *any type of thought persistently presented to and entertained by the mind, will soon reach the motor tracts of the brain and, in response to the force of "cumulative energy," is bound to cause action of some kind.* It may result in a physical act or it may lead to a belief or an emotion. But it *must* result in a mental or physical action of some character.

Reasoning still further, we find that the action produced must be of the *same type* or *character* as the thought which prompted and instigated it. Like begets like is true on the mental plane as on the physical. You cannot entertain thoughts of dishonesty and remain honest; impure thoughts result in impure actions; thoughts of pleasure in drink insure a spree; good thoughts produce good actions, and vice versa. From this you can understand that a man must first *think right* before he can or will *act right*.

Knowing that *our acts are the result of our thoughts* you can now realize that King Solomon, thousands of years ago, voiced a tremendous truth when he declared "For as he thinketh in his heart, so is he." (Proverbs, 23rd-7th.) This is not only good biblical doctrine but it is also a physiological fact. This is true not only of man's moral, but also of his physical characteristics. Let a man radically alter his thought habits and the transformation it will effect in his spiritual and material condition is both rapid and astonishing.

For years it has been known that the mind not only controlled our actions, but to a great extent, also determined the condition of our health. The *results* of the mind's influence over the body were easily seen and therefore not denied, but the *manner of its operation* not being understood has caused many false theories to be put forth to account for the *known facts*.

Those having only a meagre understanding of the subject are inclined to regard Suggestion, Hypnotism and other psychological phenomena as something uncanny, mysterious and beyond the power and reach of ordinary mortals, or they may perhaps disbelieve entirely. Others observing seemingly miraculous cures without medicines or noting remarkable changes of character, from bad to good and from weak to strong, have thought it a direct interposition of God himself. On this belief have been founded various cults, sciences and religions, each having as its chief article of faith the affirmation of the "Power of Mind over the Body," through the intervention of *Divine Influence*.

Some go so far as to claim that there are *no limitations* to Mind and what it can accomplish. Others say that only the Mind is real and that matter has no existence. Many claim that if one has *sufficient faith*

he can be cured of any disease, because disease does not exist, that it is only a "mental error."

As a matter of fact there are limitations to the mind's power over the body and merely *having faith* is not all that is required to bring about cures. It also is true that *remarkable cures and changes of character do take place and without the use of medicines or other physical means*, but every variety of "Faith Cure," "Mind Cure" or "Cure by Religion" depends for its effects and results upon *Suggestion*. This force is ever present and practically is continuous in its operation. Far from being supernatural or strange, *Suggestion is the Universal Law, which exerts the greatest control and sway over you and me*. It generally works unconsciously, but, whether conscious or not, it is the most persistent influence in life, *the first law of psychic order*.

Psychologists are now making practical use of the Law of Suggestion and are successfully treating a long list of maladies and bad habits by inspiring the *right thoughts* and establishing the *right mental attitude* in the person undergoing treatment. Mental and nervous troubles, all functional diseases of the digestive system, most forms of headaches, irritability of temper, insomnia, vicious mental and physical habits, are every day being cured by the skillful use of Suggestion. Its field of usefulness would grow still more rapidly if it were more generally known how simple and easy it is to use.

Safeguards on Suggestion

Knowing that all actions, mental and physical, have their origin in thoughts and that thoughts are the outcome of the various Suggestions which are constantly received, you can begin to realize why it is

that environment and surroundings so greatly influence and fix one's character. An individual's character, whether it is good or bad and to what degree, is determined by the kind of suggestions which are given him and which ones he *accepts*. From the time man reaches the age of reason he is constantly beset with suggestions of opposing nature; one species we can call Constructives or those which influence him for advancement and good; another class we may designate Destructives whose influence is for deterioration and evil. Whichever of these proves the stronger and most persistent determines whether the resultant acts and general character will be good or be bad. But as a protection to the individual and to prevent him from acting like a weathercock—shifting his position with every new suggestion—Nature has provided a number of safeguards against promiscuous or pernicious mental influence.

First among these protections are the faculties of *reason* and *judgment* which may be exercised for or against the acceptance of any suggestion presented to the conscious mind. Almost every minute of your waking hours you are called upon to make a decision as to whether or not you will comply with a suggestion or thought which "just pops into your head." It may take but a fraction of a second to reach a conclusion and dismiss the thought entirely; again the idea may persist in its recurrence and require a positive effort to get rid of it. Very often the mind will start to argue with itself, as it were, and it will take the various suggestions given by the subconsciousness and weigh them against each other and then make a decision. By thus using reason, judgment and an effort of will, we can accept or reject any suggestion which is presented to our conscious minds.

While we cannot absolutely prevent destructive thoughts or suggestions from entering our minds, *yet we can refuse to entertain them.* Two thoughts of opposite character cannot be entertained at the same time and if we make a practice of giving ourselves a "good" thought as soon as a "bad" one presents itself, we will soon crowd out all Destructives and form the habit of keeping the mind filled with Constructives. In this way we can exercise a great measure of "free choice" and can rise above our surrounding influences or sink beneath them as we choose. Bear in mind that *thoughts are things* and they produce material results, and that the result of right thinking must be right acting and right living.

Another protection lies in the fact, that *of two opposing suggestions only the more powerful shall be acted upon.* In this connection it must be understood that a comparatively weak suggestion gains strength and force by being constantly repeated. It may be presented to the mind consciously and subconsciously so often that it will prevail even when the mind is suddenly confronted with an almost overwhelming counter-suggestion.

As an example you may take the case of a soldier who has never been in battle, but who from the time of his enlistment has been admonished that when the time came, he must "keep cool" and "stand steady." He hears the same thing over and over again from his officers and his comrades, but pays but little "conscious" attention at the time because he can see no actual need for the advice at the time it is given. However his regiment is ordered suddenly to the front and he finds himself nervously awaiting the enemy's fire. It comes with a crash of thunder, a lightning flash of guns and a storm of leaden hail. The great big pow-

erful suggestion is to drop everything and run. Reason and judgment tell him that that is no place for him, but the previous weeks of drill and the suggestions "stand steady, keep cool" now prove their cumulative force and in obedience to them he stands his ground.

This same thing holds good in the establishment of all our habits. The suggestion or thought may be only a little weak one at first, but if we let it persist in the mind it gets a little stronger day by day, then we may act upon it "just once," then the once becomes twice, then again and again, until soon it has become a habit and part of our real selves. It may have been a good thought and produces a good habit or it may have been otherwise, but that is how habits are formed and our lives controlled.

Auto-Suggestion

As *Auto-Suggestion* is the most powerful suggestion which can be given it will be well to devote some little space to an explanation of its meaning, manner of employment and the results of its use. Suggestion and Auto-Suggestion are parts of the same thing, the difference between them is but this: *Suggestion* is an impression given to the mind from a source *outside* of the mind, while *Auto-Suggestion* is a similar impression, or similar influence given by the conscious mind to its own subconsciousness. Auto-Suggestion is under each individual's control, it is the most powerful suggestion to action which can be given and it is also the greatest safeguard against any and all kinds of Destructive suggestions. For these reasons it is the most powerful aid you can have in overcoming a destructive mental or physical habit or in curing yourself of different sicknesses and ailments.

It is through Auto-Suggestion that the great faculty of *Will* is built up. Will means *Self Control*; and that means literally what the phrase indicates—*control* of yourself by your own *self*. The man who has a strong, forceful Will has simply acquired the ability to give his subconscious mind such powerful auto-suggestions that it enables him to stick to his purpose in spite of all obstacles and counter suggestions.

Auto-Suggestion operates to build up a strong Will, clear thinking, all that counts for success, just as strongly as it works for better health. The weak willed person is the one who cannot say, "I Will." He is the person who is blown any way the wind blows, whose indecision and lack of backbone place him at the mercy of any influence—generally bad—near him. Any obstacle overcomes him, any slight excuse will keep him from doing what is right, what would make him happier and stronger. Weak will is a disease of the subconscious mind. The weak willed person lacks the clear, decisive ideas that normally are suggested to the subconscious mind, and that to the strong willed person results in firm habits of thinking and acting.

The foregoing will give you the basic features upon which the Law of Suggestion operates, but further details will be brought out in succeeding pages when we consider the relationship of Suggestion in the causation of Inebriety and the employment of this same force in the cure of the disease.

Suggestion and Drunkenness

A few pages back it was stated that the "first drink" was always the result of a Suggestion and further that both periodic and steady drinking were greatly influenced if not entirely governed by this same agency. Now with your further knowledge of the principles of Suggestion let us follow the career of a drinker from the first drink, until such time as the habit or craving has become firmly established and we will observe how the influence of Suggestion is ever present and how it dominates the case from beginning to end.

Let us suppose a young man of average intelligence, in ordinary surroundings and circumstances has taken his first drink, either as the result of a suggestion from someone else or as an auto-suggestion (usually curiosity) coming from himself. Upon the effects of that first drink greatly depend whether or not he will take the second, third or fourth one. Should the effects be agreeable, a pleasant impression is made upon the mind and recollection sets a pleasureable train of ideas in motion every time the drink suggestion is presented. Because these ideas are pleasant and the past emotions, feelings and sensations are again enjoyed in delightful remembrance, the drinker's judgment and reason may make no objection whatever to the next drink, it being taken as a matter of course.

If the drinker "quits while it is still fun" and without having drank sufficient to produce a disagreeable degree of depressing after effects, it is almost a certainty that the drinking experiment will soon be repeated. The drink suggestion comes to him very often

and is allowed to remain, as ordinarily he will not prevent himself from enjoying in memory his past pleasant experiences. You can readily see that each recurrence of this memory image acts as a powerful auto-suggestion to renew his past pleasures at the first opportunity.

Just the reverse will be true if the occasion of the first drink has been filled with disagreeable sensations and experiences, with a sequence of unpleasant memories. The suggestion to drink may occur to him just the same, but instead of being welcomed it is greeted with a feeling of repulsion, because it brings with it the recollection of physical and mental discomforts endured while drinking and which have left such an unpleasant impression that each thought of them is an auto-suggestion to leave drink alone. The unpleasant consequences of the first spree may leave such a vivid and permanent impression that the first will be the last, or it may be that while the memory is disagreeable yet it is not sufficiently so to counteract the drink suggestion, when of course, the spree will be sooner or later repeated.

Man is supposed to be governed by his reasoning faculties, but as a matter of fact he acts more in accordance with his impulses, emotions, sensations and desires than he does upon the dictates of his judgment and reason. Therefore actions pleasing to us are performed much more promptly than are those which are distasteful or to which we are indifferent. We will accept and act upon suggestions promising even transitory pleasures and resolutely relegate reason and judgment to the background and refuse to let them interfere. For this reason the remembrances of one spree tend to either prevent or to hasten the next.

The drinker may begin the use of liquor without

argument with himself or others as to the right and wrong of his actions, and his drinking will then be without restraint of any kind. Such cases usually become extreme in a very short time as there is nothing to prevent or check the acquirement of the drink habit. As a usual rule, however, after the first spree, there are many influences at work for and against its repetition. His mind will have presented to it two opposite and contending sets of suggestions—one urging him to drink, the other to resist it. Whether he drinks or not is decided by which suggestions are most frequent, the most powerful and to which ones he is the most friendly.

The suggestions to drink may come in a hundred different guises and under many circumstances. They may come from his subconscious mind in the form of remembrances of past pleasant experiences; they may come from his companions who urge him to drink with them for sociability's sake and they draw for him rosy mental pictures of the good time he is going to have. He may even coerce his reason and judgment into deciding that he will be actually benefited by drinking. If you will again read the chapter on the "Causes of Drinking," you will note each cause, when analyzed, with the possible exception of "Injuries" and some cases of "periodical" outbreaks, is the result of Suggestion, in one form or another.

Opposed to the suggestions to drink are the drinker's reason and judgment, the entreaties and arguments of his family and real friends, and such auto-suggestions as arise from his consideration of the question pro and con. His reason and judgment tell him that alcohol is poisonous, that it cannot benefit him in any possible way, that it is injuring him mentally and physically, that its use has destroyed countless

thousands and that it will do the same to him, as he cannot hope to be the one single exception to an universal rule. His memory brings before him the picture of an intoxicated man, with all its repugnant details, he remembers his own unpleasant experiences of the past, he hears the pleadings of those whom he loves and esteems, he recalls his many promises and pledges and usually says to himself, "I guess I won't take another drink."

He means what he says, at the time he says it, but his auto-suggestion is not positive, it is faint, weak and easily overcome. His decision to stop is not accompanied by any real *intense desire* to do so, and way back in his head he is searching round for some excuse to break over. The suggestion of possible pleasures is always more alluring and consequently stronger than the thoughts of deprivation of any character, and therefore it usually is not difficult to crowd out such weak auto-suggestions as have been made for abstinence. Almost any excuse is sufficient and with that lovable old vagabond, Rip Van Winkle, they are prone to say "we won't count this one."

As previously stated any suggestion which is constantly presented to the mind and entertained therein, grows stronger with each repetition and soon accumulates sufficient force to overcome a very strong counter suggestion. An example of this was given in the conduct of a soldier under fire for the first time, but let us take another directly related to our subject.

Let us take the case of a drinker who has been threatened with the loss of his position on account of his habits, or whose wife and family are going to leave him because of his drinking, or who comes close to death because he was drunk, or who hears a powerful temperance sermon and is exhorted to sign the pledge.

Any one of these is a very strong suggestion for him to stop and it may be sufficiently forceful to cause him to act in accordance with the suggestion and stop drinking entirely. The suggestion has been strong enough to accomplish its purpose, but if it is not *maintained* and *strengthened* by frequent suggestions and auto-suggestions of the same character the effect will not be a lasting one. This is because counter suggestions will be constantly given by his companions and while taken singly they may not be very strong or compelling, yet by their being frequently repeated they gather cumulative strength by their numbers and recurrence and soon outweigh in potency the suggestion which caused him to stop. As the stronger suggestion is the one which is acted upon he returns again to drink. This is the reason why spasmodic efforts at reform produce such poor results.

It must also be borne in mind that after a time alcohol so effects the nervous organization as to establish a "craving for intoxicants" which is added to all the other influences which make for his continued indulgence. The habit of drinking has been established and the craving becomes a constant auto-suggestion to drink. This is probably the strongest of all because it comes from the subconscious mind which mostly controls all our habits. The subconscious mind does not reflect or reason and when the craving makes itself felt it says in effect, *go get a drink*, and all suggestions for restraint are ignored as if they never had been presented.

After a time the suggestions against drink become fewer and fainter, while those for it have grown so strong that there is but little or no attempt made to resist them. Drinking becomes habitual or done as a matter of course, the only restraining influence being

lack of opportunity or lack of price. The auto-suggestion to drink which was at first only occasional and easily routed becomes the *fixed idea* and we find all the drinkers' efforts are bent upon just one thing—the securing of enough intoxicants of any kind or character, in any way or manner, to drink to insensibility.

Knowing something of alcohol's effects on the various organs and tissues of the body, and studying the mental processes of the drinker, I am sure that you now realize that Inebriety is a distinct disease *involving both body and mind*. With this knowledge we are now prepared to examine the various methods by which it has been treated in the past, to select such means as will prove beneficial and to reject those which common sense and experience have shown to be useless.

The Chances for a Cure Among Different Classes of Drinkers

When it is said that Drunkenness is a curable disease, it must not be supposed that every case treated is certain to recover. Such a result is beyond the realms of possibility, as there can be no absolute certainty where human fallibility enters into the equation. The great majority of drinkers, however, are curable and this fact makes thorough and persistent treatment advisable in every instance, though it must be borne in mind that you can not cure drinkers in masses, each one requires individual handling and such treatment as will fit his particular case. With each one there are circumstances and conditions peculiar to that case alone, and these must be taken into consideration before anything approaching a definite prognosis can be given. But as the various types and classes of drinkers differ in their curability it will be well to consider the points for and against the likelihood of their being cured as a *class* and also to give a brief outline of the general method of treatment.

The Curability of the Voluntary Drinker

The voluntary drinker, the one who has no "craving" for drink and who has no fixed habit of drinking, is not a subject for medical treatment per se. As there is no physical disease, he cannot be helped by such physical agencies as medicines. His drinking is due to a vicious mental attitude which can only be changed through appeals to his moral sense, his reason and judgment and by the use of suggestion. It should be mentioned that purely voluntary drinkers

are comparatively rare, except as beginners, so if a man is at all regular in his use of intoxicants you must not be deceived into thinking that it is entirely volitional on his part, as you will remember that nearly every drinker asserts that he can take a drink or let it alone just as he chooses. His opinion as to his drinking cannot be taken as being at all accurate.

The voluntary drinker as a rule is extremely egotistical, he thinks he knows best what he should or should not do and he lets it be distinctly understood that he proposes to follow his own sweet will. With him ordinary arguments and entreaties will avail but little and medicines not at all. Scolding just arouses his combativeness and antagonism. However, there still is left suggestion, for his case the most potent of reformatory influences, and it is from this in some form, that results are effected.

This class of drinkers often stop spontaneously without any apparent outside interference. They undergo some experience or receive some strong impression which causes them to see the light and they have the good sense to stop their drinking before their "vice" has become a disease. Love of a good woman or marriage and its responsibilities has caused many a young roysterer to settle down and forswear his bad habits. However, knowing drunkenness and drinkers as I do, I would not advise any woman to marry a man for the purpose of reforming him. Anyone having such an idea had better let the reformation take place first, and then give it time to get "set" before taking the chance of being a drunkard's wife or the mother of an alcoholic's children.

Becoming active members of some church and taking the pledge will be effective with many. Note that I say becoming an *active* member of a church and

not merely affiliating with one. It makes little or no difference what the denomination or tenets may be, as long as he puts his religion into every day use. He must change his habits of thought. Any church, sect, or belief which will do this for him will effect his reformation. If his mental attitude is not altered entirely he can "profess religion" as loudly and as long as he wishes but it will avail him nothing in the way of mental or moral benefit.

Many voluntary drinkers declare that they will not stop drinking and oppose with all their might every attempt to make them do so. The relatives or friends of such individuals usually think that nothing can be done, or disgusted with their purblind, egotistical stubbornness they cease trying to aid them and leave them to work out their own salvation or destruction as they choose. Despite the seeming difficulties much can be done for these cases as a large proportion will yield to properly given suggestion. The method of using it in these and similar instances will be explained a little further on.

Constant and Periodical Drinkers

As a rule the constant or steady drinker is more quickly amenable to treatment than the true periodic. Why this is so I do not know except it be that in the case of the periodic there is an unknown nervous condition present which does not obtain in the case of the steady drinker. You will recall that with the true periodic there is no desire for drink between *sprees*, but when the time approaches he experiences an intense craving for intoxicants which he is pretty sure to appease at any cost and despite all efforts to restrain him. After the outbreak there is another period of sobriety and freedom from the craving.

In case the sprees of the periodic are very frequent, say from three to six weeks apart, the general line of treatment would be nearly the same as for the steady drinker, but should the sprees be six months apart, or longer, there would have to be marked differences in the handling. Little or nothing can be done with drugs between the attacks, as there are usually no conditions which call for medication. ✓ But if the time of the outbreak can be judged, either from the regularity of its reoccurrence or from premonitory signs and symptoms, it may be aborted entirely or at least cut very short and in time completely cured. ✓

The preventive treatment before the attack should be elimination through intestines, kidneys and skin, pushed to the maximum, and such measures as will result in decreasing the nerve tension which is practically always present. Baths, sleep and diet are of great value. Mental treatment through the proper suggestions is of great importance.

The Frenzied Drinker

The drinker who becomes extremely violent under the influence of liquor; who threatens to assault or even kill all those who oppose him; who gets an idea that he has been grievously wronged and that he must avenge his injuries, or who becomes extremely morose and melancholy with a tendency to commit suicide, does not have as favorable an outlook for a cure as has the one whose mental and nervous mechanism is more stable. The nervous organization of such an individual is not well balanced to begin with, and even under normal conditions his thoughts and convictions are liable to be askew. When his mental instability is increased by alcohol he becomes temporarily a maniac.

In these cases physical treatment is required to

overcome the alcoholic poisoning and to restore as far as possible the nervous balance. Mental treatment, covering some considerable time is also a necessity. To really cure such a drinker he must be shown and taught how to gain and maintain self-control, not alone of his desire for drink, but of his other traits, characteristics and habits. This can be done by the aid of auto-suggestion, and if he is really desirous of being cured and of gaining the mastery of his violent impulses, an astonishing transformation of his whole character can be accomplished.

Epileptics, Mental Defectives and Degenerates

Drinkers who have some brain lesion with which they have been born or which has been acquired through some injury, are very difficult to cure. If the deflection of the brain is pronounced and the drinker is either an idiot or a degenerate but very little can be done through ordinary medication. Sometimes where the trouble has been caused by an injury to the skull, causing brain pressure, recovery will take place after an operation to remove the irritation. With the others constant supervision to prevent their obtaining liquor is about the only means of preventing their drinking. Occasionally long confinement in institutions, where some attention is paid to treatment, has been found to be effective, probably because the memory of the drinking experiences fades with time, when there is no opportunity to renew them.

Confirmed Alcoholics Without Family Ties

The most difficult class to successfully treat is the confirmed alcoholic who has lost all family ties. The large cities have great numbers of him. He is usually a tramp and vagrant, having no regular trade or avo-

cation. He has been drinking for so long that he has lost all self-respect; he has ceased to regard the opinion or feelings of others; his entire sense of moral responsibility has been nearly or entirely lost. Alcoholic degeneration is usually very marked, his mentality is of a naturally low order or has become so on account of drink. He is the drinker who cannot be trusted at all, the "soak" or "bum" who has no manhood left. He is usually half starved in body, totally so in mind, a prey to various ailments, a pitiable human wreck.

About as far as our cities, counties and states have gone with their measures for handling such cases, is to sentence the drinker to jail for thirty days, six months or a year, as the case may be. From a curative standpoint this does absolutely no good, even if they receive treatment for drunkenness while there. You may confine a drinker of this type in jail and free his body of its alcoholic poison, but his mental and moral make-up has been warped and twisted and no attempt is made to treat that phase of his trouble. His thoughts are continuously centered on the big time he is going to have just as soon as he is released and he proceeds to fill up at the first opportunity.

Provided that a drinker of this class still possesses a little pride of self and some remnants of ambition much can be done by a thorough institutional treatment which takes into consideration both the mental and physical aspects of the case, and provided further that after leaving the institution he is given employment under conditions which will keep him out of the way of temptation and which will enable him to reestablish his self-respect and manhood. If this cannot be done curative treatment is useless.

Hospital or sanitarium treatment for these cases

is an absolute necessity, and it should be continuous for at least six to twelve months, and in some instances even longer. In addition to the treatment for the removal of the drink craving, and other ailments incident thereto, it must be remembered that these cases are starved in mind and body, and both of these must be given plenty of nourishment, especially the mind. A few weeks of skilled medical care with plenty of food, ordinarily will serve to restore one of these wrecks to the outward semblance of a man. He will have lost the intense craving for liquor and the physical discomforts incident to the withdrawal of drink will have passed away, *but he will be far from being cured.*

If he is turned out at this time, the tendency is for him to seek his old haunts, and associates and to resume his old habits, and it is only a question of a very short time until he starts to drink again. In order to overcome this, each patient, as soon as he has recovered some degree of bodily strength, should be put to work at some light labor which will occupy his time and his mind. Then the task of instilling new ideas of self-respect, self-restraint, honor, and self-satisfaction because of regained manhood, should be begun and faithfully continued. Needless to say the one in charge of an institution of this character must have an intimate knowledge of Inebriety, a sincere sympathy with those in his care, and a keen conception of their mode of reasoning. Furthermore he must understand the Law of Suggestion in all its phases, as it is only through suggestion that the right mental attitude can be reestablished and will-power and mind-power restored to a degree sufficient to once more make them producing members of a community.

The treatment of this class of patients can only

be fully carried out by public institutions, supported by public funds and backed by laws which make it possible to keep patients under supervision and treatment for such time as may be necessary. These patients have no money to pay for treatment and no desire to be cured. In fact they have no object in being cured. They are an expense and a danger to society and in their condition are of no value to themselves or others. But a large proportion of them can be again made producers and self-supporting through proper care and handling and the state should establish and equip sufficient institutions for this purpose and pass such laws as may be necessary to compel chronic alcoholics, of the above type, to undergo a thorough course of treatment.

The medical part of the treatment of this case is not difficult, but special care must be taken to guard against complications when liquor is suddenly withdrawn. The after treatment is the most important and also the one which taxes the ingenuity and resourcefulness of the physician in charge. This after treatment consists in inculcating into the minds of these men that it is better to lead sober, industrious lives than it is to be "bums" and "loafers." Telling them stories of "Good Little Rollo" will not arouse any impulse toward sobriety and labor, they are too cynical and too skeptical of the value of that brand of goodness. They don't want to be preached *at* and they don't want to be moralized over. In fact you can do nothing with them at all until they have had hospital treatment sufficient to overcome the craving for drink and to some extent its effects; then they should be given some light interesting work, preferably in the open air; then each case should be taken individually to see if there is left some smoldering spark of self-

respect and manhood which can be fanned into a flame. Drinkers of this type have to be given character building treatment as well as remedies for their physical ills. If this can be done there is every possibility for good results in a large proportion of those who are now down and out.

The Drinker Who Wants to be Cured

The drinker who truly desires to stop drink will experience little or no difficulty in being entirely cured. By a desire to be cured I mean more than the expressing of a wish to stop or consent to undergo treatment. Many drinkers will say that they wish to stop drinking and that they will take or do anything which will enable them to accomplish this end, but all it amounts to is empty assertions and worthless promises that were never intended to be kept. But if the desire for a cure be sincere and earnest, and with it goes a willingness to take such steps or measures as may be necessary to ensure the fulfillment of his wish, then the matter becomes comparatively simple. Such a one with proper medical treatment for the alcoholized body, and carefully chosen suggestive treatment for the alcoholized mind, is practically certain to be cured, and with the mental treatment persisted in for a reasonable period he is morally certain to *stay cured*.

The Drinker Who Will Not Consent to Take Treatment

How about the man who says he will not take treatment, that he does not need treatment and that he does not desire to stop drinking? Can anything be done for him? *Yes, indeed!* Much more can be done for him, both physically and mentally, than is usually thought possible or even imagined. As stated in the

preceding paragraph, a sincere desire to be cured is of great importance and with one having that desire a cure is almost a certainty. And now mark this point well—*through medication and suggestion you can induce an intense desire to be cured in one who at first may be actually opposed to stopping and who has refused to make any effort toward that end.*

While it may be true that not every case can be successfully treated in this way, yet such a large percentage will respond to this method that every one who has to contend with drink should exhaust its every possibility before even thinking that they have done all in their power for their patient along curative lines. As to which cases will prove the most amenable, no physician can tell until the treatment is actually used. It should be tried with all who are unwilling to take remedies of their own free will, as some of the apparently least promising yield the very best results.

Results in these cases are obtained by influencing the conscious mind through the subconscious. You will remember that the subconscious mind does not reflect or reason and that it will receive and act upon any suggestion which reaches it, provided the suggestion is not counteracted by a stronger one. Nearly every one is aware that it has been demonstrated time and again that a hypnotized person will receive a suggestion and *act upon that suggestion when he returns to his normal waking state.* The hypnotized subject does not know that in performing such action that he is following out a suggestion received when hypnotized but thinks he is acting on his own initiative and according to his own free will.

Under hypnotism the conscious mind is put to sleep, but the subconscious is always awake, active and very open to receive suggestions. *The same condition*

obtains during natural sleep. The conscious mind may not be quite so "dead to the world," as when the subject is hypnotized but it is enough so for all curative purposes of suggestion. It has also been demonstrated that it is not necessary to hypnotize a person to reach the subconscious mind and it has been shown that *during natural sleep the subconscious mind will receive suggestions and will act upon them during the waking state.* It is the discovery of this trait of the subconsciousness that makes it possible to successfully treat that class of drinkers who through ignorance or stubborn egotism refuse even to consider taking the treatment they so much require.

In addition to the suggestive treatment certain medicines can be used for the amelioration and cure of the "craving for drink," which as you know is one of the strongest counter or destructive subconscious suggestions against abstinence. These medicines can be, if necessary, prepared so that they can be administered in the tea, coffee or food of the drinker without his detecting them. In spite of many offhanded medical opinions to the contrary many severe cases of drunkenness have been cured by such medicines, even without the aid of suggestion.

The best results, however, in this class of cases, will be obtained by using this method of treatment *for the purpose of establishing in the patient's mind a fixed and expressed desire to be cured and a desire for the necessary treatment.* In other words it is best to use this method as a first step and just as soon as the patient consents to and wishes for treatment, then change at once and begin to use such medicines and suggestive treatment as will tend to give him the quickest and best results.

I am fully aware of the fact that there will be

many who will doubt, disbelieve and even ridicule the idea of making a man completely change his attitude toward drink and *do it while he is asleep*. This is only to be expected. *Most of us disbelieve everything we can't see with our natural eyes*. Every scientific discovery which could not be seen, felt or heard has met with doubt and disdain. Even in the face of *positive results* people say "It can't be so, because I never heard of such a thing." They take very much the same position as the old farmer who when on a visit to a circus saw a giraffe for the first time. He looked mother nature's animal joke over and over, and after half an hour's careful scrutiny he delivered this careful judgment: "By gosh, I don't believe it. There aint no such animile."

You may have never heard of making a man change his mind by using suggestion, but in the light of what you have thus far studied of suggestion, in the light of some of your own personal experiences, doesn't the method appeal to your common sense? Is it half as wonderful or mysterious as wireless telegraphy? Doubt if you must, but in the name of fair play at least give the method a thorough trial before you disbelieve.

Treatment of Acute Alcoholic Conditions

In ordinary cases of intoxication the services of a physician are seldom called upon and the only treatment given is perhaps something to produce vomiting and to allay the disagreeable symptoms and sensations of the "morning after." The patient upon returning home in an intoxicated condition goes to bed and falls into a heavy slumber which lasts until the active intoxication has passed. Upon awakening he experiences the usual after effects of burning thirst, shaky limbs, sore stomach, splitting headache, bad taste in the mouth, furry tongue, nausea and vomiting and is usually in a very repentant and remorseful frame of mind.

His remorse, by the way, will last just as long as he feels badly from his spree and no longer. With temporary relief comes a return of his egotism and belief that he "never again" will drink to intoxication. Loud and long are his promises to reform while he is still suffering, but you remember the rhyme:

"When the devil was sick,
The devil a saint would be.
When the devil got well,
The devil a saint was he."

Each drinker usually has his own methods for overcoming the after effects of intoxication, and as he ignorantly believes that he is all right in every way as soon as he sobers up he seldom or never calls a physician until some exceptionally severe attack frightens

him into seeking medical advice and treatment for the condition which caused his anxiety. As a rule he does not desire treatment for Inebriety, nor does he wish to stop drinking. What he really wants is some drug which will counteract and neutralize the effects of alcohol and at the same time permit him to go ahead and drink to his heart's content.

More often than not the physician whom he consults attempts to comply with his wish for temporary relief and permission for continued indulgence. Instead of explaining to the patient, plainly and sincerely, that his condition is a serious one and demands more than mere palliative and temporary treatment, the physician treats the matter very lightly, prescribing bromides or other sedatives for his nervous condition, a simple tonic of some sort and then dismisses the patient, by saying, "You get these prescriptions filled and take them according to directions, and you will be all right in a couple of days." Occasionally the physician will admonish the patient to stop drinking or at least moderate his use of intoxicants, but it is only the exception who advocates or undertakes the thorough treatment for Inebriety which is really required.

The reasons for the physician's attitude may be ignorance of the seriousness of Inebriety, a lack of knowledge of the exact methods of treatment, an unwillingness to take the case because it may interfere with his practice by, in some unknown way, arousing the prejudices of his other patients or he may still be among the very small minority who think Inebriety only a bad habit which requires no medical attention of any kind.

The result of this attitude has been that hundreds of men have died of alcoholism; most of whom could have been saved if they had been fully instructed as to

their condition when they applied for some measure of relief. Let me urge upon the physician, who is consulted by a drinker, not to dismiss his case with a simple prescription, moral platitudes and perfunctory advice, but give him the attention and thorough treatment which he needs. Study his case and his requirements, insist upon his submitting himself to a course of physical and mental treatment for his inebriety. You will find great numbers will respond gladly to your advice and if you have never before given these cases serious attention you will be surprised and delighted at the results obtained.

When called upon to treat *acute* alcoholic conditions bear in mind that the means employed are seldom curative as to the Disease of Drunkenness. [They are active measures employed to get rid of a severe *temporary* condition. After the acute trouble has been relieved, the chronic condition still remains and calls for an entirely different handling. The patient should also be carefully watched for some few weeks after an acute attack to note whether or not any serious complications have arisen.

How to Sober a Drunken Person

It very frequently happens that a man will start drinking heavily and forget or disregard the fact that in a few hours he must look after some important business, go on a journey, appear before an audience, attend a social function or that some other similar circumstance will require his presence in a normal condition, and there arises the necessity of sobering him as quickly as possible. There is not time enough to permit him to sleep off the effects of his spree, as is ordinarily done, and more active measures must be adopted.

The first move is to stop all alcohol at once and to get the patient where treatment can be properly administered. A room with bath, having hot and cold water, should be secured, and if bath has a shower so much the better. The next thing is to empty the contents of the stomach as completely as possible. For this purpose may be used various emetics such as a large glassful of warm salt water; a dram of the fluid extract of ipecac; a teaspoonful or two of ground mustard in a glass of warm water, repeated in ten minutes if emesis does not take place after the first dose. In obstinate cases 20 grains of sulphate of zinc dissolved in a glass of luke warm water and taken at one dose will usually prove effective. It is rapid in its effects and less depressing than most other emetics.

Tickling the back part of the throat with the fingers or a feather will, with most individuals, produce vomiting. If a physician is in charge of the case the stomach can be washed out by means of the stomach tube, and the contents fully removed. Probably the most rapid emetic would be a 1-10 to 1-6 hypodermic of apomorphia, but this should never be given except by a physician. Apomorphia acts on the vomiting center in the medulla, and is productive of considerable depression, therefore it should not be used in these cases unless the need is urgent.

After the stomach has been emptied give a little lemon juice and water, seltzer, apollinaris, vichy, or other carbonated waters, lime or barley water, a teaspoonful of vinegar in a glass of water, cold tea with lemon juice, orange juice, etc. Use only small quantities at a time but give rather frequently as long as good results are noted.

It is also advisable to eliminate the contents of the bowels as rapidly and thoroughly as possible. After

the stomach has been emptied you can give Epsom or Rochelle salts, a Seidlitz powder, Hunyadi or other quick acting aperient waters. If the stomach is very much disturbed it may not retain the first dose but try it again after fifteen minutes and you will usually be successful. A rectal injection of two quarts of rather warm, soapy water will rapidly empty the lower bowel.

The patient should then be given a hot bath followed by a cold shower. If shower cannot be had give cold sponge bath using plenty of water. Water falling on the back of the neck and spine, stimulates the heart and increases circulation. A cold shower or sponge bath followed by a brisk rubbing will be found enjoyable by most patients and its sobering effect is splendid.

After this the patient should be allowed to sleep a short time, the longer the better. Upon awakening he should take a brisk walk in the open air and do considerable deep breathing, filling his lungs to full capacity twenty to thirty times. Do not do this rapidly and stop when it causes dizziness.

Up to this time the patient should have had no food, but should have been given an abundance of water or the various drinks above enumerated. He can now be given nourishment in the shape of orange juice or the fruit, iced buttermilk, ice cream, raw clam juice, beef tea, chicken broth, soups well seasoned, oyster stew, raw oysters with a little vinegar, salt or smoked fish. Give only small quantities at a time, do not load the stomach, Do not give the red meats, vegetables, pastries, puddings or anything difficult of digestion.

This line of treatment will give most gratifying results and in a comparatively short time. If you have two to three hours to work in you should follow the

foregoing procedure if possible. It is not necessary that a physician give the treatment, except where the stomach tube is used or hypodermics are given.

If the above measures cannot well be employed then you may use the official *Liquor Ammonii Acetatis*. This is given in teaspoonful doses in a quarter of a glass of water. Repeat the doses every ten to fifteen minutes, for from one to three hours. The drug must be freshly prepared. This treatment often gives quick results, though it may cause nausea and vomiting, which by the way will do no harm.

The following combination may also be found effectual as a stimulant and sedative.

Aromatic spirits of ammonia.....	dr. 2
Spirits of camphor	dr. 1½
Tincture of hyoscyamus.....	dr. 2½
Compound spirits of lavender, enough to make	oz. 2

Dose is one teaspoonful every hour in a quarter of a glass of water.

The dyspepsia which so often follows a hard drinking bout may be relieved by a dose or two of lacto-peptone, or pepsin, or sub-carbonate of bismuth. In some cases a powder of equal parts of sodium-bi-carbonate and rhubarb taken with a little water will give fine results. When there is belching of acid gas use lime water and milk equal parts, half a glassful at a time, repeat every half hour if necessary.

You will find the foregoing measures will give you the maximum results obtainable outside of a sanitarium and in possibly ninety-nine per cent of cases they will prove amply sufficient.

Acute Alcoholism

Acute alcoholism is usually caused by drinking large quantities of beer or spirits in a very short time. The same condition may occur with one who has been taking small amounts of alcohol rather frequently and for a considerable length of time. In the latter case the alcoholic effects seem to cumulate until all at once the symptoms of intoxication appear and rapidly grow worse until indications of a severe toxæmia are present. It is more than being drunk, as in connection with the ordinary findings of intoxication there are many evidences of intense poisoning. To the non-medical observer however, a man suffering from acute alcoholism would appear to be just as drunk as is possible *and then some*. And he would not be very far out of the way at that.

The Symptoms.

The earlier symptoms are those common to all ordinary intoxications but when the severe stage is reached there will be found partial or complete coma, which is a state of profound insensibility from which it is difficult or impossible to arouse a person; if the patient can be aroused he will be in a stupor and his answers to questions will be silly and incoherent; there will be a general paralysis, with loss of power over all limbs; sensation is also greatly lessened or lost entirely. Control of the bladder and bowels is lost and there may be incontinence of urine and feces. The pupils of the eye may be contracted or enlarged, the eyes are usually injected or blood-shot. Face bloated and red, though occasionally it may be very pale; the skin is cold and clammy to the touch. The pulse is frequent and feeble, heart is often weak, dilated and myocarditic. The breathing will be slow and heavy but as a rule is not stertorous.

With a history of hard drinking or from the evi-

dence of companions it is not difficult to make a diagnosis in ordinary cases, but it frequently happens that a man will be found lying insensible and unable to give any account of himself and then care must be taken not to jump to the conclusion that he is dead drunk and treat him accordingly. There are several other conditions which will produce nearly the same symptoms as acute alcoholism, and if a mistake is made in diagnosis the patient is very apt to lose his life as a consequence.

Precautions Sun stroke, heat stroke, uremia, a hemorrhage in the brain, or a fracture of the skull will all cause symptoms which will lead the careless or ignorant observer to at once pronounce it a case of drunkenness. This is specially true if there is a strong odor of liquor on the breath. It is very true that in most instances the diagnosis of drunkenness would be right, yet there have been so many fatal mistakes made, notably by police and hospital attendants whose duties bring them in contact with the most of these cases, that it is best to err on the side of caution and give the patient the benefit of the doubt until a careful, conscientious examination makes certain of a correct diagnosis.

Let me take this occasion to say and emphasize the fact that *the odor of liquor on the breath of an unconscious man does not prove that he is drunk*. He may have experienced a vague uneasiness or had some premonition that something was wrong with him and might have taken a drink of whiskey as a stimulant in an attempt to ward off the sickness or attack which he felt was coming on and upon reaching the street fell insensible. If the smell of liquor be taken as proof positive of his being drunk, there is every likelihood of his being taken to the police station and put in a

cell to sleep it off rather than being hurried to a hospital where he rightfully should be taken for prompt and efficient treatment. If you are ever present when an unconscious person is found see to it that no snap judgment is given, either by a physician or others; this precaution may save a life. Also for obvious reasons never give alcohol to a person found unconscious.

**The
Prognosis.**

The prognosis in acute alcoholism is good, for all patients who can have reasonably good care promptly and where there are no complications. With chronic inebriates who must be treated, if at all, in public hospitals the prognosis is not so favorable. This is not for lack of proper treatment after they arrive but because usually they are not found and taken care of until they have reached extreme stages. With these public charges acute alcoholic gastritis, acute nephritis and pneumonia are very common and very fatal. They are illy nourished and having been subjected to exposure of all kinds are in poor physical shape to withstand the ravages of a severe illness requiring an abundance of recuperative power.

**The
Treatment.**

The general treatment is along the same lines as that used for sobering a drunken person, though differing in some important particulars. In severe cases where there is grave danger of collapse or complications of severe gastritis, nephritis, pneumonia or heart failure a physician should be called. The patient should be in a well ventilated room having bath with hot and cold water. All alcohol should be stopped at once, though some physicians use small doses with chronic alcoholics. The safest rule will be to cease its use entirely. Sometimes care must be taken to prevent well meaning but misguided friends from giving the patient whiskey in spite of the doctor's orders.

The stomach must be promptly emptied of its contents using some of the various means already suggested for that purpose. If a physician is in attendance the stomach tube can be employed and when the stomach is empty it should be again washed out with hot water to which a little powdered cinnamon or ginger has been added. If the prostration be not too great a hypodermic of 1-10 to 1-8 gr. of apomorphia can be given, as this will produce prompt emesis. Caution should be used, however, as depression usually follows.

An enema of two quarts of hot, soapy water should be given to clear the lower bowel. If the stomach will tolerate it give a good saline purge. Patient must be watched so that he can be cared for when emesis or an evacuation of urine or feces takes place, as he usually is in no condition to look after himself. When stomach has been emptied and free catharsis has taken place the patient can be allowed to sleep. He should be warmly wrapped in blankets until he sweats freely; the more he perspires the better, but as the windows should be open the danger of taking cold must be avoided.

If prostration is very great it may be necessary to use heart stimulants, though cautiously. As long as there are no untoward symptoms present the patient can be allowed to sleep undisturbed. Give no medicines of any kind unless actively indicated. Great care should be used in employing narcotics or hypnotics for the purpose of inducing sleep. They are all extremely depressing and are far more liable to do more harm than good. Baths, wet packs and rubbings will be just as effective and without the danger.

Upon awakening the patient will undoubtedly complain of a severe headache, nausea, burning and ir-

ritable stomach, and a bad taste in the mouth. There will be a feeling of general depression, faintness, trembling and shaky limbs and all the usual after effects of intoxication.

To allay irritation of the stomach give plenty of fresh water or any of the various liquids heretofore mentioned for this purpose. When the stomach feels "raw" and food and drink, even water, distresses and burns, flax seed tea, slippery elm bark tea, or marsh-mallow root tea often will be found very soothing. They should be made thick, about the consistency of mucilage, and used cold, in small quantities frequently repeated. Hot applications over the stomach will give great relief. For the headache use cold towels or an ice bag. Do not give headache powders of any kind. Lemonade will be found enjoyable to most patients and very quickly removes the furred tongue and bad taste.

A hot bath, followed by a cool shower or cool sponge bath and a brisk rubbing will be found invaluable in restoring circulation and normal tone. Give food sparingly as long as the stomach is irritated. Begin with easily digested liquid diet, given sparingly and at long intervals. Use liquids freely, especially water, it is the best "drug" we have. Sleep and fresh air are all-important. Patient should be kept in bed as much as possible, though he can be allowed to walk about in the open air for a short period, but not to exhaustion.

In uncomplicated cases convalescence begins within twenty-four hours after commencing treatment and in three or four days the patient can resume his usual occupation. He may require a supporting treatment for a week or two and any of the bitter tonics can be used. To allay nerve irritation lupulin in 10

grain doses three or four times a day will be found effective and safe.

Mania á Potu

The name *Mania á potu* has been given to the fierce frenzy or acute mania often exhibited in a certain type of drinkers when intoxicated. They are often called "fighting drunks" or "crazy drunks." The amount of liquor imbibed may not be excessive, but it causes severe mental excitement of a destructive type. It may vary in the severity of its manifestations from a state of quarrelsomeness to a vehement rage and violent delirium. These are the drinkers who in their drunken fury go home and break the furniture, beat their families, "raise Cain" generally and often end by committing murder or suicide.

Treatment for the acute condition is to relieve the mental excitement and induce sleep. The after treatment, if any is required, is the same as that for acute alcoholism. When the paroxysm of passion is on the patient should be controlled, using force if necessary. In severe cases a straight jacket or bed straps will have to be used. If he can be induced to take an emetic he will usually become quiet and go to sleep after emesis takes place. If a physician is in attendance give $\frac{1}{8}$ gr. of apomorphia hypodermatically. You will be surprised how quickly this will cause him to calm down.

It may be necessary to use drugs to quiet patient. If so, the following will be found effective, but should not be given except by the advice of a physician:

Chloral	dr. 4
Potassium bromide	dr. 4
Tinct. hyoscyamus	dr. 4
Chloroform water, enough to make...	oz. 4

Give a dessert spoonful every 2 hours until quiet

or 3 doses are taken, then every 4 hours as required. It may be necessary to increase size of dose, with strong vigorous patients.

These patients are rarely in any danger of collapse, the pulse is strong and full, the temperature normal, the face flushed and they are strong and active. Taking these facts into consideration no hesitation should be had to using heroic measures when necessary. A bucket full of ice water in the face often will have a very salutary effect. Up in the logging camps of Michigan it was found that a sudden and unexpected bath in an ice cold river or lake rapidly took the fight out of the worst of them. The police often have to deal with these drinkers, who when they find there is no one to fight or nothing to break in their cell, persist in yelling and cursing at the top of their voices. Turning the hose on them and giving them a thorough drenching soon quiets them.

These measures are not altogether advocated but sometimes necessity makes harsh measures really the most humane for all concerned. They may be a little hard on the patient, but some consideration must be taken of the others, who might suffer great injury at his hands if he were not quickly and effectively quelled. Patients of this type should be given thorough treatment for chronic alcoholism for unless their drinking can be permanently controlled there is the always present danger of their committing a serious crime during the time they are drunk.

Delirium Tremens

Delirium Tremens is the severe trembling delirium which often occurs during the terminal stages of a severe drinking bout of several days' duration. It may also follow the sudden withdrawal of alcohol from a constant heavy drinker. It may also occur

during abstinence after a spree. It may follow a nervous shock. It may come on suddenly or be preceded for a day or two by such premonitory symptoms as loss of appetite, stomach disturbances, restlessness, undue excitement, anxiety, fear for himself or friends, sleeplessness, defects of sight and hearing. The patient may recognize the significance of these symptoms and seek to better his condition by stopping drink. This usually aggravates the trouble and he begins to drink again to steady himself.

**The
Symptoms.**

The patient usually awakens in the night trembling and shaking, with a feeling of dread, he cannot sleep, he wants to walk around, talks constantly and incoherently, he seems afraid of something but does not know what it is, his glance is restless and his eyes express the fear he feels. Often he breaks out in a cold perspiration. Then he suffers from various and divers hallucinations, he begins to hear and to "see things." He may hear all sorts of noises from the chirping of insects to the roaring of wild beasts. The various objects about him take on the most fantastic shapes and perform the most impossible actions. Sometimes these will be humorous in character but more often they assume the shapes of terrifying beasts or loathsome reptiles. This latter is so frequent as to cause Delirium Tremens to be commonly known by the very expressive term of "the snakes." He usually sees whatever he most dreads when sober. As the trouble progresses the muscular tremors increase, the pulse becomes rapid, weak, and irregular, and the tongue "furry." The expression of the eyes is wild and vacant, the pupils contracted. The muscles are in constant tremor and insomnia is continuous. There is moderate fever and muttering delirium. Various complications as pneumonia, gas-

tritis, nephritis and neuritis may arise and their symptoms will be added to the others present.

The Delirium Tremens is usually self limiting and
Prognosis. of comparatively short duration, reaching a favorable or fatal termination in from three to six days. In favorable cases improvement begins on the second or third day and the symptoms gradually subside. The patient is usually out of danger when a natural, restful sleep is obtained; this is followed by a cessation of all hallucinations and by a desire for food. In unfavorable cases death usually comes from exhaustion due to malnutrition, constant movement and loss of sleep. Or it may come suddenly from heart failure, or from some complication as hemorrhage of the brain, pneumonia, or acute inflammation of the stomach or kidneys.

In uncomplicated cases where the patient can have prompt and efficient medical attention the chances for recovery are always good. The chances against recovery increase with the number of attacks; after the second the prognosis is unfavorable. With chronic alcoholic vagrants the prognosis is also unfavorable. Their cases are very likely to be complicated with pneumonia, acute gastritis and acute inflammation of the kidneys, and they do not, as a rule, receive medical care until it is too late. It has been held by many that the seriousness of the attack depends upon the condition of the kidneys, and this seems to be borne out by results. Recovery from Delirium Tremens is doubtful in case of severe injury, inflammatory troubles and infections.

The The treatment of Delirium Tremens should
Treatment. be under the direct supervision of a skilled physician, and a nurse should be in constant attendance. The more experience physician and nurse have

had with this class of patients the better. Never undertake to handle a case of this character without a physician if it can possibly be avoided. Treatment should be begun as early as possible. If the premonitory symptoms are noticed, prompt measures may abort the attack or at least lessen its severity and duration.

A patient exhibiting the premonitory symptoms of Delirium Tremens should not be told what they indicate. Because of the nervous shock a severe attack may be precipitated by informing one on the verge that he is in for a session with the "horrors." The patient should be told that his nervous system demands quiet, rest, abstinence from drink and thorough elimination, and that if he will assist the physician as much as possible by carrying out instructions he will be all right in a few days and can go back to work.

The abortive treatment should be to stop the use of alcohol at once, unless it is absolutely required, and then it should be given in milk in very small doses, and as far apart as possible. Thorough elimination should then be established; through the skin by hot baths; through the bowels by salines, and through the kidneys by mild diuretics as Potassium acetate or citrate. Wrapping patient in cold wet sheets for an hour or two, followed by a vigorous rubbing will prove of benefit. Immersion in a bath tub of hot water for from one to two hours is an excellent measure. If this cannot be done frequent sponge baths should be given. A thorough rubbing of the spine from the base of the skull downwards will give relief to nervous tension. Keep patient in a cool, dimly lighted room with plenty of fresh air, but avoid drafts. Sleep is the great end desired, but do not use hypnotics or narcotics to bring it about. Food should be given

sparingly, and in the form of soups and broths. Water should be used very freely, inside and out.

In a fully developed case of Delirium Tremens the end sought by the physician is quiet, rest, thorough elimination and, above all, *sleep*. The patient should be placed in a quiet, well ventilated room, partially darkened, though some will be quieter in a room brilliantly lighted, as they may have extreme fear of darkness or their hallucinations are more pronounced in the dark. Confinement in a padded or "strong" room is not usually required. No visitors should be allowed and the patient should see only the physician and nurse. He should be kept in bed as much as possible, but should not be strapped or put in a straight jacket except in extreme cases where his violence will result in injury to himself or others. Usually a sheet fastened at the sides will be enough to keep him in bed. At night it may be necessary to fold a couple of sheets into broad bands two feet wide and place them over his shoulders and arms, diagonally across his breast from one side to the other. This will force him to recline without injuring him.

The use of all alcohol should be stopped at once. This may increase the first severity of the symptoms but it also shortens the attack. In old chronic drinkers, especially when pneumonia complicates matters, it may be deemed advisable to administer brandy or whiskey. If so the dose should be small, as infrequent as possible, and given in milk.

Thorough elimination should be effected by baths, salines, etc., as outlined in the suggested preventive treatment. The diet should be little or nothing during the first two days; a little milk or milk and vichy or seltzer can be given if the stomach will retain it. After the first two days soups, broths, milk, butter-milk, raw

eggs beaten in milk or other easily digested and assimilated food can be given sparingly. After three or four days small quantities of solid food can be given five or six times a day. Patient should drink an abundance of water, charged or mineral waters will often be found very agreeable. Acid fruits and strong lemonade are also to be commended.

While sleep is the one great thing desired yet hypnotics or narcotics should not be used to induce it. Sleep will usually follow a free movement of the bowels, or a prolonged hot bath. Often times wrapping the patient in cold wet sheets and then rolling him up in a blanket will cause him to at once drop off into restful slumber. Time was when in order to promote sleep, the patient was given 30 grains of Bromide of Potassium or 20 grains of Chloral Hydrate every four hours; full doses of laudanum were also given, as well as hypodermics of Morphine and inhalations of Chloroform. The use of these or similar hypnotics or opiates *is not advised*. The use of salines, tub baths, hot and cold packs, and gentle rubbings will accomplish the same purpose and without the danger.

The wild delirium and hallucinations usually last only from one to three days when they suddenly disappear. After this the patient sleeps a great deal and his appetite returns. He is then convalescent and rapidly recovers if there are no complications. Pneumonia, acute gastritis, acute nephritis and heart failure must be watched for and guarded against. These often make their appearance after apparent complete recovery. The danger of collapse is not great if the patient be at all robust to begin with. It may be found advisable to administer such heart stimulants as strychnine, digitalis, strophanthus or the ammonium salts,

but do not use anything of this character if it can be avoided.

The after treatment consists in nourishment, light exercise in the open air, with perhaps some of the bitter tonics. As a rule you will find that the best tonic is food, elimination, exercise, rest, sunshine, fresh air and, don't forget or overlook, the *right mental attitude*. Usually the patient who has passed through a siege of tremens is in a very chastened frame of mind and he is not so certain that he can stop drinking when he chooses. Advantage should be taken of this to point out the danger he has passed through and the liability of its recurrence, with more serious results. He should be counseled to avoid every form of intoxicants in the future. If he still has any desire for drink he should be urged, for his safety's sake, to put himself under such treatment as will remove the craving and at the same time will restore his will-power and control over himself. Such treatment need not be at all strenuous nor need it subject him to any great degree of inconvenience or annoyance.

Treatment of Chronic Alcoholism, Inebriety or Drunkenness

One of the essentials in the treatment of Drunkenness is to first understand the nature of the complaint you are seeking to cure. You must recognize that you have to deal with a diseased body and a perverted attitude of mind. You must have a fairly good understanding of the patient's mental and physical condition. If you attempt to treat a drinker and lack knowledge of the physiological and psychological pathology present you will be working entirely in the dark and your efforts will be prompted by guess work instead of being dictated by science and common sense. Therefore, if in your haste to learn how Drunkenness can be cured you have neglected to carefully study or failed fully to comprehend the preceding sections let me urge you to fully master what has gone before so that you may be able to carry out the treatment properly and intelligently.

It must be understood, from the very beginning, that there is no "magic cure" for Inebriety. There is no miraculous potion, no marvelous drug, no incantation or "spell" which will effect the instantaneous transformation from chronic drunkenness to perfect sobriety. The "presto-change" methods of the necromancer do not apply. On the contrary, an intelligent idea of the disease and its consequences, a clear understanding of what changes are to be effected by treatment, a comprehensive knowledge of the various means by which these changes can be brought about, must one and all be supplemented by a reasonable amount of "stick-to-it-ive-ness" in administering the

medicines and in carrying out such other measures as may be necessary to the treatment.

If you are seeking some drug which will "immediately" stop the craving for drink and prevent its recurrence, you are looking for something which has not been discovered and probably never will be. If, however, you are prepared to approach the matter from a reasonable standpoint, recognizing the fact that a certain amount of effort on your part is required, and provided you are willing to put forth this effort, then you may confidently expect to get results in the great, great majority of curable cases.

From what has been said in preceding sections you know that Drunkenness is a disease and that it is not only a "physical" ailment but a "mental" one as well. To get the best results requires that both body and mind be properly treated.

It is not to be denied that splendid results have been effected by those who treat drunkenness purely from the physical side, and the same is true of those considering it as being fundamentally a mental ailment. But it can readily be seen that methods which treat only the body or those who consider only the mental phases cannot of necessity prove as efficacious as the correct combination of both procedures and that a treatment which will produce the maximum amount of benefits and the greatest number of cures in the highest percentage of cases must be both physical and psychical. Before outlining such a treatment it will be well to consider some of the methods which are ordinarily employed so that, whenever possible, we may make use of any measures or means which have been found effective.

Treatment by Moral Suasion

Moral suasion is undoubtedly the oldest as it is also the first means employed to induce a drinker to give up his use of intoxicants. Broadly speaking it embraces all arguments against drink, entreaties, scoldings, rebukes, temperance sermons, lectures and crusades. When a mother or father first notices that a son has been drinking, some form of moral suasion usually is begun immediately. It may be that the mother may plead with her son to stop drinking for her sake, she may point out its dangers and cite examples of its results. The father may scold or punish him and threaten still worse if the drinking is repeated. His employer may declare he will discharge him or the minister may be asked to expostulate with him. The same means with variations are the ones most commonly employed with the confirmed inebriate. The object sought is to have the drinker promise or pledge himself to leave drink entirely alone and no medical consideration is given to his physical or mental condition.

The appeal to stop drinking is made to the patient's intellect and emotions, more particularly to the latter. The effects of drink on himself are pictured as vividly as possible and the attempt is made to influence his reason and judgment into declaring against it. The trouble which his drinking brings upon his family and friends is cited and he is besought to cease because of his pride or his affection for those involved. His drinking is considered wholly as an error of morals; a vice or bad habit which is entirely under his control. He is urged to use his "will power," but seldom or never is told *how* to employ that potent and wonderful force.

With some drinkers moral suasion has proven very effectual, especially with those we have termed "voluntary drinkers" who have no established craving for drink but who indulge from desire and not to satisfy an indescribable longing or uncontrollable impulse. To a less degree it has been successful with chronic drinkers. Any number of instances can be cited where drinkers have taken a pledge not to drink again and have kept it inviolate. Oftentimes there was and is considerable ceremony attached to the taking of the pledge, which is usually made before a clergyman or judge, and this fact serves to create an impression which will endure when the ordinary promise is quickly forgotten.

Any results tending toward the stoppage of drink through moral suasion you will now realize are produced by the "suggestion" which comes from the one making the plea to the drinker. If the patient is readily amenable to suggestion and the craving is not strong enough to produce a more powerful counter suggestion to his subconsciousness, he will respond and as a result will leave drink entirely alone.

Experience has shown, however, that moral suasion by itself is effective in only a very small percentage of cases. Compared to the number upon whom it is used the results do not warrant placing our dependence upon it as a means for restoring a confirmed drinker to sobriety. True, it can be, and probably should be, used in every case, but failure to induce the patient to cease drinking through moral suasion is not any indication that another method will not prove entirely successful.

I have said that the "curative" results of moral suasion were the result of suggestion, but from this do not be led into thinking that they are one and the

same thing. They are similar but not alike. Suggestion may be said to be moral suasion raised to the n^{th} power. Moral suasion may be compared to the diffuse rays of the sun which give but gentle warmth, while suggestion uses the same rays but focuses them, just as a burning glass will focus the sun's rays to a point which scorches and burns anything it touches. Moral suasion may create a transient desire to be cured but suggestion makes such a desire burn deep and compels *action*.

Treatment by Confinement

The confinement of drunkards in jails, workhouses, "homes" and "retreats" has been and still is very commonly practiced. It is done both as a punishment for getting drunk and also with the idea and hope that during a long enforced abstinence all craving for drink will be lost and that fear of reconfinement will prevent drinking being resumed upon release.

Mere confinement without specific treatment for the patient's diseased condition is of but little or no value, be the period of incarceration long or short. Enforced abstinence does not obliterate the craving for alcohol nor does it change the mental attitude of the patient towards drink. More often than not it all the more firmly fixes his intention of becoming gloriously drunk upon the first opportunity.

The place of confinement may be a private sanitarium or a jail but the result is the same if treatment is not part of the plan. Rare indeed is the drinker who has been cured of drunkenness or who has stopped drinking because of a jail sentence alone. Yet this method of dealing with the drunkard has been in force for hundreds of years and unfortunately it

is in most instances still the only attempt at reform that the civic authorities and the judiciary make.

Persons found intoxicated in public are commonly arrested and sentenced to serve from five days to six months in jail for being drunk and disorderly. They are confined as a punishment and not for the purpose of being cured, as very few jails are prepared to give treatment of this character. There are some notable exceptions to this rule, however, and Chicago has one of them in the "Bridewell," where, under the direction of Dr. C. E. Sceleth, the treatment of prisoners who are alcoholics is carried out with splendid success. Only about two per cent of the patients treated at the Bridewell do not recover temporarily at least. This does not mean that they never drink again, for many of them are sent to the hospital more than once. This is not at all the fault of the treatment but of economic conditions outside the prison. These men are the tramps, vagrants and bums of a big city. They have no families, no friends, no occupation and *no object to live soberly*. When discharged they go back to the same surroundings and discouraging conditions and as a natural consequence return to drink.

If these prisoner patients could be kept for a sufficient length of time, so that a thorough course in character building could be given each one, as well as looking after his physical needs, there would be but few relapses and most of these men would be made again self-respecting and self-supporting.

For the treatment of this class of patients I am thoroughly in accord with the ideas of Dr. T. D. Crothers as set forth in his book, "Inebriety," and which I take the liberty of quoting:

"An ideal institution, which is thoroughly practical and will be positively attained in the near future,

will be a farm colony in the country, with every facility for farm and garden work and light mechanical labor; small, inexpensive dormitories, built about a central administrative building, would permit classification and grouping of people.

Full legal power of restraint covering years should be given by the courts, and every patient should have an opportunity to go out on parole when his restoration warrants a resumption of natural, temperate living. The patient should understand that restraint and control in an institution depends entirely on his recognition of the rules and regulations, and on his efforts to take advantage of every means used to restore his body and mind.

If he fails in any particular, the restraint will be increased and his liberty curtailed, and the duration of his confinement lengthened. If he runs away, he will be returned and will be held in more strict surveillance than before. The institution will be conducted on a military plan, in which baths, exercise, medicinal measures and duties of every kind will be carried out with great exactness.

The muscle worker will be required to engage in outdoor employment on the farm or in the garden for a certain length of time during the day. The brain worker and the mechanic will be given some lighter work in the workshop, or at some occupation along the line of their previous life-work.

If he refuses to take his part in these duties, his confinement will be more strict and his comforts diminished. If he perform the duties cheerfully, greater liberty will be allowed, more comforts and some returns for his services, which may be used to increase the luxuries or to help others who are dependent.

Occupation should be considered a remedial measure of as great value as medicine, daily baths, electricity, massage, and such other measures as seem to be required by the condition of the patient. In addition to this, the evenings are to be occupied with lectures, concerts, musicales and every measure to stimulate and rouse up the palsied brain.

In this way, both days and evenings would be a continuous medicinal hygienic culture school to control the disordered impulses, strengthen the nerve energies and divert the mind from the past, giving it new impulses and thoughts for the future. The removal of spirits and the active treatment of disturbed conditions by every means known to science would be the first objective point. Then a re-education and materialization of military, medical and psychological measures would restore the patient to a normal condition.

Such institutions should receive the chronic repeaters and those found intoxicated on the streets, grading them according to their conditions and capacity to live normal, rational lives. The military restraint, severe at first, growing less as they show capacity to bear freedom. When found *incurable*, they should be placed in a group by themselves and treated according to the conditions present.

Another class less prominent, whose drinking is more of the symptomatic and insane type, should be treated by the same active measures, given alternate liberty and restraint, held in strict accountability for the literal fulfillment of every duty, and kept occupied during the entire day, when not resting.

A third class, whose inebriety is of a very recent origin, should have special accommodations and particular opportunities for rest in suitable surroundings.

The first class, the incurables, to a very large

extent, would be kept in such institutions for their lifetime. They would become self-supporting in some measure, and at all events the burdens would be lifted from the taxpayers and their families, and they could be kept in forced conditions of healthy living.

The second class would be restored after a longer or shorter residence, and going out on parole would very likely take up responsible positions and live normal lives for the future.

The third class, the transient and temporary inebriates, could be checked and restored and sent back to healthy, normal living. This latter class, to a very large extent, could be cured and prevented from becoming chronic inebriates, or insane, and the work of a colony of this class alone would be the highest practical kind of preventive medicine.

The practical results of housing these three classes and taking them out of their infectious degenerative centers would be a matter of the highest economy to the public and to the community, as well as to the homes of many persons.

A colony of this kind would do work equal to an insane hospital, not only by checking degenerative diseases at the beginning, but preventing crime and pauperism, which is certain to follow, as in the present conditions."

Dr. S. Adolphus Knopf goes still further and advocates that marriage between alcoholics should be prohibited by law and that, in order to prevent the begetting of children predisposed to alcoholism and the various degenerations found in such children, every unredeemable alcoholic, whether male or female, rich or poor, shall be rendered sterile. He also holds that any individual subject to violent alcoholic mania and who is beyond treatment, should be considered as

being insane and should be confined in an asylum and rendered sexually sterile.

There is no question but that the trend of the times is toward the enforced treatment of chronic dependent alcoholics and their confinement for such periods as may be necessary. Those of means will probably be required by law to take treatment but may be allowed to choose the manner and place for themselves as they will not be dependent upon the public purse for the expense entailed.

Treatment by Diet

Numerous attempts have been made to cure drunkenness by various foods and methods of feeding and advocates of the several "food cures" claim great results accomplished through their means. Investigation of the facts would seem to indicate that foods by themselves have little merit as a real preventive or cure, though they are of considerable assistance when employed with other means and methods. Among those most commonly used are the following:

The Full Diet. Because a man is less liable to drink when his stomach is full than when it is empty, the eating of five to seven meals per day has been advocated as a means of preventing a spree, and of ultimate cure. With some patients this will prove a help, others will not be in the least deterred from drinking by the fullness or emptiness of their stomachs, and with none will it prove a cure in the ordinarily accepted sense.

The value of the full diet as a remedial agent depends upon the patient's need of extra or excessive nourishment and the ability of his organs to properly dispose of it. The body of a drinker is already too full of waste products and toxins and the employment of a full diet may make a bad matter worse by throw-

ing more work upon the already over-burdened machinery of the body.

Alcoholized Food. The saturation of the patient's food with his usual intoxicant has been quite extensively employed. This method had its greatest vogue in Sweden and Norway, though it has been commonly tried in every other country. The patient must of necessity be confined in some institution where his food and drink supply is under the control of those administering the treatment. Everything the patient is given to eat is thoroughly soaked with his favorite drink, even his water, tea, coffee or other drink is impregnated with it.

The patient, at first, may be delighted with such an abundance of his tipples, but in a few days it begins to become repugnant to him and it rapidly grows more and more repellant. He is soon filled with disgust and loathing at the sight or smell of the liquor seasoned food and cannot bear even the thought of drinking the liquor of which he has had such a surfeit.

A percentage of those thus treated receive such a vivid and lasting mental impression that they remain total abstainers thereafter. The number however is comparatively small, the most of them can and do begin to drink within a short time after their release. The method is not one which is truly curative and is not in high favor with those who wish to obtain the best results.

The Fruit Cure. The eating of raw fruits and vegetables to overcome an inclination to drink is one of the most common of the food cures. Oranges, lemons, apples, grapes, raisins and melons are the usual fruits, while raw tomatoes, carrots, onions and even raw potatoes have their advocates.

The eating of an orange, a lemon, an apple or any other particular fruit or vegetable will not of itself remove and cure the craving for drink but they are great auxiliaries to other medicines. The fruits are beneficial in inebriety because of their acidity and cathartic action. They afford temporary relief from the craving by furnishing something for the stomach juices to act upon, and at the same time they are the means by which a powerful auto-suggestion against taking a drink can be impressed upon the sub-consciousness.

In considering the various means of treatment, it must be borne in mind that in most cases of inebriety *the patient's mental attitude greatly influences the effect of the remedies*. Drunkenness, as before stated, is the final outcome of a "suggestion"; and this same mental force is one of the greatest and most effective means we have of overcoming drunkenness. Therefore if a drinker *firmly believes* that eating an apple three or four times a day will check or cure his drinking, it will undoubtedly do so for him, though it may prove ineffectual with a thousand others who had not the *faith* in its virtues.

Lemons and oranges however are most efficient helps in acute alcoholic poisoning, for the sore, fevered, distressed stomach after a spree, and in alcoholic dyspepsia. The clear juice may be taken or lemonade or orangeade may be used. The effect on the patient is the best guide for the method of employment.

The vegetarian diet, the all meat diet, the raw food diet and a thousand and one others have their upholders, but it will be impossible and likewise useless to discuss them further as the general nature of each of them is similar to those already herein mentioned.

Treatment by Baths

Baths of various kinds have long been employed in the treatment of intoxicated individuals for the purpose of cutting short a spree or averting its unpleasant and depressing after effects. Their therapeutic worth, however, goes far beyond this, as they are of unquestioned value in both acute and chronic alcoholic conditions. They will also be found among the best preventives of periodic drink attacks, especially where the usual outbreak is preceded by symptoms indicative of what is coming.

Their effect in general is to increase the elimination of toxins and waste products through the skin, to counteract alcohol's overstimulation of the heart, to equalize blood pressure and relieve congestion, to relax the tension and irritation of the nervous system, to induce soothing and refreshing sleep.

The Turkish bath is one of the favorite means employed by many drinkers to "sober up" quickly or, as many of them express it, "to boil the whiskey out." When taking this bath the bather is placed in a room heated to 150° to 170° F. and allowed to remain from ten to thirty minutes or until he is perspiring profusely. He is then given a hot shower, which is gradually cooled. A vigorous rubbing and massage follows, after which he is put in a cool room, lightly covered and allowed to sleep as long as he desires.

There are such variations in the above routine as will suit the bather's condition or fancy. If a previous experience has shown a bather that he does not commence to perspire freely in the hot room he is given a hot shower, followed by a cold one before going into the hot room. Drinking several glasses of water,

either hot or cool, also aids in quickening the activity of the sweat glands. An active purge by salines or an enema of hot water before going into the hot room will be found to hasten and increase perspiration. After the hot room the bather may spend five to ten minutes in a closed room filled with hot steam. Then follow the showers and massage, after which the bather usually desires to rest and sleep.

Nearly the same benefits can be obtained at home by the use of a good bath cabinet. This is a small box-like affair about four feet square and high enough to permit the bather to sit on a chair with his head projecting through an aperture in the top. Ordinarily the cabinet is made of a wooden frame, which can be folded to economize space, covered with oilcloth or rubberized cloth of some sort. The top is covered with the same material but is made in overlapping sections with an opening for the head and neck. The whole cabinet is made as air tight as possible. The heat is furnished by a rather large sized alcohol burner placed under the chair. The heat generated is considerable and the patient perspires very freely. A steam bath can be had by filling a tin dish with water and placing it over the burner where it will soon be converted into steam. A bath cabinet has the advantage of keeping the head out of the heat and permitting the bather to breathe fresh air.

A marked improvement on the hot room and the ordinary bath cabinet is the "radiant light cabinet." This is a cabinet of about the same dimensions as the one above described, perhaps a little larger, but it is constructed of wood and lined with mirrors or some other highly reflecting surface. The heat is furnished by incandescent electric globes of from fifty candle power up. The globes are arranged in series so that

the heat can be gradually increased or diminished or applied more strongly to various points.

Perspiration in this bath starts very quickly and is very profuse. In addition to increasing elimination by virtue of the rapid and intense sweating, the light itself seems to penetrate the tissues with beneficial effect. Various colored globes have been tried upon the theory that different colored rays will have curative effects all their own and the ultra violet ray of the arc light is supposed to have a better effect than the ordinary incandescent light commonly employed.

The effect of the light bath is not only soothing but exhilarating as well, as very seldom is there any depressing after effects as may be the case with hot air. Cold or warm showers and rubbings should follow as with the Turkish bath.

Periodical drinkers will very often overcome the impulse to go on a spree if, when they feel the desire to drink coming on, they will take a vigorous course of the saline cathartics and some form of the sweat bath followed by showers, massage and rest. Hot water baths taken if necessary two or three times a day will also be found very effective in aborting an attack. Active eliminative measures should be begun by the patient at the first warning symptom and faithfully carried out.

Different forms of electric currents are also employed in treating inebriety, more especially where there are complications. As far as known electricity has no specific action on the craving for drink but it has its use as an auxiliary or as a means for impressing a suggestion. Vibration is also used as a complementary measure, and as such is valuable, but need not be at all essential to a cure. This same is true of a great many of the measures which have been men-

tioned. They are all *helps* but they are not all absolutely necessary, so no one need be deterred from undertaking the treatment of inebriety just because they may lack or be unable to employ some one or several of the means mentioned herein as having been used with success by someone else.

Treatment by Suggestion

Suggestion as an active and effective therapeutic agent in drunkenness and the drug addictions, is just beginning to receive the attention and consideration it merits. Physicians who specialize in the treatment of disordered mental states and nervous conditions have long employed suggestion with surprisingly successful results, but the general practitioner and the public are only commencing to realize its value, potency and the simplicity with which it is put into operation.

Nearly every physician has more or less of an idea of "mental therapeutics" and all of them will admit its value, but only a few have devoted serious thought to its scientific and systematic application. Most efforts at the use of suggestion go no further than the giving of advice. The patient is told that he must not keep thinking of this or that illness, that he must get into the habit of thinking and doing bright, cheerful things, etc., etc., but only rarely is he told how to form these habits of mind and body. Thus one of the most powerful forces for the correction of wrong habits of mind and numberless physical ills is permitted to lie idle because of lack of system and persistence in its use.

As has been before stated, some of the common principles of suggestion are used in all forms of moral suasion, and even when crudely or unskillfully employed they are often extremely effective. In most of

these cases those who give the suggestions do not know anything of the Law of Suggestion or the means by which the mind is influenced to action. They unwittingly put the right *causes* into motion and *results must follow* as a matter of course. The fact that cures follow such unconscious and unscientific use of suggestion is surely proof of its curative value in inebriety and gives you some idea of what may be accomplished when systematically employed by someone who knows something about the correct manner of using it.

If any doubt can be had of the value of suggestion in the treatment of drunkenness it quickly will be dispelled if one will but watch its effects. We can always argue for or against the working out of a theory but we cannot dispute results which have actually taken place. For this reason one of the most convincing proofs of the efficacy of suggestion is to note the fact that the one time hard drinker after fully embracing the faith and following the teaching of Christian Science becomes a teetotaler in a very short time.

It will at once be denied by every follower of this faith that suggestion has anything to do with the reformation of a drinker and it will be asserted that the change is brought about by the correction of his "mental error." I heartily agree that perfectly correcting the "mental error," which every inebriate has in regard to his drinking, is more than likely to cure the whole trouble, but the overcoming of that mental error and the changing of his habit of thought is accomplished by suggestion, and auto-suggestion, and by a change of environment and companions and by nothing else. This will be demonstrated to your com-

plete satisfaction by following a typical case through the various stages of change.

Let us say that a hard drinker, of a reasonable degree of mentality, is through one means or another induced to attend an "experience meeting" at a Christian Science church. He may be skeptical or his mind be open to conviction. Upon entering the church he finds himself in an atmosphere of rest and quiet, there is also a certain solemnity and impressiveness pervading the place, and his whole surroundings tend to place him in a receptive mood. After a prayer, a short reading, usually from the bible, and the singing of hymns in which all join, the members are invited to relate personal experiences of their being cured of some ailment or of having derived some temporal benefit through their faith.

Perhaps some man, with whom he is acquainted, describes the time when he was a drunkard without money and without standing, and states that he has been restored to sobriety and prosperity through Christian Science. He hears a number of similar statements from those who have actually "been there themselves," and he sees that they are now well dressed and prosperous. He begins to wonder what there is to it and what the same thing would do for him. The positive assertions made by those testifying are so many potent suggestions which produce their first effect by making him begin to "think things over." After the service is finished he is spoken to by different members and assured that he will be welcomed on any future visit. He leaves with a new impression and usually with the thought that "there must be something in it after all."

A little later he attends another meeting and he hears further testimonies, meets more of the members,

and he begins to like the idea of obtaining spiritual and temporal rewards right here and now instead of at some vaguely indefinite time in some future state. If he keeps on attending the meetings he is given explanatory literature to read and is impressively told that though he may not understand everything at first, yet if he will have sincere faith and follow directions it will all be made clear to him as he progresses.

During this time he may begin to taper off in his drinking, or if he finds it difficult to do so he consults a "Science Practitioner" or mental healer and asks for help. He is then told his desire to drink is only a "mental error," and that because drunkenness is not Truth it cannot exist. He is advised that he must with *faith* and confidence *deny* the evil and *affirm* the good. By this is meant that whenever the impulse to drink manifests itself he must immediately *assert to himself* that he has no desire to drink and that there is no such thing as drunkenness. He is also told that at a certain time he is to put all thoughts out of his mind and "go into the silence" and at that time the practitioner will give him "absent" or telepathic treatment for the mental error. It is impressed upon him that following these measures will insure the loss of all craving and desire for drink. Now, provided he carries out the instructions given and keeps up his attendance at church, he will lose the craving and his use of intoxicants will cease.

There is no disputing the fact that a cure has been accomplished and without the use of medicines, but it is equally true that from first to last suggestion and auto-suggestion have been most skillfully, artistically and effectively employed. The surroundings in the church, the testimonials of those who had been cured, the appearance of prosperity of the members,

and all the other "stage settings" were suggestions of the most forceful type. Now added to this is the constant assertion made from the pulpit, by the members and in the literature that if he has a *strong* and *abiding faith* that he will be helped, he will receive in accordance with his faith. The practitioner impresses upon him that "affirmation of good and denial of evil" will free him from his craving. This is nothing more or less than auto-suggestion, backed up by a blind, unreasoning faith that results will follow. The same thing occurs with "absent treatment"; the patient firmly believes that at the specified hour a change will take place and because of this faith and the auto-suggestion the change does follow in so far as the mind can control the body.

You may give any name you choose to the foregoing processes, or ascribe the results effected to any source you wish, but you will not change the facts. "A rose by any other name would smell as sweet" and if you care to you may say that a drinker who goes through the above has been cured by a direct interposition of Providence, but the fact remains that the psychologist and mental therapist employs the *same means*, in the *same way* and gets the *same results*, but he terms the force he employs *Suggestion*, and holds that it is a natural and not a supernatural agent.

Please do not imagine that I intend one word of disparagement against the Christian Science faith or any of its members, quite the contrary. I have the highest admiration for the practical work it accomplishes for both mind and body, and for the splendid personnel of its membership, among whom I number many of my closest friends. I only wish to emphasize and point out the fact that they are employing, *under another name*, a force which has infinite possibilities

in the scientific treatment of inebriety and allied ailments and I hope by calling attention to living proofs of its efficacy to arouse both the medical fraternity and the laity to a true sense of its value.

While radical cures are common through the use of suggestion alone, and with some types of drinkers it is about the only means which can be employed, yet as a general rule suggestion and medicinal treatment should be combined in order that the best and quickest results may be obtained. There is nothing to prevent using suggestion without medicines or medicines without suggestion, but as neither conflicts with the other, failure to employ both lessens the patient's chances for recovery.

In a previous chapter the underlying principles of suggestion have been explained and a little further on an outline of the method of employing these principles will be given so that any one can intelligently use them in combination with such medicinal measures as may be required.

Treatment by Drugs

The first institution for the treatment of drunkenness, considered from the standpoint of its being a disease and curable by the use of drugs, was founded by Dr. Edward J. Turner, at Binghamton, N. Y., in 1864. In common with all pioneers in scientific fields, Dr. Turner encountered a storm of opposition from both physicians and laity. Instead of being given the support which his self-sacrificing efforts merited, many attempts were made to belittle and discredit the importance of his claims and labors, but before his death, which occurred in 1889, Dr. Turner had the satisfaction of seeing the truth of his contentions demonstrated and of knowing that thousands of drunkards

had been redeemed to lives of sobriety and thousands of others, yet unborn, would live to bless his name.

In 1870 a number of physicians and other interested persons formed a society called The Association for the Study of Inebriety, and from that date drunkenness began to be treated along scientific lines. At that time but little was known of the real disease of drunkenness. Its symptoms had not been minutely observed, or their meaning considered; its pathology was but little understood and the true inwardness of its effects on the mentality was comparatively unknown. Patients were considered as being on the borderland of insanity, pledges and moral suasion were ignored in the treatment and dependence was placed upon personal restraint, various medicines, baths, diet, etc.

Progress was slow, as is the case with every reform of great magnitude, but it was also sure. Gradually physicians began to understand the true nature of drunkenness and to evolve an effective treatment. Today the disease of drunkenness is well understood and its successful treatment and complete cure by medical means is an established fact.

The End Sought in All Treatments by Drugs. The end sought by all drug treatments is first an elimination of the alcoholic toxins or poisons present in the system at the time of beginning treatment; the removal of the constant or periodical "craving" for intoxicants; a sustaining and restoration to health of the diseased nervous system; a re-establishment of normal function to the various organs affected by alcohol, and the creation of a distaste for intoxicants which will prevent returning to drink. The "mental attitude," present and future, of the patient, with some few exceptions, is not given near the attention it deserves. With

most methods of treatment drugs and other purely physical means are relied upon entirely to effect the result desired. Needless to say, any treatment which places dependence solely upon physical means cannot prove as completely effectual as one which intelligently treats both the mental and physical defects which are present.

You Cannot Successfully Prescribe for Yourself.

A great many different drugs have been used in the treatment of inebriety, and I will mention those which experience has proven to be the most effective. Nearly every physician or sanitarium uses some combination of these medicines in conjunction with other methods, also herein explained. But in this connection I wish to caution the reader who is not a physician against any attempt to prescribe for himself or anyone else any combination of the medicines mentioned. In a very large percentage of cases the patient, attendant, or some member of the family is fully competent to *take or administer* the treatment without the personal supervision of a physician but *lack of medical knowledge totally unfits them to select such medicines as that particular case requires.*

While all cases of inebriety are alike *in their general aspects*, yet each individual has his own peculiarities which must be taken into consideration if the best results are to follow. Prescribing medicines for oneself, when you are not familiar with their effects or just what you wish them to accomplish, is very much like ordering a suit of clothes without giving any size. You might possibly be fitted but the chances are very much against it.

Treatment for Clearing the Body of Alcohol. If patient is on a spree at the time treatment for chronic inebriety is to be begun, he is first sobered by employing some of the various means described in the chapter on acute alcoholic conditions. Then after he has been allowed to rest for a day or two the treatment for the removal of the craving, and quieting of his nervous system and the building up of his powers of resistance is commenced. This part of the treatment is not begun when the patient is drunk.

For the purpose of securing maximum elimination recourse is had to various laxatives and purgatives, especially those which produce free watery stools. Calomel in $\frac{1}{4}$ grain doses given every hour during the day, until two to three grains have been taken, and that followed the next morning by a Seidlitz powder, Rochelle or Epsom salts. This to be repeated every other day for three or four times, as is necessary. In some cases it will be found advisable to give 5 to 10 grains of sodium salicylate an hour or two before the use of calomel is begun. For securing elimination through the kidneys potassium acetate and potassium citrate are often used. These drugs also aid elimination through the skin by increasing perspiration. For this purpose there are also employed pilocarpine, ammonium acetate and ammonium citrate. Sweet spirits of nitre has also been used with good effect. Hot packs and various forms of hot water, hot air and hot steam baths are commonly employed in all sanitariums to induce the maximum skin elimination and also for the soothing effect they have upon the nervous system.

Various Treatments for the Removal of the Craving. After some form of preparatory treatment, similar to the above, will follow medication for the removal

of the craving and the upbuilding of the patient. A great number of different remedies are used for this purpose and each physician treating inebriety places the greatest dependence and value upon the particular combination which has been most successful in his hands. It would be impossible to say which treatment is the *ne plus ultra*, as all are equally highly spoken of by their advocates and the results obtained in any given number of cases seem to be about the same.

McBride, of London, advocates the use of hypodermic injections of a sterilized solution of strychnine nitrate, 4 grains to an ounce of water, and a sterilized solution of atropine sulphate, one grain to an ounce of water. Three injections are made during twenty-four hours, being given one-half hour after each of the three principal meals. The dose of strychnine is increased rather rapidly until at the end of the first week $1/30$ of a grain is being given at each injection. The atropine is pushed until the dry tongue and throat and the dilated pupils are noticed. Having reached the full dosage, it is continued throughout the second week.

In connection with the hypodermics the following mixture is given six times a day, during the first two weeks of treatment.

Liq. cinchona	m.	10
Liq. gentian	m.	15
Liq. rhei	m.	2
Liq. capsicum	m.	1
Atropine sulphate sol.....	m.	2
Strychnine nitrate sol.....	m.	2
Glycerine q. s.		
Aqua to	oz.	1
Give in half a glass of water.		

The above is given in connection with the hypodermics in about the following order: Medicine at 8 and 10:30 a. m., 12:30, 3, 6:30 and 9:30 p. m. Injections at 9:15 a. m., 2 and 8 p. m. Attention should be given to diet and such measures employed as may be necessary to control any local conditions which may arise.

With the beginning of the third week, if the progress of the patient has been satisfactory, the dose of atropine is rapidly reduced in the injections and omitted therefrom entirely after the sixteenth day. At the same time the tincture of capsicum is withdrawn from the mixture.

The modified injection and mixture is continued during the fourth week. At the beginning of the fifth week the atropine is also withdrawn from the mixture, which is now given four times a day instead of six, otherwise the treatment is administered as before.

During the sixth week the strychnine injections are given only in the morning and evening and the dose rapidly reduced to nothing and discontinued at the last of the week. At the beginning of this week the cinchona is also withdrawn from the mixture, which is now given three times a day.

This is the general routine of medication employed by McBride, to which are of course added such other measures as may be found necessary in individual cases.

Dr. Alexander Lambert uses in the Bellevue Hospital in New York an entirely different combination of drugs, the formula for which and outline of treatment having been furnished to him by Mr. Charles B. Towns. He employs a 15 per cent tincture of belladonna, and the fluid extract of xanthoxylum

(prickly ash) and the fluid extract of hyoscyamus mixed in the following proportions:

Tincture of belladonna (15%).....oz. ii
 Fluid extract of xanthoxylum.
 Fluid extract of hyoscyamus āāoz. i

For the preliminary eliminative treatment he employs the compound cathartic pill of the Pharmacopœia which contains:

Compound extract of colocynth.....gr. 1¼
 Resin of jalap.....gr. ⅓
 Calomelgr. 1
 Gambogegr. ¼

Also the official vegetable cathartic pills:

Compound extract of colocynth.....gr. 1
 Extract of hyoscyamus.....gr. ½
 Resin of jalap.....gr. ⅓
 Extract of leptandra.....gr. ¼
 Resin of podophyllum.....gr. ¼
 Oil of peppermint.....m. ¼

To this Dr. Lambert adds:

Oleoresin of capsicum.....gr. 1/10
 Gingergr. ½
 Croton oilm. 1/25

He also uses five-grain capsules of blue mass in connection with whichever of the above pills is employed.

The treatment is begun by giving four of the compound cathartic pills and 5 grains of blue mass. An enema of hot soapy water is also given to thoroughly clean out the lower bowel. When the cathartics begin to act the use of the belladonna, xanthoxylum and hyoscyamus mixture is commenced. Beginning with 6 to 8 drops, given every hour, the dose is increased 2 drops every six hours until 14 to 16 drops are being given every hour. The dose is not increased above 16 drops. The mixture is given in this way until the effects of the belladonna are seen.

The signs of belladonna intoxication are dilated pupils, dryness of the throat, sometimes difficulty in swallowing, and a flushed face, which is peculiar in that the flush is over each cheek bone while the skin at the corners of the nose and about the angles of the mouth may be unduly white. The skin may be hot and dry. In persons who are very susceptible to this drug an active, talkative delirium may occur. Sometimes a rash develops which spreads over the entire body. The pulse is rapid and the respirations quickened. There is practically no danger whatever from these symptoms as they are very transitory and pass away quickly as soon as the belladonna is withdrawn.

When the above symptoms are noticed the use of the mixture is stopped until the signs have subsided, when it is begun again in 8 drop doses and given as before. With very susceptible patients one may have to recommence with 4 or 5 drop doses.

Twelve hours after beginning the use of the mixture another cathartic of pills and blue mass is given. The number of pills used is governed by the severity of the previous action. After this second dose of

cathartics has acted, if the patient begins to show green, mucous stools he is given an ounce of castor oil, which will produce a liquid green stool, composed of mucous and bile, and the treatment is then ceased. If, however, the green stool does not begin to appear at this time the treatment is continued for another twelve hours and the cathartic again given, and as soon as the green stool is seen the castor oil is given. In some cases it has been found necessary to continue the above for one or two or more twelve hour periods.

During above treatment the patient is usually given, every 4 hours, a $1/60$ to $1/30$ of strychnine, or some other heart stimulant. With young and vigorous patients no liquor at all is given but older ones or those in poor physical condition are given an ounce or two of whiskey, in milk, four times during the first twenty-four hours. During the second twenty-four only two doses of whiskey are given and after that not at all.

After treatment the patient will usually be languid and relaxed but without any craving for alcohol. They may be restless and sleepless for the next two or three days and are given such medication as will assist them in gaining rest and quiet. A non-alcoholic tonic is then given for a week or two. The diet during treatment is regulated by circumstances. After the active treatment it should be abundant, but simple and easily digested and assimilated.

Space forbids the enumeration of all the various drugs which have been employed in inebriety but I shall briefly mention a few of them so that their general character may be recognized and from them any physician can modify a formula to suit the require-

ments of any certain patient. The two following have been extensively used:

Chloride of gold and sodium
 Ammonium chloride
 Atropine
 Strychnine nitrate
 Fluid extract cinchona comp.
 Fluid extract hydrastis
 Fluid extract lupulin
 Glycerine
 Tinct. Cardamon comp.

Chloride of gold and sodium
 Ammonium chloride
 Strychnine nitrate
 Atropine
 Fluid extract cinchona comp.
 Fluid extract cocoa
 Glycerine
 Water q. s.

Chloride of gold and sodium was at one time thought to have a specific action in removing the drink craving and there were a great many so-called "Gold Cures" established in all parts of the country. The chief value of the gold chloride was from an advertising standpoint. It was "catchy" and patients thought it must possess some out of the ordinary merit, and it also enabled its users to charge more for the treatment because of the asserted great cost of the medicines employed.

As a matter of medical fact the chloride of gold and sodium has very little if indeed any medicinal value in the treatment of inebriety. It is a rather unstable compound and in the body it is very likely

to split up into metallic gold and common salt. Gold is absolutely inert and has no medical value and the action of ordinary salt is too well known to require comment.

A variation of the two preceding formulas is the following, which also has proven of value. The dose is a teaspoonful every two hours while patient is awake. The treatment is continued from four to six weeks as required.

Atropine sulph.	¼ gr.
Strychnine nitrate	1 gr.
Tinct. capsicum	2 dr.
Fl. ext. cocoa.....	1 oz.
Fl. ext. avena sativa.....	1 oz.
Fl. ext. cinchona comp.....	3 oz.
Glycerine	1 oz.
Aqua dis. q. s. to.....	8 oz.

Another formula at one time, and to some extent still, commonly used is:

Fluid extract cinchona rubra
 Cinchonidine sulphate
 Quinidia

I have never employed this combination but it would seem from the ingredients that one could not expect from it more than the ordinary well known effects of quinine.

Homeopathic Methods and Medicines. Spiritus glandium quercus, a distillation claimed by homeopaths to be a specific in of the acorns of the white oak, has been inebriety. Dr. J. C. Burnell says that the use of the drug, with the avoidance of all meat diet and the free

use of buttermilk, oatmeal and fruit diet, enables the inebriate and tippler to control their passion for strong drink and to abstain altogether or drink in moderation, as they choose.

I have tried to test the efficacy of this drug, but as it is unofficial I have never succeeded in obtaining a preparation which I was certain was properly prepared. The results obtained by me were unsatisfactory, but whether this was due to the drug being incorrectly manufactured, or to other causes, I cannot state.

I am not familiar with the methods employed by homeopaths in the treatment of inebriety, but Gallivardin in his Homeopathic Treatment of Alcoholism advocates a specific remedy for each type of drinker and another drug for the various combinations of mental symptoms exhibited while intoxicated. He advocates giving *one* dose of each drug, indicated by homeopathic theory, and then permitting that *one dose to remain in the system and work for weeks and months.*

For various types of drinkers he advocates the following: Nux Vomica, lachesis, causticum, sulphur, calcarea carbonica, hepar sulphuris, arsenicum album, mercurius vivus, petroleum, opium, staphisagra, conium maculatum, pulsatilla and magnesia carbonica. The character of the drinker determines the drug to be used, as for example:

*“Nux vomica:—*Violent people, often cross, and whom sorrows or cares lead to drink as a means of forgetting, and who spit frequently; or mild-tempered people, kind and affectionate in their ordinary condition, who, while drinking, become brutal even to striking, insulting, sometimes weeping. Tendency to jealousy, to envy, to suicide by shooting or stabbing,

before and during drunkenness. Inclination to sadness, or to great genital excitement during drunkenness. Easily made drunk by a small quantity of alcoholic drink. Longing for red wine, white wine, beer, absinthe, rum; persons inclined to get drunk for lack of anything else to do; neurotic men, and women addicted to drunkenness during or after pregnancy. Licentious, but only in imagination; still sometimes really immoral; mania for refusing treatment even in urgent cases. Sometimes thieving and shrewd; inclined to gamble, spending their entire wealth little by little. Spending through ostentation; close toward his family, open-handed to strangers, avoiding any society but his own family.

Causticum.—Fussy, quarrelsome, cheating, much inclined to be moved to tears before and after drink; very great genital overexcitement before and during drunkenness. Desire for brandy and wine. Indicated for persons who have lost their loved ones. Adults lacking in common sense. Great indifference. Sometimes inclined to theft. Tobacco users. Unable to stand continence. Young girls burning with the desire of marrying. Spendthrifts.

Hepar sulphuris.—Persons who are not affectionate, always dissatisfied, high-tempered, easily angered, even to homicide. Inclined to be criminal. Needing wine to be able to work mentally.

Mercurius vivis.—Always dissatisfied with everything, everybody, and themselves. Inclined to caries of the teeth, to engorgement of the gums, to salivation, neuralgia, diarrhoea, dysentery, intestinal worms. Great gamblers. Sometimes spending freely and sometimes close-fisted. Spending day by day what they earn. Hard to get along with and weak-minded. Hav-

ing diseases which have been palliated rather than cured.

Conium maculatum:—People who drink to “brace up,” because they feel extremely lonesome, cold and chilly. Persons who cannot stand continence. Great indifference. Intelligence not as yet thoroughly developed. Adults lacking in reason, like children. Paralytic weakness of the lower spine, and especially of the lower legs, inclined to paraplegia.

Pulsatilla:—People who imagine they strengthen their stomachs by drinking, and whose digestive powers are really insufficient. Sad while they are drunk. Desire for cider. Chlorotic women and girls who drink for the purpose of gaining strength. Jealous, and still more envious, inclined to hate. Spendthrifts through ostentation. Timid and even cowardly.”

For the various mental symptoms which appear during drunkenness he advocates belladonna, cantharides, china, coffea, hyoscyamus, ignatia, phosphorus, stramonium and veratrum. These are administered in the 3rd, 6th, 12th or 30th dilution, and are given as indicated.

As an example of their employment the following symptoms are given, and the drugs used for each.

“Convulsive form of drunkenness, with violent contortions of the limbs, of the body, of the head: *Nux vomica*, *belladonna*.

Jealousy: *Nux vomica*, *lachesis*, *pulsatilla*, *staphisagra*.

Fury for striking: *Nux vomica*, *hepar sulph.*, *hyoscyamus*.

Fury for destroying everything: *Veratrum*, *belladonna*.

Speaking ceaselessly: *Lachesis, causticum, hepar sulph., petroleum, magnesium carbonate.*

Yelling, shouting: *Stramonium, hyoscyamus, ignatia, causticum.*

Insulting: *Nux vomica, hepar sulph., petroleum.*

Complaining, dissatisfied; before, during and after intoxication: *Hydrastis canadensis, nux vomica, causticum, lachesis."*

Never having seen this method of treatment thoroughly tried I cannot state from experience or observation what results have followed its use, but from my general knowledge I am inclined to believe that other lines of medication will prove more satisfactory.

Danger of Using Hypnotics and Narcotics in Treating Drunkenness.

Nothing has been said of the various sedatives and hypnotics which may be required when persistent insomnia is present or when the patient is in a highly nervous condition, delirious or maniacal. For the purpose of quieting the patient and inducing sleep the bromides, chloral, hyoscin, sulphonal, trional, stramonium, hyoscyamus and the like are commonly employed.

Extreme care must be taken in using narcotics, especially the "habit" forming ones, and most of them tend in that direction. They should *never* be employed except upon the advice and under the administration of a physician, who should never inform the patient or his friends that he is giving a narcotic or hint at the name or nature of the drug. If this precaution is neglected there may follow the acquirement of a drug habit more vicious than the initial inebriety.

The class of patients who will be treated at home seldom or never will require extreme sedatives or hypnotics, and in a sanitarium or hospital, sleep and

nervous relaxation can better be obtained through elimination, wet packs, cold showers, hot baths and other similar measures. These leave no depressing after effects, the sleep obtained is natural and refreshing and there is no danger of forming a dangerous drug habit.

No Absolute Specific Yet Discovered. So far as is known there is no drug or combination of drugs which is absolutely specific in removing the craving for drink.

By this is meant that the same identical treatment will not prove curative in all cases. Taking for example one hundred patients and administering to each of them the combination you have found most effective, you might have the most favorable results with sixty while for the remainder the treatment would have to be changed. The addition of one or two ingredients, or their omission, oftentimes makes a radical difference in the results.

Which ones will require a modification of the general line of treatment can only be determined by noting the results obtained from it. If they are satisfactory, well and good; if not, the cause must be ascertained and such alteration made as will produce results.

An Outline of a General Method of Home Treatment for the Patient Who Wishes to Stop Drinking

It will be understood that in a book of this character it is out of the question to attempt to give specific instructions for a treatment which will apply exactly to each and every case. The very best that anyone can do, without special information pertaining to each individual, is to describe such general measures as will prove effective with a general average of patients. Treatment for any particular case can only be prescribed by the medical adviser after a careful consideration of such conditions as necessitate special medication and attention.

For the above reasons it is not to be expected that the measures herein described are going to be successful with each drinker, though they can be *first* tried by all who desire to undertake treatment without further advice from a physician. With a large percentage the thorough carrying out of the instructions given will be followed by a radical cure, with freedom from the craving or necessity of using any form of intoxicants. With others the results may not be so pronounced which would indicate the necessity for a change in the medication and method of handling. These latter should at once place their cases in the hands of a physician who is skilled and experienced in the treatment of Inebriety, for the special attention which they require.

In outlining the following treatment it is assumed that we are dealing with a drinker who really

wishes to be cured and who has fully determined to do all in his power to overcome his drinking habits. It is not enough for him to say he wishes to be cured, and at the same time do everything which can be done to prevent results. Some men will consent to take the treatment and then do more to hinder than help. Yet these same men will swear by all that's holy that "they followed instructions exactly." It must be understood that one must comply with the spirit of the instructions and not merely "go through the motions."

The directions and instructions are not difficult to follow. They do not entail any hardships on the patient and in nearly every instance he can keep on with his usual occupation. A thorough result will require a few weeks' time and a little perseverance, but there is no quicker way if you want complete and permanent relief from drunkenness. This disease cannot be cured over night and if you are seeking a *real cure*, mentally and physically, do not be misled into believing it can be effected in three or four days' time. Follow all directions as closely as is possible and do your part thoroughly as you cannot expect favorable results in anything if the instructions for obtaining them are not carried out.

General Eliminitive Measures

It is best that the patient be sober when treatment is begun so that he will be able to follow all instructions intelligently. The use of all intoxicants should cease immediately, provided this can be done without causing the patient too great a degree of discomfort and suffering. If he feels that he cannot stop drinking at once then the amount consumed daily should be *reduced one-half*. Three or four days later

the quantity should be again cut in half, so that after the fourth day not more than one-quarter of the usual amount is being taken. After ten days to two weeks there should be no further craving and liquor should then be given up completely. Treatment, however, should be continued for some time longer.

At the beginning of the treatment thorough intestinal elimination should be secured. For this purpose the patient should take a Seidlitz powder half an hour before breakfast and also one-half an hour before the regular evening meal. A dessert spoonful of either Rochelle or Epsom salts can be taken instead of the Seidlitz powder if preferred. These salts should be taken in this way every day for about six days. Then omit the dose before supper and continue for another week. The salts can then be discontinued if the bowels continue to move freely. Drink a glass or two of water before breakfast, hot water is better at this time; also take three to four glassfuls at intervals between breakfast and luncheon and the same during the afternoon. Plenty of water is a splendid aid to elimination.

During the first ten days of treatment the patient should, if possible, take a hot bath every day. Those having a bath tub with hot and cold water should take the bath as hot as it can be borne and remain in the bath for from thirty minutes to an hour. After the hot bath take a cool (not cold) sponge bath and dry yourself by a brisk rubbing with a coarse towel.

The daily hot baths should be kept up for ten days to two weeks, or longer if patient desires. After two weeks a bath twice a week will usually be found sufficient. If the patient has a "bath cabinet" he will be benefited by taking a sweat bath every night for the first two weeks and two to three times a week

thereafter during the treatment. Turkish baths and radiant light baths, previously described, will be found beneficial if taken once or twice a week all through treatment.

As previously stated the sprees of periodical drinkers may often be cut short or aborted entirely, if a thorough course of baths and elimination be commenced just as soon as the usual feeling of unrest and impulse to drink is experienced.

As to diet, the patient should eat plain, easily digested food, which should not be highly seasoned. All pastry, cakes and other rich articles should be omitted. Fruit can be eaten freely. Six to ten glasses of water should be drunk each day. Buttermilk will be found beneficial, and agreeable to most patients. Almost any non-alcoholic drink can be partaken of freely. If the stomach feels sore and distressed a little ice cream will often touch the spot.

Exercise freely in the open air, practice deep breathing and form the habit of sleeping with the windows wide open. Patient should obtain all the sleep he can and regularity should be observed as much as possible in regard to rest, exercise and meals.

Medication for Eradicating the "Craving for Alcohol"

Three days after the foregoing general eliminative measures have been begun, the patient should begin to take the official Elixir of Iron, Quinine and Strychnine Phosphates, the dose being one teaspoonful in a half glass of water, one-half hour before meals, also in the middle of the forenoon, in the middle of the afternoon and at bed time, making six to seven doses per day. When a Seidlitz powder or salts are taken before a meal then the tonic should be omitted.

The tonic should be continued as above for three weeks or four if the craving still persists. As soon as the craving is relieved then use the tonic only before meals and continue for three or four weeks.

Should the craving for alcohol persist after the first ten days, then get from your druggist some very small quassia chips and make of them an infusion in the following manner: To one ounce of the quassia chips add one pint of water and let stand for two hours. The result will be a bitter liquid, of which take a quarter of a glassful, instead of the usual drink, whenever the craving for alcohol is felt. This will be found to give relief and it is an excellent tonic as well.

This infusion can be made much stronger by placing the mixture in a covered vessel over a slow fire and allowed to heat, but not boil, for one-half hour and then cooled for a couple of hours. Two quarts of the infusion can be made at a time as it keeps well if covered. Strain off the liquid and the chips may be used again but the infusion will be weaker, so the second time use less water and allow it to remain longer.

In connection with the balance of the treatment the foregoing measures will ordinarily serve to remove the craving or at least to lessen it to such a degree that it can be easily withstood for the short time that it will persist. There will be a great many drinkers who should have remedies additional to these but they cannot be prescribed or even suggested here for reasons already given, but such individuals will undoubtedly consult with their medical adviser and the proper auxiliary remedies can then be determined.

The Mental Treatment

In connection with such *physical* measures as have already been outlined, or with such others as may be

found advisable to employ, the *mental* treatment must not be omitted or lost sight of. This consists of Suggestions and Auto-Suggestions used for the purpose of changing a drinker's thoughts in regard to his habit of drinking, or, in other words, to correct his wrong mental attitude or wrong habit of mind, which is one of the great causes for drunkenness. The importance of faithfully following this part of the directions cannot be too strongly emphasized and each patient is urged to fully carry out all these instructions earnestly and persistently, even though their force and value is not immediately seen.

Unfamiliarity with the "Law of Suggestion" should not cause any fear as to your ability to use this mighty force. You will have no trouble or difficulty if you but learn the few simple general rules given herein and then do as instructed. To successfully use Suggestion it is not at all necessary that you have any great knowledge of psychology or that you understand minutely all the fundamental principles of the law. If you will but follow the instructions *you will get the results and benefits from Suggestions* even though you do not understand why. It is just the same as your turning on an electric light switch, you get the light even though you know nothing of how the electricity was made or how it is controlled.

The first great truth to be realized is that the quality of our ideas, thoughts and suggestions determines the quality of our actions. The habitual reception and entertainment of *evil suggestions*, thoughts and ideas will *destroy* a fine character and habitual *good thoughts* and ideas will *reform* and *rebuild* a bad one. Suggestion is two-edged. It will build or destroy, depending entirely upon the character of the suggestions which you permit to enter your conscious-

ness. Suggestions for *good*, however, cannot possibly harm either body or mind. Such suggestions tend always upward, never downward. They are always "constructives" and never "destructives."

**The Thoughts
Which Make
Men Drink.**

Suggestion as a first cause of drinking has already been described but that you may better understand how a person's thoughts control his action a few further examples will be given of the manner in which a drinker "reasons" before he takes a drink. He ordinarily "talks it over" with himself very much in the following way:

"I believe I need a drink as an eye opener and to give me an appetite for breakfast." "I don't feel very well this morning and I think a drink will fix me up." He takes a drink to begin with and then about nine or ten o'clock in the morning he begins to tell himself: "It's a long time since I had a drink and I really need one before luncheon. I can't get along without it." "I guess I'll just run out and get a little something to brace me up." At luncheon he again tells himself: "A little drink will make me feel better." In the afternoon it is the same thing. He keeps continually telling himself that he *needs* a drink. *He permits his thoughts to dwell upon drink and these Auto-Suggestions, reaching his sub-conscious mind, make him go and get a drink, we might say, almost unconsciously.*

At other times he will recall to mind the pleasures he has had when drinking with companions and this is a powerful suggestion to find his friends and renew his former pleasant experience. Again something may go wrong at home or in business and he says: "Oh! I'll go take a drink and forget it." The last part of the suggestion is good but it's the first part that starts the trouble. He also receives many invitations to drink with friends, who tell him of the good times in

store, and all these are suggestions which, when allowed to remain in the mind, result in his getting drunk.

To the foregoing suggestions must also be added the sub-conscious one caused by the "craving" which the regular use of intoxicants is almost certain to produce. It is this "craving suggestion" which usually starts the mind to entertain thoughts of drinking, and the combination of craving and auto-suggestions in favor of drink is one that is seldom resisted.

Overcoming a Bad Habit of Mind. The craving is a result of the alcoholic poisoning of the body and can be overcome by the use of proper medicines, while the bad habit of mind or body can be overcome by putting the "destructive" thoughts out of the mind and filling their place with "constructive" ideas. That is why the combination of mental and physical treatment gives such splendid results in the treatment of drunkenness, and why you should not neglect the mental which is now being outlined.

One of the great laws of psychology is that two suggestions or ideas of opposite character can not be accepted and acted upon *at the same time*. Therefore all that is necessary to overcome any suggestion or auto-suggestion to drink is *at once* to give the mind a stronger counter suggestion *not to drink*. If this is kept up for a short time, in connection with the medicines and measures for removing the "craving," it will be found that the thoughts and desires for taking a drink will become fewer and fewer until they no longer come of their own accord and liquor will be left alone as *a matter of habit* just as a drink is now taken because of the "drink habit."

**How to Make
Auto-Suggestions
Most Effective.**

The conditions most favorable to the reception of impressions from auto-suggestion is when the body and mind are quiet and in a state of relaxation. Just after retiring at night, when you are settling to sleep, is a propitious time for the reception of all forms of suggestion, as is also just after awakening in the morning when all the faculties are being aroused to begin a new period of consciousness. Suggestion, however, may be, and usually is, employed with advantage frequently during the day and under all sorts of conditions.

In preparing your auto-suggestions always make them in the form of *positive assertions*. There should be no doubt of any kind felt or expressed.

Assert to yourself that you already have such characteristics as you wish and expect to possess. For instance, say to yourself, "I am strong"—but never "I am going to be strong" or "I hope to be strong." Say "I have courage and will power," not "I expect sometime to have courage and will power."

After deciding upon the suggestions you are going to use, then write them out in full so that none of them will be forgotten or changed. Each suggestion should be repeated several times. The value of frequent repetition is difficult to overestimate. This is especially true where experience in the application of auto-suggestion is lacking and the subconscious faculty of the mind has not been trained sufficiently to make rapid response. *Frequent repetition of the suggestion gradually awakens the impulse to action.* The impulse must precede the actual *performance of the action*. As explained in another chapter a frequently repeated suggestion grows in strength until it influences the mind to conscious action in accordance with the character

of the suggestion. Thus your thoughts cause and govern your actions.

Audible self-suggestion, or the practice of talking to oneself vigorously and earnestly, is one of the greatest aids to the effectiveness of the suggestive principle. This practice seems to arouse the sleeping forces even more effectively than thinking does alone. There is a power in the spoken word, which is lacking with the same words repeated mentally. Audible suggestion makes a more lasting impression, on the same principle that words which pass through the eye from the printed page make a stronger impression on the sub-conscious brain than we get from thinking the same words. The spoken word carries with it an unquestionable force, especially if uttered earnestly, and with conviction.

To add to the effectiveness of your auto-suggestions repeat them slowly, thoughtfully. After making an auto-suggestion stop a moment. Let its meaning and significance be fully grasped. Turn it over in your mind. Endeavor to feel it. Repeat the process and continue to do so, earnestly, persistently, and results will be as inevitable as any other manifestation of the law of cause and effect. *By means of auto-suggestion a man can practically make himself what he will.*

The Auto-Suggestions to Be Employed. As examples for you to follow I will formulate a number of auto-suggestions for the purpose of increasing *Will Power* and creating an attitude of mind against drinking and drunkenness. To these can be added as many others as you choose. Each night upon retiring, and each morning when you first awaken to begin the day, give yourself with all seriousness and earnestness the following thoughts:

I CAN AND I WILL.

I HAVE WILL POWER AND DETERMINATION.

I AM STRONG AND DETERMINED.

MY WILL POWER IS STRONG NOW.

I FEEL MY STRENGTH OF WILL POWER IN EVERY
ATOM OF MY BODY.

I DO WHAT I WILL TO DO.

I WILL TO NO LONGER USE INTOXICANTS.

I HAVE NO DESIRE FOR DRINK.

I HAVE NO THOUGHTS FOR DRINK.

I AM FREE FROM ANY CRAVING FOR DRINK.

I AM IN BETTER CONDITION WITHOUT DRINK.

I REFUSE TO MAKE MY FAMILY AND FRIENDS
MISERABLE AND UNHAPPY THROUGH MY
DRINKING.

I WILL NOT PERMIT ANOTHER TO INFLUENCE
ME TO DRINK.

I AM MASTER OF MYSELF.

DRINK NO LONGER MASTERS ME.

Keep up suggestions of this character as long as you find that ideas for drink keep coming into your thoughts of their own accord, or are suggested to you by your companions. After a short time you will find the destructive mental habit will entirely disappear and in its place you can establish one which will tend to benefit you for all the rest of your life.

How to Giving oneself suggestions against drink
Control Your will at first require a conscious effort of
Thoughts. mind, because you have been used to
thoughts of another character and changing our
mental attitude on any subject is always a little diffi-
cult at the beginning. We all like to do the things
which are "easiest" and because it is easier we let our
thoughts wander and permit all kinds of ideas to enter
our mind and it is only by an effort of will and per-
sistence that we can keep our thoughts concentrated.

So at the commencement you will probably have "drinking thoughts" frequently, but *do not allow them to remain*. Instead of entertaining them, immediately *make* yourself think of something which will be *beneficial* and *constructive* and soon you will find your *thoughts* putting you on the road to mental, physical and financial advancement, instead of them leading you the opposite way.

If at any time during the day a suggestion to take a drink is received do not welcome it and dwell upon it with pleasure, but *immediately give yourself an auto-suggestion against drink*. Let the suggestions that you give yourself to this end be firm and emphatic. Do not argue with yourself as to whether you should or should not drink, but state positively to yourself that you will *not*. You can enumerate to yourself the different reasons *why* you *will not* as each one of these reasons will strengthen the power of all the other suggestions.

When thoughts of drinking persist in coming back, as they will at first, then busy yourself with your work or with some occupation that will take your thoughts entirely away from liquor. Begin to take extra care in doing your work, see if you cannot do more of it and do it better. Keep your head and hands busy at the same time. Become deeply interested in something and see how seldom thoughts of drinking will obtrude themselves on your attention.

What to Say to Drinking Friends. If your friends ask you to drink, simply say, "Boys, I have reached that place where I know that I am going to be far better off without even one single drink and so I have quit, and as friends of mine I will ask you not to insist upon my drinking with you." You will find that you will not be urged further by those who are your true friends and any others you can well afford to leave alone.

It may sometimes be necessary to make new friendships, or to change your mode of recreation but neither of these is difficult to do and when you get right down to brass tacks and are honest in your judgment you will find that in the great majority of cases you are bettering yourself very much by making the change.

Make a Mental Picture of Your New Self. In order that you may have a definite idea of just what you wish to accomplish and also that you may note the marked change which will take place within yourself it will be well for you to form a mental image of what you would like to have or to be. Make it clear, distinct and in detail so that you can see it plainly with the "mind's eye." Do not place this "new self" of yours in the far distant "sometime" but bring it close to you in the ever present "*now*."

Then take each day such steps as will bring you closer to your ideal self as you have pictured it in your mind. The steps at first will be little ones and will be taken only one at a time, but they grow rapidly larger in their effect until after only a few weeks' time you look back to where you started and view with pride and astonishment the progress you have made.

All successes and failures in life are determined by the kind and vigor of one's auto-suggestions and by the character of the mental picture men make of themselves. Most people make mental images of what they would like to be and the things they would like to have, but these pictures are more in the nature of transient desires, and day dreams with no real attempt and effort to make them realities. The greatest accomplishment which has ever been achieved is but *a dream which has been made to come true* by continu-

ous right thinking and its positive result, right acting. Wishes and longings are realized one after another if you but think right and act right.

The Power of Faith. While the power of auto-suggestion is not directly a result of the faith that an individual may have in it, its effectiveness is none the less greatly influenced by it; so much so that where the element of faith is lacking its power is crippled, if not destroyed entirely. Disbelief or doubt puts into operation a series of counter suggestions whose power invariably paralyzes the effectiveness of any auto-suggestion that has been made. It should not be understood that blind unreasoning faith is what is required; on the contrary, the faith that has a rational, common-sense basis is preferred, for under these conditions the effectiveness of auto-suggestions is undoubtedly multiplied. It is only skepticism or ridicule which is the outgrowth of ignorance on the subject, or doubt, merely because you individually have had no proof, that operates against the accomplishment of results. If the existence of facts or phenomena has been reasonably proven by others, it is the height of folly to permit individual prejudices based on ignorance to stand in the way of your belief or acceptance. Harbor no doubts or disbeliefs. Approach your exercises hopefully, trustingly. Seek to *prove* rather than *disprove*. Let nothing conflict with your faith in the successful outcome of your practice.

General Instructions

Study well the chapter on the "Causes of Drinking" and then take such steps as will lead to *the removal of the cause*. If you drink to give you additional strength to do more work, just bear in mind that

alcohol weakens all your powers and faculties and renders you unfit to do as much or as good work as you could without it. If it is to relieve or cure some ailment, you must know that *alcohol does not cure any disease*, but makes them all worse. If your drinking is because of companionship, then make new friends. Just go over in your mind the *finish* of all those who have tried to get the best of John Barleycorn and that should be sufficient evidence that you can't beat him and that the *best you can get is the worst of it*.

Take all so-called reasons and after honest judgment see if there is any one of them which really justifies you in persisting in believing in it. Just between ourselves, as man to man, when you get right down to hard facts, is the cause or reason that you may give for drinking anything more or less than an *excuse*? Has it any real foundation and do you think anyone believes it?

Do not take a treatment for a week or two and then stop. To do so would not be fair to yourself, your family or to the one who prescribed for you. Do not expect any method of treatment to cure you if you make a determined effort to prevent it.

Keep away from temptation as much as possible, especially during treatment and until such time as you are certain of your control of yourself. We are all only human and if we keep exposing ourselves to *temptation* and *opportunity* at the same time, we are pretty sure to yield to the temptation. You cannot play with fire without sometime getting burned.

Remember, there may be a week or two of slight bodily inconvenience while the system is accustoming itself to the change and getting out of the habit of expecting alcohol at certain times. The physical treatment outlined will overcome practically all disagree-

able symptoms but there may be just enough to make you aware that there is a change taking place. Do not take any liquor to make you feel like "your old self" because that is just what we want to get rid of and leave in its place a *new self* which will be far better physically and mentally than the one discarded.

If by following the foregoing instructions as to eliminative treatment, baths, diet, tonic medication, and the use of auto-suggestions for changing your present habit of thought regarding drink, you are not in a short time completely free from every particle of craving, with the taste or smell of liquor disagreeable, and having no thoughts or desires for it, then it is suggested that you consult with a physician skilled in the treatment of inebriety and lay your case fully and frankly before him. His experience will undoubtedly enable him to make such changes in this general method of treatment as will fit your particular case and make certain of a perfect and speedy cure. By following this course you will be practically certain to free yourself from the domination of drink, your health will be much better and your general efficiency and earning capacity will be greatly increased. All of this is well worth having and all is within your easy reach.

A Method for Handling the Case of a Drinker Who Will Not Consent to Take Treatment

In a preceding chapter it has been shown that it is with difficulty that a drinker can be made to realize the mental and physical damage which he has suffered by reason of his drinking and he also dislikes very much to admit that his appetite and craving for alcoholics has grown to such an extent that it is no longer under his control. As a result there are great numbers of drinkers badly in need of treatment but who will not acknowledge the fact or agree to take it. Some there are who even go so far as to declare they wish to remain drunkards the rest of their lives, but fortunately they are comparatively few. As a matter of fact every drinker at times awakens to the realization that he is drinking far more than is good for him and he makes a great many spasmodic attempts to cut down the amount. He seldom succeeds because he does not fully understand the nature of his trouble and therefore cannot know the proper steps for him to take to overcome his craving and after a failure or two his false pride keeps him from acknowledging his need for medical help. This same false pride also makes him declare, "I can stop whenever I wish to," a declaration which in his heart he knows is not true when he makes it.

When a drinker, whose need for treatment is apparent to all but himself, declares that he will not take it, that he wants to drink, or that he can stop entirely whenever he chooses, his family or friends who wish him to quit drinking have only two or three courses

which they can follow. One is to let him alone and trust to luck or some happy circumstance to cause him to stop. Another is to follow the usual method of pleading with him, scolding him or threatening him with all sorts of punishments or dire disasters if he continues to drink. Yet another is to first recognize the fact that in Inebriety we have to deal with a disease of the body and a wrong attitude of mind, then to follow a well defined method of physical and mental treatment for the purpose of removing the "craving" for drink and changing the drinker's thought habits to such an extent that he will wish to leave all kinds of intoxicants alone, rather than continue to use them.

I realize full well that there are those who believe and assert that it is useless to try any method of treatment for drunkenness unless the patient is in full accord and is using his will power to aid in the cure, but clinical experience, which is the only real proof in these cases, has shown that radical cures follow carefully planned treatment even though the patient's consent was not first obtained.

There is no gainsaying the fact that the co-operation of the patient is much to be desired and results follow far more quickly with his assistance than without it, but the lack of his consent is no reason for believing that nothing can be done for him along *curative* lines.

To treat successfully a drinker who does not consent to take treatment is, of course, more difficult than when the patient is willing and anxious to be cured. One reason for this is that any medicines which may be used either have to be given without detection or taken by the patient supposedly for some ailment other than drunkenness. Another is that the mental treatment must be unconsciously received suggestions from

the one who is administering the treatment, instead of the more powerful auto-suggestions given by the patient to himself. Then, instead of having the patient's will power as an aid, it is very often opposed to treatment, especially in the beginning. Again the measure of success depends very largely upon how faithfully instructions are carried out by the one administering the treatment. It takes a little time and perseverance to accomplish anything against adverse circumstances and consequently in any of these cases half-hearted, inconstant efforts cannot be expected to win.

Notwithstanding there may be some difficulties attendant upon carrying out a line of treatment without the patient's knowledge and assistance, it is far better to make all efforts necessary than it is to sit idly by bewailing the fact that he cannot be induced to undergo the treatment which he needs. You certainly will not harm the patient by making a vigorous and sustained effort to cure him, and moreover there is every possibility of being successful, so if you cannot gain his consent you can at least see what you can accomplish without it.

It should be understood that no immediate or miraculous change is to be expected, though very often results come in a surprisingly short time. While the measures employed are in themselves curative yet *the aim should always be to change the patient's attitude of mind so that he will take treatment of his own free will.* Very often you may begin without the patient's consent, but as a result of the medication and suggestion the patient will undergo a complete change of mind and become anxious to be cured instead of being opposed to it. Just as soon as he manifests a desire to be cured and a willingness to take treatment, he can

then follow from the beginning the instructions given in the preceding chapter.

As the circumstances surrounding each of these cases differ so widely, it will be out of the question to give more than a mere outline of the treatment to be followed, but if this does not prove successful your medical adviser can undoubtedly prescribe such additional remedies as will be necessary.

The Medical Measures

The general eliminative treatment has already been given in the preceding chapter, but inasmuch as the patient is not aware that he is being treated for Inebriety it may not be feasible to get him to conform to it in its entirety, but in all cases an effort should be made to have him do so. Most drinkers suffer from one or more ailments, and for the relief of which they often may be induced to employ all the measures described. This would include stopping the use of alcoholics, the purgatives, the different baths and the diet. Kidney and liver troubles, stomach diseases, nervousness, sleeplessness, constipation, rheumatism, skin eruptions and a great variety of other disorders will be greatly benefited by this course of elimination and at the same time you will be getting its benefits for Drunkenness.

Study the chapter on "The Causes of Drinking" so that you can suggest to your patient the advisability of trying the eliminative treatment for some trouble about which he may complain. Should he once begin, the benefits he will receive will undoubtedly cause him to continue for as long as may be necessary for your purpose.

To assist in the eradication of the craving the

same medication may be used as described in the previous chapter. Here also it may be necessary to give these medicines ostensibly for some other ailment. While there are several medicines which can be used without the knowledge of the patient, yet one should be familiar with the conditions of each case before suggesting them and consequently they cannot well be given in a general work of this kind, but should it be necessary to employ them your medical adviser will probably be able to furnish them and tell you just how to give them.

The Mental Treatment

In these cases, the patient not being willing to take treatment, Auto-Suggestion is out of the question and its place must be taken by Suggestions given to the patient by some member of his family. Such suggestions are formulated with the idea and purpose of reaching the sub-conscious mind and through it of inducing a conscious desire to be cured of drinking and a resolve to leave liquor entirely alone.

In the chapter "Which Drinkers Are Curable and The General Method of Treatment" mention was made of the use of Suggestion to induce a wish to take treatment and the psychological basis upon which this possibility rests was fully explained, so here it will only be necessary to state the way in which Suggestion may be employed for this purpose.

The patient should be in a relaxed or passive state, as in that condition the mind is more receptive to suggestion impressions than if it was entirely occupied with its own ideas. For this reason the best time to use Suggestion for this particular purpose is *just after the patient has fallen asleep* at night and *just before*

his usual time of awakening in the morning. There also may be times during the day when they can be given.

In using this method wait until the patient has fallen asleep and then in a low, clear, positive voice begin to give your suggestions. Do not speak loud enough to arouse the patient and stop should he show signs of awakening. Start with only two or three suggestions but repeat each one several times. You can gradually add to the number of the suggestions as the treatment progresses. The following will serve as examples to which you may add others to fit any particular condition you may wish to overcome:

YOU WISH TO STOP DRINKING.

YOU WILL TAKE TREATMENT FOR YOUR DRINKING.

YOU HAVE NO FURTHER DESIRE FOR DRINK.

YOU DO NOT CRAVE DRINK.

YOU WILL REFUSE TO DRINK WHEN ASKED.

YOU DO NOT THINK ABOUT DRINKING.

YOU WILL NOT MAKE YOUR FAMILY UNHAPPY THROUGH YOUR DRINKING.

YOU WILL NOT PERMIT DRINK TO RUIN YOU.

YOU WILL NOT WASTE YOUR MONEY FOR DRINK.

YOU HAVE THE WILL POWER TO STOP DRINKING.

YOU ARE MASTER OF YOURSELF.

DRINK CAN NO LONGER MASTER YOU.

YOU ARE IN BETTER HEALTH WITHOUT DRINK.

YOU ARE DONE WITH LIQUOR FOREVER.

YOU WILL TAKE A TREATMENT FOR DRINKING BECAUSE IT WILL MAKE YOUR FAMILY HAPPY.

YOU WILL TAKE TREATMENT BECAUSE OF THE COUNTLESS BENEFITS TO YOURSELF.

In the morning before the patient awakes the

same or similar suggestions should again be given. The *conscious* mind is at this time about to again resume the direction of the body, and is very open to receive and carry out the instructions which you have given the *subconscious* mind during the time that it was in control.

You will note that the foregoing examples contain the suggestions that the patient will want to be cured and will take treatment willingly. This is the attitude of mind which is desired because it will practically insure his being cured and makes it much easier for the one who is administering the treatment.

Always tell your patient that he can stop drinking, if he will but make the effort in the right way. If he says he wants to stop, but does not want to take treatment, you can tell him of the auto-suggestions which he can make to himself and give him instructions as how to control his thoughts in regard to his drinking. Little by little you can introduce the other features and gradually, as improvement progresses, his ideas will come to coincide with yours and he will be willing to carry out the treatment in full.

Do not take all your friends and neighbors into your confidence and tell them what you are doing. They undoubtedly would want to help you, but knowing nothing of the treatment for Inebriety their advice would probably not only be worthless but it might prove injurious. Further than this, a little injudicious or thoughtless talking among themselves might undo all your efforts by arousing an extreme antagonism in the mind of your patient against treatment.

All suggestions should be such as will be for the patient's good when he follows them. The sub-conscious mind will more readily accept and act upon a suggestion, which will be of benefit to the body, than

it will upon one which will tend to injure it. This applies to both the physical and moral natures. All normal human beings are far more inclined to do things that are right than they are those that are wrong. The great big majority of people have far more virtues than they have faults. They may have one great big failing which stands out so prominently that in gazing at that we overlook numberless virtues which he possesses. If we had a method by which a moral balance could be taken, you would find that in practically every instance the good would out-weigh the evil.

Because of this innate tendency of the sub-conscious mind toward rectitude it is very easily influenced by suggestions against the use of intoxicants. This is shown by the confirmed drinker's spasmodic efforts at reform and the good resolutions which he is constantly making, both to himself and to others. The reason for his failure to keep his good resolutions is because he has not learned how to make his auto-suggestions effective and because he does not make them persistent so that they continually gain in strength.

If you do not understand the workings of the "Law of Suggestion" you may not realize the effectiveness of these measures, but if you will try them with faith, earnestness and a little perseverance I believe that you will be fully satisfied with the results which will follow. All persons are amenable to suggestions but vary in degree of receptivity, consequently one will respond and act on the given suggestions much more quickly than another.

The giving of Suggestions against drink need not be confined to such times as the patient is asleep, but they can be given whenever you are talking with him about his drinking. The suggestions used should always be "constructive" in character and no doubt

should ever be implied as to the patient's ability or intention of following them.

The better to make my meaning clear I will illustrate with a few examples of "destructive" form of suggestion and also examples of the "constructive" form. The former, by the way, is by far the more commonly used to the great detriment of any good intent that the patient may have or any effort that he might otherwise make toward stopping.

It is very usual for a drinker, when he is about to leave the house, to be admonished something after this fashion: "Well, I suppose you will come home tonight drunk as usual." "I presume you are off to find your drinking friends and spend your time and money in some dirty saloon." "You haven't any will power and you just let those men make you drink." "You can't stop drinking if you tried to, and you will just drink yourself into your grave and that will be the end of it." "Now, John, please don't drink today like you usually do." "You promise you won't drink tonight, but I know you will," etc.

The intention is of course to have patient leave drink alone, but usually the result is negative or exactly opposite to the one desired. The reason for this lies in the form in which the suggestions are given. The suggestions all convey the unspoken impression that *you expect and believe* that he will do just what you think you are asking him not to do. The element of doubt runs all through them. The drinker knows that you lack faith in him and do not expect much from him and consequently he does not disappoint you. Among the large employers of men it has been found by many tests that if you let a man know that you have absolute faith in his ability to do a thing and do it well, he will make good your confidence in him. On

the other hand let him know that you expect but little ability or skill from him and you will get just what was expected. This same thing holds true even in dealing with men who drink and it accounts for the failure of many well meant cautions, admonitions and pleas addressed to them.

In the "constructive" form of Suggestion the drinker is made to feel that you have faith in him and that you expect that he is going to return sober, not because he has been scolded or frightened, but because he has *willed* to do so of his own accord. The following examples all convey that impression: "I know that you will not touch a single drop today, because you can say no and stick to it." "You are the strong willed one of all your friends. They cannot make you drink just because they ask you, but you show them that your will is stronger than theirs by not permitting them to influence you to take even one single drop." "It is just grand to think that you are not going to touch a drop and it makes me feel proud that you have such a strong will power and have so much more strength of character than most men." "I just am sure that you can do better work than any man in your line and that none of them have the same strength of will to overcome every temptation to drink like you do."

Suggestions like these are bound to create a desire to live up to the standard created for him. No drinker can fail to put forth an effort to keep away from drink when thoughts of this character are constantly being implanted. He won't come up to expectations at first, but persist and he is sure to respond or else for the first time in the world's history the law of cause and effect will fail to work.

General Remarks on the Treatment of Drunkenness

To correct any misunderstanding or misconception as to what can or cannot be done in the way of both preventing and curing Drunkenness, it seems advisable to here answer briefly such questions as are usually asked by a prospective patient or his friends. In this way likely sources of error may be found and a wrong impression corrected. At the same time perhaps there can be more clearly brought out the possibilities and limitations of successful treatment.

What Constitutes a "Cure" of Drunkenness? When a drinker loses the "craving" for drink, ceases the use of intoxicants, and his mental attitude is against their further employment, he has been cured of drinking and drunkenness. This outcome may have been effected by medicines or any other means, but the final result may justly be said to be a "cure."

When a drinker has been fully cured of Inebriety it does not always follow that all the *consequences* of his previous indulgence are cured at the same time. If there has been serious injury done to either the heart, arteries, stomach, liver, or kidneys, its effects may to a variable extent remain even after he ceases to drink. Any such lesions or pathological conditions as persist should be treated by themselves, after the general cause—Drunkenness—has been overcome. Treatment of complications rarely should be in connection with the treatment for Inebriety, and in a large percentage of cases it will be found that disorders of function and even organic diseases will disappear without further medication when the exciting alcoholic cause is no longer present and the body is given a chance to recuperate from its poisonous effects.

Is Treatment for Drunkenness Injurious? No, it is not, but quite the contrary. There seems to be a rather widespread idea among drinkers that there is some danger to health in undergoing any treatment for Drunkenness. This false belief has undoubtedly kept many from seeking relief until it was too late to do but little for them. The damage to health comes from alcohol and not from treatment.

The notion is also quite prevalent that the sexual power is weakened or destroyed as a result of "strong" medicines being given to destroy the liquor appetite. This is another absurd error which has no foundation in fact. Here also the blame rests upon alcohol and not upon the remedy. It is common knowledge that intoxication enhances desire but decreases ability and confirmed Drunkenness leads to an almost complete loss of sexual capacity which is restored when the use of liquor is stopped. The medicines used in treating Drunkenness are also commonly given as aphrodisiacs. As to just what is meant by "strong" medicines I have been unable to obtain from patients a satisfactory explanation, but many have a rather fixed idea that it must be something very "powerful" in order to stop the craving.

Should you have been under the impression that any injury to health would be incurred by reason of the administration of a treatment for Drunkenness, disabuse your mind of the idea at once as no harm will follow the use of any accepted treatment for Inebriety which has been selected by a competent physician and which is given according to his instructions.

How Long Does it Take to Effect a Cure? To this question only a general reply can be given as so much depends upon the patient, his habits of thought and action, his surroundings, the intensity of his desire to

be cured, the character of his drinking, and the circumstances under which the treatment is given. Each patient is a law unto himself and the time required to cure him varies with each individual.

Under favorable conditions, where the patient has a real wish to be cured, and instructions are followed reasonably close, the intense craving can usually be overcome in from one to three weeks. After this supportive and tonic treatment should be given for a further period of four weeks and in some instances longer. During this time mental treatment should be actively employed in order that a "habit of mind" against the further use of intoxicants may be formed and firmly fixed.

With confirmed alcoholics, who have become practically physical and mental degenerates, the time required for their reformation, if accomplished at all, will be from six months to two years. They require as before explained, special institutional treatment and if recovery does not take place within two years they are to all intents and purposes incurable.

Periodical drinkers whose sprees only occur at long intervals of say from six months to a year cannot be said to be cured until one or two years have elapsed from the time of taking treatment. Active medicinal measures must be confined either to preventive or abortive treatment at about the time the outbreak is expected or to cutting it short after it occurs. Treatment given at such times often results in a complete cure, though some patients will require one or more repetitions at the usual time of their attacks before permanent relief is obtained.

The common, but ill advised, desire for quick results is to be deplored as it has resulted in the rather widespread establishment of institutions which profess

to completely cure all cases of Inebriety in the space of a few days, instead of furnishing treatment for such time as each patient may require. You can thoroughly sober a drunken person in three days, and by the use of apomorphine hypodermically you can make him *say* that he no longer has any craving for drink, but the number who are really cured in this time is comparatively few. Some there are who after taking a "hurry up" treatment of this character will never drink again, but on the majority it has no more permanent effect than has the usual sobering up methods.

A person need only be guided by his ordinary intelligence to know that claims of permanent cures made in jig time are founded upon something besides facts. It is true that men have been cured of Drunkenness in one day, but these are the rare exceptions and not the rule. Most people will put off taking treatment from month to month and when they finally do determine to go ahead they seek quick results rather than thoroughness. The result is of course a disappointment and they decry and condemn all methods because the outcome of their ill advised desire for a speedy cure was a failure.

Has the Age of the Patient Any Bearing on the Results of Treatment?

Generally speaking the two extremes of youth and old age offer greater obstacles to successful treatment than do the ages between.

Youth is almost universally cock-sure of itself and must have, it seems, a certain amount of experience before it hearkens to the dictates of reason or the voice of experience. Therefore it is a rather difficult matter to convince a boy that drink can or will harm him and he will not easily give up a pleasure or a practice which he thinks stamps him as being full grown. In the case of the old man, the disease being continuous

for many years, ordinarily has made more progress and greater physical and mental destruction has taken place. The recuperative powers of the old are on the wane, and his various organs are not so responsive to either mental or physical stimuli. Moreover his mind is not so easily persuaded to change a habit of thought which has become automatic or subconscious through long years of action in accordance with that thought.

Do not judge from this, however, that a drinker in his youth, or one of advanced years, is not curable. They are, both of them, but perhaps not quite so readily as those of an age between. Were you to ask the question, "Is a young boy of eighteen curable?" I would answer, Yes! I would give the same answer as to one of twenty-five, thirty or one of sixty to seventy. But it has been my experience, and that of others, that other things being equal, the man of from twenty-five to forty-five will respond more quickly than either of the two extremes.

Are All Cures Permanent? Seldom or never does the "craving" for drink recur spontaneously, but the causes which first started a man to drinking will result in his again taking to drink should he permit them to influence him. Through treatment liquor can be made distasteful, the smell repulsive and the very thought of drinking it abhorrent, but if a man persists he can cultivate a tolerance and an appetite for it in just the same manner as at first. There is no drug which will make it impossible for a man to swallow a drink of liquor should he determine to do so. Medicines cannot cork his throat.

While it is true that it is possible for a patient to return to drink, yet statistics show that only a very small percentage ever do so. Such relapses as do take place are usually among those mentioned as being dif-

ficult and unsatisfactory to treat, and where because of the conditions in which the patient lives after taking treatment, permanency of results is hardly to be expected.

In the foregoing we speak only of the efficacy of medicines in determining the endurance of the cure, but we must not lose sight of Suggestion which is one of our strongest means for insuring permanency. Through medicine and suggestion *cures can be made permanent*. The patient upon completion of treatment has no desire and no necessity for drink and whether he ever reverts to its use again will depend entirely upon his "thoughts" regarding it. Through Suggestion and Auto-Suggestion his thoughts can be guided into and kept in a channel leading away from drink and in a very short time his sub-consciousness will acquire the habit of immediately checking any thought or desire toward drink and thus make the cure a lasting one.

How Can a Person Be Prevented from Drinking? Often have I been asked for some form of drug treatment to be given as a preventive of Drunkenness. Mothers will say to me: "Doctor, can you give me a medicine which will prevent my boy from ever taking a drink? He has never yet tasted liquor and I want you to give me something to keep him from ever doing so." This would be indeed a consummation devoutly to be wished, but it cannot be brought about by medicines. We cannot, as it were, "vaccinate" a person against drink and have it "take." Suggestion, which includes all forms of moral suasion and the right influences and surroundings, together with the individual's own common sense, reason and judgment, are the only preventives that are known.

Keeping a boy or young man from coming into

contact with drinking companions is an almost impossible thing, and warning him against them usually has the effect of making him seek their company. Moralizing and scolding are of but little worth as preventives, they have been tried and found wanting too often to have dependence placed upon them. Very often an appeal to a boy's pride or ambition will succeed in making him refuse to drink, where arguments on the morality of his course would not be at all heeded. Nearly all young men have ambitions along some particular line and anything which will aid in the attainment of their desires appeals to them most strongly. Therefore endeavor to learn to what he aspires at that particular time and frame your arguments and suggestions accordingly.

Should he wish to excel in athletics, he may refrain from touching liquor when he knows that, without exception, alcohol has overcome every athlete who ever used it. If he takes pride in the skill with which he does his work, he can be shown that liquor destroys his dexterity and limits his capacity, making him an inferior instead of a superior. Should he wish to become a salesman or business man, he can be shown that among men who really do things it is not thought to be at all smart or manly to drink and that the ones who get ahead are the ones who leave drink alone.

Nearly every boy is acquainted with some man in whose word and judgment he has the greatest confidence and a little friendly advice against drinking from such an one will be of great benefit to the boy. This will have all the more weight if the man is or has been a drinker. In practically every instance a drinker of middle age will advise a young boy never to touch a drop and from personal experience will give him convincing reasons for letting it severely alone. Preven-

tion of the preliminary experiences which lead to drinking can best be obtained with the average boy by putting the drink question before him and discussing it from a business standpoint. You will find that you can make a much stronger appeal to his reason and judgment in this way than from almost any other viewpoint.

In addition a series of suggestions for use during both sleeping and waking hours can be formulated to suit each particular case. Just what form the suggestions should take must be determined by the circumstances and by the characteristics of the individual to whom they are to be given. One skilled in the employment of suggestion can, when given the necessary particulars, prescribe the exact suggestions to be used and the time and method of giving them.

Forbidding the sale of all intoxicants and rigidly enforcing the prohibition laws will result in practically preventing the acquisition of the habit of drinking. By practical prevention I do not mean that the sale of liquor will be entirely stopped, but it will have to be obtained in such devious ways that the young man without the "craving" will not go to the trouble necessary to get a drink and consequently will let it alone.

There are thousands of drinkers who go into a saloon or cafe because of bright lights, attractive surroundings, and congenial companions, who would never sneak into an alley or through basements into a "blind pig" for the sake of a drink. They would take it if it were handy and suggested to them, but they would not go to any trouble to get it. The confirmed alcoholic would get his drink by hook or crook even in a prohibition community, but there would be a

very great shortage in the new crop of beginners and in the voluntary drinkers.

Nature kills off the confirmed drinkers pretty fast and if their place was not taken by the young generation the saloons would quickly close for want of patronage. This result would not be brought about in a few months, but five years of actual enforcement of prohibitive laws would demonstrate that, for at least the young man, prohibition does prohibit.

Must the Patient Go to a Sanitarium? That depends entirely upon the patient and his surroundings. Many physicians when asked this question will state that each and every patient, irregardless of his physical and mental condition, must go to a sanitarium for treatment and that it is impossible to effect a cure should the patient remain at home and pursue his daily occupation. Such unqualified statements are usually made because the physician has not fully informed himself regarding the true inwardness of Inebriety and its treatment and does not differentiate between drinkers. He perhaps is not in a position to look after the case personally and feels that if he advises institutional treatment that he has done the best thing possible.

There are cases where treatment in some institution or sanitarium is the only method which can be expected to effect results, but *in actual practice most drinkers can be successfully treated at home*. Were this not true only a very small percentage of drinkers could ever hope to be cured, because only a comparatively small number are in a position to leave their families and occupations and go to a sanitarium for three to eight weeks.

Most institutions making a specialty of treating Inebriety are conducted as private enterprises and but few drinkers feel that they can afford the necessary

expense for fees, board and lodging, especially when they earn nothing while there. True, a man will spend in six months more for drink than it would cost to cure him, but seldom can you make him or his friends see that side of it. He says: "The treatment costs too much, I can't afford it," and goes on drinking. I agree that he should not consider the matter in that light, but nevertheless he does, and because of the cost would not even think of going away for treatment.

Again great numbers of men consider that taking a treatment for Inebriety at a sanitarium attaches a stigma which marks them for life. They dread being known as a "graduate" of this or that institution and they do not want to be classed with many such whom they know but with whom they would not associate in any manner. This may be a very foolish point of view for them to take, but we have to deal with facts and conditions, not theories.

There is a very large and growing class of drinkers, who, when they find that their appetite for liquor is getting beyond their easy control, that they begin to feel the need and craving for intoxicants, that their sprees come oftener and last longer and they begin to notice that in various ways drinking is proving harmful to both their health and their business, determine to stop or at least moderate its use. In order to accomplish this they first try "swearing off," then perhaps some of the diet cures, or they may take a series of baths to boil out. Finding that the appetite persists and their physical condition grows worse they go to their family physician for "something to build up their nerves."

Usually they are given some of the bitter tonics, perhaps a laxative and are advised to let liquor alone. Finding that they have received but little benefit as far

as the craving for liquor is concerned, the larger number decide in their own minds that nothing can be done for them or they are too strongly prejudiced to take institutional treatment and they cease entirely their effort to be cured and ordinarily start drinking harder than ever with the usual disastrous results. With the smaller number circumstances may be such that they can go to a sanitarium where they have every prospect of being cured —*not* because of the fact that they went to a sanitarium *but because the proper mental and physical treatment was selected and administered.*

The proper treatment of this class of patients does not require their presence at a sanitarium or the constant attendance of a physician. It does require, however, that the medicines used and suggestive treatment employed shall be selected and their use directed by a physician who understands thoroughly the treatment of Inebriety and how to obtain active results from suggestion. The patient himself or some member of his family can almost always be trusted to see that instructions are followed. The objection may be raised that you cannot trust a drinker to carry out directions. This is true with some classes, but rarely so with the type of men we are now speaking of. *They want to be cured* and will follow instructions and do so gladly when they at once begin to notice results.

With these patients you will find that just as good results, sometimes even better can be obtained outside a sanitarium. They carry on their usual occupations and the cure is effected in the same surroundings and under the same circumstances in which they would live after coming from a sanitarium. This makes for the permanency of the cure, besides it enables far more patients to obtain the benefits of correct treatment and at a much less cost.

Another large class comprises those who need treatment but who absolutely refuse to take it; who will not go to a sanitarium nor take treatment voluntarily. Lacking authority to compel a drinker of this class to take treatment whether he will or no, a sanitarium is out of the question and the man who pins his faith entirely on drugs and purely medicinal measures will immediately say that nothing can be done and that he must be left to go his own gait. It has already been pointed out that through suggestion cures are being effected in this very class of cases, therefore why not use it whenever the opportunity offers. Get the facts peculiar to the case and work out a series of suggestions to fit. The wife or mother can give them and even if it takes a little time and perseverance it is much better than saying: "If that is the case nothing can be done." What matter the methods used as long as they get results?

For chronic, confirmed inebriates who virtually have lost all power to will, whose one constant fixed idea is to obtain enough liquor to satisfy their constant craving for it, sanitarium treatment and a long period of detention is required. Home treatment of any kind is just that much effort wasted. This largely is true also of dipsomaniacs but home treatment can be first tried and in many cases will be found successful. Degenerates, epileptics, and other mental defectives and those of this class can only be treated in sanitariums, but not much can be done for them even then. Each patient must be considered individually and whether home or sanitarium treatment is indicated must be decided by such facts and circumstances as pertain to him alone.

How to Obtain Practical Benefits From What You Have Learned

As stated in the beginning, this book is intended to give such knowledge and information to a drinker, his family, or friends as will enable him or them to understand how the disease of Drunkenness should be thoroughly treated in order to effect the maximum curative results in the shortest time and at the minimum expense. To this end the poisonous effects of alcohol have been explained; a classification made of the various classes of drinkers; the causes of drinking pointed out and the different methods of treatment have been given. In this closing chapter it but remains to show the only way in which practical benefit can result from your study of these facts.

Practical benefits will only be obtained when your study of Inebriety influences you to take steps resulting in your own cure, or causes you to take an active interest in some drinker needing treatment. You are more or less interested in curing Drunkenness, or you would not have read thus far, and you have also thought of several whom you would like to see cured. But have you determined that your interest shall take the form of a real endeavor to cure one or more persons given to drink?

You cannot expect a cure of Inebriety to result from a mere reading of this book. To effect a cure you must *put into action* the knowledge which you herein gain. It will do you but little good to know that Inebriety can be cured, or to know the means whereby this can be brought about, unless you make practical use of

your knowledge. Therefore, should you wish to be cured or to see a friend or relative cured *let me advise prompt and efficient action on your part*. Do not postpone the beginning of treatment one day longer than you can possibly avoid and when you do start, determine that your part of the work shall be well and thoroughly done. With this attitude of mind you can confidently expect the best of results in practically all cases which have not been described as virtually incurable.

A Word to the Man Who Drinks. If you are a drinking man suppose you sit down and have a little heart to heart talk with yourself, just to learn whether what you get through drink is worth the price you pay for it. Just go over in your mind what you get and what you give. Bear in mind that the five, ten or fifteen cents for each drink is the smallest part of the price. Take all things about drinking into consideration, be honest and fair in your judgment, look at the whole matter as a business proposition and decide whether or not your use of liquor is an advantage or a detriment to you and your family.

While you are about this little self analysis do this also: The next time you encounter an intoxicated man take a good long look at him and then picture yourself in his place. Do you want to know what people think of you and how they act towards you when you have been drinking? Then watch closely the expression on their faces and their actions when they are forced to come into contact with a drunken person. A little real thought and a little real observation would make most drinking men view their drinking in a far less self-satisfied way. If John sober were able to see John drunk he would never want to touch another drop.

Should you decide that you would be better off

without drink then stop using it, just the same as you would stop using any other poison for your body or following a ruinous policy in your business. Stop for a month or two and if you find there is no craving or desire for drink, that your nerves are steady and that you feel normal in every way, then you have no need to take treatment; you can remain temperate without discomfort of body and with but little or no effort of will.

But should you find when you stop drinking for two or three days that you begin to be restless, or that your nerves are "raw and jumpy," that there is an indescribable feeling that something is lacking, or an apparent stomach craving that is not appeased by food or water, that you cannot concentrate on your work, that you are unsteady and all unstrung, that the thought of "just one little drink as a bracer" keeps coming back again and again, then make up your mind that you are in need of thorough treatment and determine to take it at once.

If you can be depended upon to follow directions and to carry out instructions with reasonable accuracy and attention it will in all likelihood not be necessary for you to go to a sanitarium or to neglect your business. The treatment need not be at all disagreeable, nor will it prove harmful or dangerous. It will be worth far more than whatever trouble and expense may be incurred. It can't hurt you and will do you a world of good. No disgrace is attached to taking treatment and being cured, the disgrace lies in not doing so.

Not knowing all the particular circumstances of your case it would be out of the question to here prescribe the exact medication and treatment you should have, but this can be done by a physician who thor-

oughly understands Inebriety, from both the mental and physical standpoints. The medication used may be very similar in a number of cases, but requires variation to perfectly fit each case, and just what that variation must be can only be determined by the symptoms and circumstances presented by each individual. So too, with the suggestions and auto-suggestions which are to be employed, a general idea is here given, but they should be individualized for the very best results.

Therefore consult the physician whose ability and experience in this special field entitles him to your confidence, and then be guided by him as to which medicines should be employed and as to what form the mental treatment shall take. It should only be a few days before improvement is felt and a complete cure is usually only a matter of a comparatively very short time.

There is no "easier way," no miraculous drugs nor wonderful herbs brought home by some missionary from the cannibal islands, so don't expect or look for them. Use the same common sense you employ in your business and you will not be disappointed in the results you will obtain.

A Word to the Drinker's Family or Friends. If you are the wife, mother, sister or friend of one who drinks, and you wish to get practical results from your study of this book, then use your influence to the utmost to induce him to undergo a thorough course of treatment. Have him begin willingly if possible, but failing to gain his consent you can commence to treat him for the purpose of creating an intense desire to be cured as explained a few pages back.

It does but little or no good to scold, especially if scoldings are so common that he has grown cal-

loused and pays no attention to them. There are of course some exceptions, as where the wife says but little about his drinking, but as affairs grow steadily worse forbearance ceases to be a virtue and she tells him just what she thinks of his conduct and may even go so far as to threaten divorce. Coming unexpectedly this very often has the effect of making him sober up for a time, and it would very likely make him agree to take treatment if it were urged at that time.

A plan for making a drinker realize that he is really an inebriate and in need of medical attention is to take snap-shot photographs of him when he is drunk and then send them to him by mail so that he will receive them when sober. Do not comment on them but let the pictures tell their own story. The worse he appears in the photograph the better will be its mental effect. This has frequently resulted in making a drunkard so thoroughly disgusted with his appearance and actions when drunk that he would at once seek to be cured.

There are countless methods which may be employed to make a drinker resolve to quit and to induce him to take the necessary treatment, and a little study of each case will enable anyone to evolve a plan for the particular case under consideration. The one great thing, however, that is absolutely necessary to the success of any plan is *perseverance*, and that is what most attempts lack.

Thousands there are who declare, "I do so wish that John would stop drinking," "I would be the happiest woman on earth if Henry didn't get drunk," "I would give anything I have if George would just stop drinking." But when you judge by their actions you are forced to believe that there is nothing to these assertions but "*talk*" and they do not really mean a

bit of it. What they do mean is that if some kind fairy would make John, George or Henry stop drinking by waving a magic wand they would say, "Much obliged and thank you," but they don't want to go to any trouble or expense to bring about a cure through their own efforts and that is why their wishes seldom come true.

If those who read this book had any idea that a cure for drunkenness would be effected without some attention and effort on the part of all concerned I trust that I have effectually disabused their mind of any such notion. It does take some effort and a little time, not much, it is true, in most cases, but the more stubborn ones may require a fair share of both patience and perseverance. The results, however, are such as to make any effort and any expense well worth while to anyone who has to contend with drink in any way and who wishes to be free from its influence.

This is as much "preaching" as I am going to do in urging treatment when needed and I will paint no verbal pictures of dire disasters to follow continued drinking. This book is intended to appeal to men and women of brains and common sense and who need no "revival exhortations" to induce them to seek help and relief, as they should have the courage and ability to act on their own judgment and to do that which they know should be done.

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