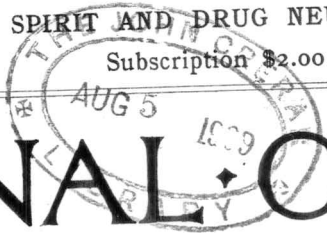


THE FIRST AND ONLY JOURNAL DEVOTED TO SPIRIT AND DRUG NEUROSIS  
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# THE JOURNAL OF INEBRIETY

OFFICIAL ORGAN OF THE AMERICAN MEDICAL ASSOCIATION FOR THE STUDY OF INEBRIETY AND NARCOTICS

EDITED BY T. D. CROTHERS, M. D.

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RICHARD G. BADGER, PUBLISHER, 194 BOYLSTON STREET, BOSTON  
 Entered as second-class mail matter July 10, 1909, at the post office at Boston, Mass.

A very interesting table is that of prior treatment by different means and in different hospitals before entering this institution. The report of Dr. Miner, the superintendent, is very satisfactory, and indicates great possibilities of change and improvement in the future. A particular feature of this hospital is the parol system and the care of patients after they leave the institution.

This is a most practical measure and one that should be developed. The state should be encouraged to give every assistance to this new work which is of equal importance to the insane asylums, and of more economy to the taxpayer, because it helps persons who are able to help themselves.

While there are many things to be desired, and many changes to be made, it is no experiment, but is advanced work along the highest levels of preventive medicine.

P. Blakiston's Son & Co., of Philadelphia, Pa., have published two works written by A. T. Schofield, M.D., of England. One on *Unconscious Phenomena; or The Personality of the Physician*, and the second on *The Logic of Mind; or The Mental Factor in Medicine*. Both of these works have not only had a very large sale, but have been among the most influential and epoch-making works of the last decade.

The Christian Science, the Emmanuel Movement, the New Thought and other cults have all been inspired, and have clearly grown out of these works.

While the facts they presented were not all new, they had never been arranged in such an attractive form before. The author has a peculiar gift in grouping mysterious facts of a psychical nature, and showing their practical applications and at the same time keeping within the bounds of accuracy and avoiding extravagant statements.

The early reviews of these works were formal, vague, and uncertain. The reviewers did not know anything of the subject, but to-day they would receive the warmest endorsement and praise. The psychical field of medicine has opened up a little, and possibilities of utilizing great forces now unknown are coming into sight. These books should have a larger sale and should be read by every one interested in the modern psychical revolutions.

# THE JOURNAL OF INEBRIETY

SUMMER, 1909

## THE PSYCHOLOGICAL BASIS OF INEBRIETY\*

*Its Aetiological and Social Factors; Remedies*

BY TOM A. WILLIAMS, M. B., C. M., EDIN.,  
WASHINGTON, D. C.

**W**HY should an individual be compelled to periodically debauch himself with a narcotic, in spite of a repeated, firm intention to never again even taste the poison? The author's enquiry during a temporary residence at an inebriate's home in England showed that a great majority of the fifty inmates broke their resolves through inability to overcome the impulse.

What is the nature of this impulse, what is its origin, why is it so irresistible; finally can it be overcome in those in whom it occurs, and how may its occurrence be prevented in others? If these questions can be answered satisfactorily there need be no prohibition remedy.

That the longing is a state of feeling needs no argument. It is the call of the unsatisfied, of the miserable, of the depressed. It finds many answers as that of Janet's patient who solaced her unspeakable anguish by dropping boiling water upon her naked feet; or as that other extreme case, the Oriental mystic, the dervishes, who gash themselves with knives, although in both these and the Christian mystics who mortify the flesh in other ways, there is a definite religious purpose in the deed which they use to assuage their yearning. Their emotional longing is essentially the same as that of the drunkard: both seek intoxication. But in the mystic, the means are mainly psychic; in the narcomanic, they are a drug.

\*Read before the American Medical Society for the Study of Alcohol and Narcotics at Washington, D. C., March 17, 1909.

This feeling of intolerable longing and consequent discontent is the unfortunate appanage of certain individuals, but in most cases it has arisen from ignorance, and has been fostered by mismanagement.

The mother who seeks out every caprice of her child to satisfy it is laying the train for future explosions of uncontrolled impulse. The mother who neglects her child to the point of compelling him to seek amusement at all costs from any passerby, hence to discard everything which does not immediately please, is incurring many chances of her boy developing a habit of immediate satisfaction at all costs. Again, the parent who allows doctrinaire rigidity to alienate him from the sympathetic understanding of his child's innocent and harmless turbulence is driving him to seek elsewhere the medium of solace which at least every child at times requires. A frequent outcome of this is the alternation of stoical self-suppression and outbursts of indulgence in what is believed to be wrong.

Whether the indulgences of states of feeling find their accentuation in alcohol or whether they use some other aid is a mere accident of environment. This accidental nature of the response to longing is shown by the experiments of Pawlow with dog. Thus, by association of ideas, ringing of a bell could determine gastric flow, which could be again inhibited by the showing of a whip, and in turn any impression could be substituted for these and produce pleasurable or painful emotions as well as increase or decrease in the secretions. In another case Fore, in the attempt to force out of the house a dog suffering from agoraphobia caused such terror that the evacuations escaped involuntarily. The feeling of terror is a painful one, but with pleasurable sensations, the principle of substitution for their excitation is equally clear, and is most conspicuously shown in cases of fetishism, which illustrate this law. Thus, Stecherbak reports a case of a man in whom an orgasm was produced only when he held upon his knees the feet of a woman clothed in elegant shoes. The cause of this "conditioned reflex" was his early association of sexual desire with elegant ladies he saw in the street when a boy. More normally, the response to dissatisfied mental

states may be directed toward the opposite sex, but independent or defective instruction may prevent this to homosexuality or onanism.

Longing may find satisfaction in religious searching, taking the form of a desire for completeness and perfection. The flooding may evenant in ecstasy, produced expressly and preceded by orison, so well described by Madame Guyon and St. Theresa. An analogous phenomenon among the Wesleys was called "the power." It was very puzzling to their founder, who, however, discouraged its manifestations.

Though these phenomena often arose from, and were fortified by, suggestions from without in the nature of religious rites or personal exhortations, yet they responded to a need of certain organizations, and betrayed a lowered psychological tension proceeding from physical nerve inadequacy.

This state is shown also, and more familiarly, by worry, despondency, bad temper, lack of decision in small matters, morbid introspection, over-consciousness, increased susceptibility to temptation of appetite, which more often are at the root of the addictions to drugs for the purpose of uplifting the depressed feeling.

In general, a habit reflex forms, and the early indulgences are those which persist; but it must be remembered how much greater is a desire for spiritual sustenance and comfort when the stress of independent industrial life combines with the decline of youthfulness. Hence the pathological indulgence of feeling in hurtful acts may be postponed quite late, although the pathological feelings had hitherto been there though restrained by self-respect, religion, the sake of decency, or fear of the criminal law.

Of the feelings, it is preeminently true that appetite grows by what it feeds on. The indulgence of the sickly sentimentality of what Nietzsche describes as "slave and womanly morality" fostered by fond petting in childhood, is readily replaced later by the maudlin self-satisfaction of the sot; the riotous self-indulgence of the untrammelled child, unconscious of the very limitations set him by an arduous world, finds its counterpart in adult age in the

illusory happiness of alcoholic vain glory. The poet Burns knew this in saying "Kings may be blessed, but I am was glorious

Over a the ill; o' life victorious"; as indeed he was where his immediate feelings were concerned.

Psychological experiment shows how persons differ from day to day in mental capacity. Physiological experiment exhibits the difference in bodily secretions and in activity. Such oscillations are as true of the feelings, depending as these do upon bodily changes and mental impressions. Nearly all of us then must necessarily encounter phases during which our feeling is one of incapacity, even of inaptitude, discontent, dislike of our surroundings, anxiety, etc. To support these unpleasant states, a certain fortitude is required, unless one chooses to put an end to the state of feeling by some stimulus. The outcome of this course is the need for a very large stimulus to do away with a quite tribling feeling; for the power of resistance progressively decreases by nonuse, especially when a ready satisfaction is within reach. The immediate satisfaction of desire at all cost is a habit which can be made or unmade at the will of the educator, and it is toward this factor that the prevention of inebriety must be directed.

The remedy is the teaching of mothers to form healthy emotional habits in their children. The happy-go-lucky absolutism which so often asserts itself as capacity is sadly defective as such a guide for hesitating childhood. The mind, the emotions, and their management into a morality constitute the most difficult study and art. Woman's sphere is here, and is indeed a noble one; but instinctive motherhood has had its day. The women who aspire to bring up leaders of men in a nation which aims at future greatness must cease striving for vain things and no longer confine their attention to superficialities; but do as their grandmothers did, and buckle to, modestly, earnestly, thoroughly to an understanding of that fascinating complexity, the heart and mind of the child.

Even persons emotionally unstable may be readily taught

Simple to provide against the extra load this might mean. Simple faith has in the past been efficacious in this respect, at least among the unstructured mass. Endeavors have recently been made to restore this function to religion by claiming a combination with the science of the mind. I need not particularize, for in essence none of the methods so far differ in principle from that employed by the priests and necromancers of what we now agree to be superstitions. In all, the means consist of a rousing of the attention by rhythmic sounds, a succession of images and, especially among the more barbaric, ordered movements, more or less varied spontaneously. In this respect, the ancient religions showed themselves empirically more efficacious; for the reinforcing effect of active movement upon our thought is now an established fact. Will is nothing more than the balance of the concomitant stresses toward movement; and pedagogy has taught us that present methods lack wofully that dymogeny without which education is a mere name. In this respect, the modern world has been injuriously dominated by the arm chair philosophers, who have neglected the facts of life, and above all the genetic factor. The notions of experimental science have not yet sufficiently penetrated the teaching of ethics. This has been left almost entirely in the hands of persons whose point of view is hopelessly vitiated by the artificialities of our worn conceptions of the universe and of the mind of man, which are maintained by the traditions of popular literature, academic philosophy, and ecclesiastical dogmata. The philosophers of the past have seen the need of, and have tried to enunciate laws for the mastery of the passions and moods. Their efforts were nullified by too exclusive a reliance upon introspection and by their referring to extraneous agencies such as ghosts and good and evil spirits, the more marked manifestations of disordered activity. It is to the study of this in our day by Cartesian methods that we owe the genetic point of view which I will briefly indicate.

Moods and emotions as Spencer long ago showed, are the determinants of conduct. The direct power of

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idea and reason in modifying behavior has strict limits. However, the indirect effect is tremendous. Provision, however, is the essential element of this control; and this provision must occur before the formation of emotional habit. It is the very early years which form these habits. The perversion of infancy and childhood through the neglect by parents of the knowledge we have for guiding the disposition of a child is most reprehensible. The overthrow of the method of obedience to the arbitrary dictates of a parent ignorant of the evolution of the child's mind has been followed by the equally obnoxious "laissez faire" methods, conspicuously shown in the United States, where the emotions and behavior at least are concerned. The abolition of obedience as such has enthroned the immediate impulse as the ruling factor. Our next advance must transfer, from the world of commerce, finance, and even science to the field of social relation and ethics and even religion, the powers civilized man has cultivated for receiving wide, deep and subtle impressions, collating these accurately and judiciously, and of acting, not upon the impulse of the moment, but as the result of the total impressions stored in his mind. Unless education in ethics becomes as kinetic when applied to normality as it now is with regard to business and the law, it will continue sterile. To do this, we must order the consequences of our children's acts in conformity with their powers of observation and inference. The surest forerunner of unreasoning conduct in an adult is a childhood which is taught to act without understanding and to understand without acting. It is because of this that wisdom has fallen behind knowledge, and that where manners and morals are concerned, people act indiscriminately, conventionally, impulsively, or indifferently, thanks to the apology for training they have received in childhood. It is significant that whereas they are not so trained in the arts and sciences it is in these wherein so much progress has been made.

The constant attempt to arrest the mental activities of the child by thwarting even his healthy impulses deprives him of initiative, and he becomes discontented unless entertained by others. This want of resourcefulness is a sure

forerunner of ennui, of the loafing habit, of the need of something to pass the time, so prolific of drug habits. To prevent this, method, as in the universities, is more important than results. Didactically memorized precepts have no meaning to the childish intelligence; whereas education by deeds is pregnant with results. The events upon which the child has to base his inductions must be carefully chosen by the parent to conform to the limits of his intelligence, and of course must not be at variance with natural law; for example, when he shows cruelty to an animal, there is no real efficacy in telling him he is a naughty boy but a great deal in presenting him with a pet able to resent and produce discomfort. Again, if he shows fear of an animal, exhortation meets no stored memories upon which to bear; but the familiarity gained by fondling an animal which does not hurt soon substitutes a new emotional complex for that of fear.

We expend millions of money, incalculable thought, and the health and lives of innumerable teachers upon the instruction of the intellect of the young by a curriculum artificially graded to meet the fancied needs of each period of childhood. The child is given meaningless problems in arithmetic to teach him to calculate; corollaries and inductions in mathematics to teach him to reason; dates and events in history and geographical details to teach him to remember; drawing, clay modeling, and manual training in general to teach him muscular control. Something is taught of the arts of music, sculpture, and painting to teach him æsthetic appreciation, and even the sciences are touched upon to give him a notion of the world in which we live. But the object of all these, the first, intermediate, and last art, that of living in relation to others, is taught only in the most haphazard or arbitrary way or entirely neglected. Is it not reasonable, therefore, to demand for this at least the beginning of a graded curriculum, in which examples must be worked out by the student and in which he is taught "rule" by "practice"? The ethics which is taught in the rule of thumb way of the average family is still that of rudimentary survivals. It is conspicuous for its poverty in such criteria of modern civilization as justice, liberty,

courtesy, altruistic sympathy. The natural good impulses of the child are even artificially checked and twisted; his reasoning from cause to effect where conduct is concerned is neglected or obstructed; he is thus confused, and finally discouraged into sadness or indifference, and is bred into a despondent or happy-go-lucky man, ethically speaking. Even if knowledge and freedom are ultimately attained, it remains difficult to throw off the affective accompaniments of conduct first practiced under such brutish auspices.

The responsibility for the different attitude which he observes in his parents toward moral questions as against others must be laid to the door of religion; for the sacrosanct connotations of supernaturalism which pervaded morality in days of ignorance and repression have still survived, on account of the want of its scientific study and practice. On the one hand, we find a perpetuation into adult mental life of the helplessness and irrationality of the child; and at the other extreme is taught the inherent damnableness of human nature unless justified by Faith. Need one insist upon the effect of either of these artificial attitudes, upon the cultivation of the power of observation, inference, and of reasoning in general?

Its effect upon the sentiments has been even worse; for in the child of careless or indifferent mind, these qualities have been perpetuated by the attenuation of their results into a state of happy expectancy that the Lord will take care of his own. The second extreme will fall most heavily upon the child who is inclined toward overconscientiousness. The neurologist almost daily is presented with examples where this morbid trend has been cultivated to excess by the religious atmosphere legated by the apostle of Geneva.

As Tollner said: "Play of whatever sort should be forbidden in all Evangelical schools"; but Frobel has said "play is not trivial. It is highly serious and of deep significance. The play instinct affords the teacher and parent a ready opportunity of training the child into right ways of living."

Now the cultivation of either the happy-go-lucky disposition or that of the hyperconscientiousness is bad for that intellectual and affective poise which is the best safeguard

against the psychological state favoring inebriety. A disposition toward carelessness is fortified by the constant leaning upon others; the scrupulous disposition is fostered by misplaced reliance upon the so-called intellectual determinants of conduct. To the child, these are meaningless because they are mere symbols of something he cannot understand owing to want of motor experience. That which makes a concept effective is its motor element; without this it is quite incomplete. It might nearly be said that an idea which has never been kinetic is impossible, that indeed the notion is not in consciousness; all that is there is the simulacrum constituted by the verbal image. A familiar example is the child's "chart in heaven" which shows how little he was conscious of the real meaning of the Lord's prayer.

The truth of this is implied in the old proverb "example is better than precept"; but the implication depends upon the fact that this example can be understood and hence rendered kinetic by imitation, while precept conveys comparatively small meaning. Consider the concept of a dog. The real properties of this creature come only from personal contact. The child by mere gazing and hearing can gain no knowledge of the dog's weight, roughness in gamboling, painfulness of claws and teeth, the difference between long hair and short, and so on.

The kinetic element is more important still in the acquisition of an art, such as the workings of wood or metal. "*On devient forgeron en forgeant*" and only so: But these experiences must not be forced at undue age, or the painfulness of their acquisition will bring disgust instead of pleasure. As accomplishment is learned, the kinesthetic element tends to fall more and more into the background, and to be represented visually and auditorily; but it is nevertheless present, and once more emerges during states of mental dissolution. It is the real basis of knowledge; and the neutral stresses entailed by its inhibition from activity have important functions in the associated processes. Examples abound. Isaac Newton was at the foot of his grade at twelve. He showed neither ability nor industry. Charles Darwin was not at all a studious boy. He writes: "To my

deep mortification, my father once said to me, 'You care for nothing but shooting, dogs, and rat catching.' " Rosa Bonheur in her eleventh year generally contrived to avoid the schoolroom, and spent most of her time in the woods. When placed with a seamstress in order to learn to sew, she implored her father to take her away, which he did, and much perplexed left her entirely to herself; and Rosa, full of unacknowledged remorse for her incapacity and uselessness, sought refuge from her uncomfortable thoughts in his studio, where she learnt her art as a solace, in play.

A vast majority of parents and teachers do not appreciate the tremendous possibility of character building through play; and they try to subdue it in the child, thinking it is something he should overcome, forgetting that when the time comes, it will pass out of his life; and it will do so as naturally and readily as the tail of the tadpole is absorbed when there is need of the legs of the frog. The hilarious enthusiasm of childhood and youth will in time develop into the eager earnestness of the business man, the soldier, etc. As said Stanley Hall: "There is a sense in which all good conduct and morality may be defined as right muscle habits. As these grow weak and flabby, the chasm between knowing the right and doing it yawns wide and deep." As F. W. Robertson said: "Doing is the best organ of knowing." This must become the dominant note in the pulpit itself as soon as the preacher seeks to know what the soul really is.

That this is being realized is shown by the play-grounds movement, which in Germany are used as developer of the inventive and creative instincts, and for the growth of muscle mind, and morals. In England, this is done in the national games, which are a part of the curriculum in the better secondary schools. In these games, the masters themselves not only supervise, but participate; and in this way encourage fortitude and the spirit of fair play, and restrain, or at least guide, the exuberance and natural brutality of the boy. As a matter of fact, phylogeny shows us that the most valuable lessons of life should be taught in play. For instance, in the gambols of young rabbits, it is the mother who teaches them to enter and leave their burrows quickly.

In the menagerie, one may see the parent lion or tiger teaching its cub to leap from ambush. W. J. Long believes that the old beavers set the young ones to work building dams in summer so that they will have learnt to do so when required, and all this is done in and as play.

But educators, unfortunately, think that they have discovered a better way than the natural one; and our little children were, and still are, forced, against all the instincts of life, away from their play into schools, where in many cases play is rarely permitted. As a result, they are suffering from arrested development of the will, as well as of the emotions and the intellect. No wonder Froebel insisted, "Wouldst thou lead the child in this matter, observe him. He will shew thee what to do." The child in a palatial nursery may lead a life even less desirable than that of those in shops and factories. He too may miss the stages of distinction only possible with constant reactions to healthy environment. Even though not stunted physically he is certain to be so mentally and morally; for as James has said: "The boy who lives alone at the age of games and sports will usually shrink in later life from the effort of undergoing that which in youth would have been a delight." And so with traits of character, they must become reflexes in childhood and youth, or the opportunity for their development will have passed. Otherwise we shall crush out characteristics upon which future strength depends, and force the growth of untimely virtues, which will never become mature. Take pugnacity for instance; it is generally suppressed in modern education, which forgets that the "good man is not the man who never fights, but rather the one who does, and fights for the right and in defence of the down-trodden." Similar arguments may be used with regard to selfishness, anger, cruelty, rude humor, venturesomeness, and other so-called evils. As a matter of fact, the boy who cannot play, if he has had the opportunity, is not capable of work; for both work and play are merely the use of the surplus of energy after breathing, digestion, and circulation of the blood have been accomplished.

The superiority of play as against work in the development of a child's character is due to the interest it gives. This



stimulates effort, without which development will be imperfect. Indeed activity made without effort conduces to bad habits of action, slovenliness, and lack of will power—the want of forcefulness.

Regarding altruism, play is again the best developer. The small child cannot be but selfish; he cannot see the need of cooperation. Group games will gradually teach this; for instance, little boys have no acknowledged captain; but later, the efforts to play well and for the team to win make necessary the subordination of certain individuals for the good of the whole; and so first a temporary and later a permanent captain must be selected. From this develops a respect for law and order, the will to submit to discipline, and amenability to the results of its infraction. The unselfishness thus derived is an active force in the future man's life: it is kinetic. Hence we may no longer say that knowledge alone is power; and we may say again with Frobel: "A comparison of the relative gains through play of the mental and physical powers would scarcely yield the palm to the body. Justice is taught, and moderation; self control, truthfulness, loyalty, brotherly love, courage, perseverance, prudence, together with the severe elimination of indolent indulgence."

Premature attention to the inhibition of motor activities in the development of man prevents the development of the psychological systems without which the capacity cannot be attained. Resolution becomes permanently "sticklied o'er with the pale cast of thought"; and moreover, not only are the activities incomplete, but those which develop are incommode by the constant fear brought by an over active conscience. As James has asked: "How can social intercourse occur in the sea of rresonibilities and inhibitions due to the self centered horror of saying too trivial and obvious or insincere or unworthy of the company or inadequate to the occasion?"

Now, the tremendous friction of a life of restraint upon normal activity causes nervous exhaustion; and this feeling is so painful that one readily flies to what removes it. Hence inebriety.

On the other hand, there is danger in the noncultivation

of inhibition; for impulsiveness then rules; and this meets with innumerable inducements to intemperance of all-kinds. But its cultivation must not conflict with ontogeny and above all must be kinetic.

It is from these two extreme types that are mainly recruited the intemperate.

As may be readily perceived, the treatment differs radically in the two types, the latter of which may be called the hysterical, the former the psychasthenic. The words are used in the sense given them by the modern French psychoneurologists, represented respectively by the schools of Babinski and Pierre Janet. A few words must be said of the two diseased conditions connoted by these terms. As I have remarked elsewhere, "the very important diagnosis between hysteria and psychasthenia depends upon the following: First, as to fixed ideas, their duration in hysteria tends to be long; for though they are easily buried and forgotten, they are resuscitated with great ease and infallibility; whereas in the psychasthenic the fixed ideas are very mobile, but keep recurring voluntarily and indeed become cherished parts of the individual, and are far more difficult to eradicate than those of the hysteric. Secondly, hysterical ideas are evoked by well defined and not numerous associations, "suggestions"; in the psychasthenic they are often evoked by apparently irrelevant associations, which are searched for by the patient; thus the *points de repere* are very numerous, cannot be predicted with certainty, and are often mere excuses for crises of rumination or tic. Thirdly, in the hysteric, the ideas tend to become kinetical, whereas the psychasthenic's constant state of uncertainty causes him to oscillate between 'I would' and 'I would not.' Inhibition is too strong to allow an act, but not strong enough to dismiss the obsession."

Psychasthenics are naturally fitful eaters; and every heavy meal will cause an intoxicative metabolic upset, which will produce the conditions for an exacerbation of psychasthenia, which in turn readily induces inebriety. If in the treatment, attention is drawn to this, food and appetite scruples may be produced and hence undernutrition and even hypochondria. Therefore it is best to dose the

repasts while training the judgment, and not to tell the patient until his critical impersonality is better cultivated.

Another cause of psychic perturbations which call for extraneous stimulus is illustrated by the case of the woman who had been prescribed three grains of caffeine each day. After eight months of frequent attacks of *angoisse* she gave it up; whereupon the attack ceased. She, however, resumed the drug; but the attacks recurred and she relapsed again and again, until finally she ceased the caffeine. When one remembers that this is only the quantity contained in one and a half cups of coffee of average size and strength, or in about three cups of tea, a frequent and insidious cause of nervous depression is strikingly revealed.

Psychasthenic needs and insufficiencies may be imitated by suggestion; e. g., when vacuity of mind occurs, attention naturally concentrates on the desirability of something to remove it. The first thing thought of constitutes the suggestion. It may be mischief, as in a crowd of hooligans and schoolboys; it may be an impulsion to move, as of horses in a field, the rapid contagiousness of such movements being there well seen. The stampeding of military horses is a well-known example. Accustoming and training turn these vacuous trends toward work or profitable amusement like the arts of music, painting, and sculpture, and other interests. Hence the value to new people of a hobby. The vacuousness, boredom, is worse at night, in some persons. Suspicions may form; and such ideas, easy during dejection, have often been reinforced by the superstition that they are instinctive, e. g., it has been believed that Mohammedans detest pork by nature, whereas they really do so from suggestion and imitation in childhood. Similarly, fear of the dark is inculcated, and not merely instinctive as the study of pedagogy shows. A striking instance has recently come to my attention where entire fearlessness in the dark marks the three girls of a mother whose life was a burden to her on account of the terrors learnt from superstitious negroes, although she no longer believed them.

It is essential to supply occupation of vacant moments for suggestible persons failing strength of psychic constitu-

tion or its substitute in philosophy or moral training.

Again, intemperance in eating (due to bad childhood habits, eating being a very strong instinct then) lowers feeling of wellness; and this leads to want of stimulus; hence desire for an uplift, such as alcohol when used to it, tobacco, etc.

Another cause conducing to a psychic state favoring inebriety is the impelling, by an ambitious or art loving desire, beyond one's endurance, which entails consequent loss of sleep, hasty meals, unsettledness, and anxiety often justified by business oscillations. I recollect a letter sorter who broke down on account of the added stress caused when he wrote novels, and poor things they were. Foolish ambitions are most rife in suggestible people, whose critical power is low. They make misfits; and constitute the wind-bags so rife in public and official life. These are the penalty of all government. Lack of ability must be compensated by extra work. Many a broken down professional man is a spoiled barber or ploughman. The effects of these extra loads depress the psyche, and lead to desire for stimulus and hence to inebriety.

A form of addictive tendency, unfortunately too common, is that induced by the reaction of the patient against some disappointment, disgrace, or other psychic trauma. In its essence this is what psychologists call a defence reaction, and further analyzed is one of the varieties of what Dupré has termed mythomania. The appetite for distinction, the dislike of neglect, determined to be fed and having no means for satisfaction through exhibition of talent or capacity to perform in some useful way or from indolence or cowardice of disposition, resorts to the extortion of sympathy by its perseverence in a suffering in which the patient indeed comes to believe.

Sympathy and praise removes depression or vacuity of mind, tranquillates the psyche. A child who has learnt to lean upon others is a candidate for false neurasthenia of this type, when later in life some business or social project miscarries. When a person is ruined or slighted or when ambition fails, neurasthenia is often diagnosed and a rest cure imposed, or drink flows to terminate the suffering.

A remarkable case has just come to the writer's attention. It was that of a naval yeoman, who after rapid promotion, of which he had reason to be proud, utterly broke down on account of the exactions and irritability of a new commander whom he could not please. His state of health eventuated in his desertion, although this stigma was later removed from his record. His symptoms were morosity and loss of interest and stamina, impotence, and overpowering desire to get away from his distressing environment, and to go to his mother. He also seriously thought of committing suicide. He became suspicious to the point of believing that the object of his persecution was to promote over his head his clerk, who had longer been in the service and was more efficient than himself, though too unreliable for the chief post. As soon as he felt that he was in an asylum and free from the risk of having to return to an environment he could not stand, he began to improve and recovered within three months. All the time, he was glad to believe himself insane; and indeed while under treatment before going to the asylum, had run away from home with the vague idea of finding employment. Although well in other respects, he still interpreted his experience as an attempt by the commander to supplant him.

The state of mind from which this man suffered is very common as a consequence of failures of ambition, disgrace in business, politics, etc. The reaction depends upon the psychic make up of the patient. The mental alienation by no means invariably tends toward suicide, it may take the form of religious remorse; and very commonly consists of resort to so called stimulants; in such a state drunkenness is easily acquired. Early schooling in buoyancy under adverse contingencies not only tends to prevent the development of the paranoid state shown in this patient, but makes the reaction to the paranoid syndrome less unhealthy than suicide, drunkenness, or even general suspiciousness.

A fourth type of inebriate differs from the three foregoing in not being a psychopathic; it is represented by the man who drinks to excess (without very obvious detriment to his efficiency) on account of the habits pertaining to his environment. A drayman, commercial traveler, or our

"three bottle" ancestors are examples of this type. Such people have not taken to alcohol on account of mental depression or through want of will or even from pleasures of the palate or general feeling. They are not inebriates until their will is destroyed by years of intoxication; their psychic degeneracy is acquired, not inherent. The number of this class is rapidly diminishing with the spread of knowledge of hygiene with regard to intoxicants. To the intemperate advocates of the temperance movement is perhaps due some credit for this improvement; their agitation has at least kept the subject in the foreground, and thus directed toward it the scientific research of which our present knowledge is the fruit. An example is that of the poor lad who consulted me for nervous breakdown due to alcohol which he had first learnt to take because at the age of thirteen he looked upon the big boys who did so as heroes.

I have purposely refrained from speaking of the psychological effects of alcohol; this problem of psychological experiment has been clearly solved by the researches of Horsley and of Kraepelin and his followers. There is no longer any dispute about alcohol's paralyzing effect upon neuronic activity as measured psychometrically. The more complex is the neutral process, the more detrimental is the intoxicant.

But the problem we have to face now is the means of preventing these injurious effects, by studying the factors which lead individuals to incur them. I am well aware that the psychological factor is only one of these; and I have accordingly emphasized its relation to the pedagogical. Economists, sociologists, criminologists, and legislators may occupy themselves with the various factors of the problems which pertain to their respective sciences; but without a precise determination of that psychological character of the individual against which they must direct their efforts, their labours must be sterile, even if not injurious. Hence it is upon the student of morbid psychology that each and all must found their procedures if they wish to build rather on rock than on sand and to hew a step more in the advance of humanity towards the perfection it seeks.

Again, when a tendency to inebriety recurs, when founded

upon one of the psychic perturbations indicated, it is to the student of morbid psychology that recourse must be had. The developments of psychic therapy in our day are greater than I can even attempt to outline, so complex are their ramifications. Suffice it to say that in them we find an answer to the despairing query of Hamlet, "But who can minister to a *mind* diseased?"

### INEBRIETY AMONG THE JEWS

Recently some very interesting discussions concerning the comparative immunity of the Jews from the disease of inebriety.

It would appear that the home life of the Jew, especially in infancy is more hygienic, and no matter what the occupation of the parents may be, the children are brought up in better conditions of health and vigor.

The more devoted the parents are to the faith of their church, the greater the observance of sanitary laws. The child is practically trained to habitual temperance in surroundings in food. Even when the parents drink wine or beer, there is a limit which they rarely exceed.

Early in middle life the same immunity continues. The faults of digestion and diseases of the nervous system are equally marked and perhaps rather exceed that of other children, and yet there is seldom recourse to alcohol as a remedy.

Suicide is rare. Poverty and general degeneration are not common. Consumption and Bright's disease seem to be the terminal maladies. There are a great variety of complications. Often drug taking is more prominent than spirit taking, but even here there are complex causes which cannot be clearly traced.

The moderate drinking Jew in America generally dies of hemorrhage, or acute inflammation of the kidneys. The children inheriting the defects of the parents contract tuberculosis, or become drug takers. Delirium Tremens, or alcoholic insanity are not common. The digestive organs wear out before the brain and nervous system.

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## PROHIBITION IN THE SOUTH\*

### *A Physiologic Study*

BY HENRY O. MARCY, A. M. M. D., L. L. D., PRESIDENT  
AMERICAN MEDICAL TEMPERANCE ASSOCIATION, ETC.

**W**E live in the era of revision. Let us accept it as the definition of progress. Man is inherently religious. He cannot divest himself of the spirit of worship. The same spirit, however, is not suited to all men. It is necessarily modified and becomes a part of every individuality. Indeed this, in large measure, is the making of the individual.

In this kaleidoscopic variety, lies the safety of the race.

In a general way, in more concrete form, it is the exponent of the ages and the races in the rise and fall of their power.

No one nationality has had a stronger, more continued influence in shaping the spiritual forces of worship than the Jewish.

Essentially a pastoral and an agricultural people, they communed with nature and drank in inspiration through nature up to nature's God. In this modern day, this religion is suited to a comparative small group of men. It is not fitted to our Western world, aside, I had almost said apart, from our various denominational religions. America is now making a vast experiment in brotherhood.

Our heterogeneous masses, made up from all the civilizations of the earth, are to be welded together upon a new basis.

Whatever else; it should be the idealization and spiritualization of all our interests.

The old ideas are giving place to new and higher ones. We live in a scientific age, which means that there are daily opening up to us, new avenues to truth and that righteousness, which is the living right to all with whom we come in contact. We are a people of great material concerns and these cannot be separated from religion.

Business and morality can never be permanently divorced. Let our business interests become idealized and spiritualized

\*Read before The American Medical Society for the Study of Alcohol and Narcotics, at Washington, D. C., March 14, 1909.

and they are an inherent part of our religion.

Then we will rejoice in faith, set to action, as words to music and our people will become the most sympathetic and Godly and our nation the greatest the world has yet seen.

I am led thus to moralize, since this is the spirit which I am constrained to believe dominates the present study of the effect of alcohol and is leading to its slow but sure abolition. Convince a man that business profit, emolument, and honor will come from a certain avocation and at once he is eager to undertake it and to fit himself for leadership in it.

Sometime since said an aged, wealthy, pious, semi-delirious patient to me—

"Doctor do you want to make money?" I replied "I supposed all men like to make money."

"Right; they ought to—they ought to, not that a man can use more houses, or lands, or goods, but that all men love power and money is the synonym of power, then pray God for its wise usage."

Capitalize your credit and work to make it the exponent of honor and righteousness.

The dynamo that runs our human machine requires stimulation, both mental and moral as well as physical.

The first step in progress is a felt want. The desire to attain it—the first stimulus. Thus a physiologic train of influences are set in action, which works out to the end the career of the individual. Broaden this to a nation welded into harmonic action, with the kaleidoscopic inter-vening of interests, all working for the general good, and you have the utopian dream of the ancient philosophers, now nearer realization than ever before. This spirit of service, developed into the ability to do something and to do it better than some one else, is the great motor force of the present. Call it, if you will, modern civilization and trace its power in America.

In this generous rivalry for success we note the awakening of the new South with the highest admiration. Review with wonder the work of a single generation: Emerged from the desolation and ruin of one of the most disastrous

of wars, little left except the natural resources of the land, the young men sacrificed until nearly every household was in mourning; the remnants of her armies broken in health and spirits, the entire system of labor dissipated: Who could have foretold the present? The population of the South is now about 26,000,000, nearly 16,000,000 white; of these 80 per cent are native born, less than 10 per cent have emigrated North or West. During the last five years the cotton crop of the South has averaged about \$700,000,000 a year: In this period largely exceeding the total output of the gold and silver mines of all the world.

The South is becoming the great market garden of America and from which thousands of cars annually carry to Northern and to Western markets fruits and vegetables of nearly \$100,000,000 in value.

This procession of early fruits and vegetables Northward and Eastward now begins to swell its annual volume, from Texas and Florida in January and February, and these many products are striking evidences of the diversification in Southern agriculture and are potent factors in the standardization of the national menu.

The cities and towns in all parts of the South are rapidly providing themselves with modern public improvements. In the construction of waterworks alone, since January 1st, 1908, \$15,000,000 have been appropriated in nearly 150 separate municipalities. Other public improvements are being undertaken of such magnitude, that it may be safely estimated that throughout the South, there is available, or in sight, at least \$100,000,000 for municipal work of some one kind or another.

This is more noteworthy, since the present financial depression has caused a general private retrenchment. However, it is a wise policy, for the lower cost of labor and materials makes it possible to do construction work at a great saving compared with a year ago. Moreover, public work of this kind, while it can now be done with such great financial advantage, gives employment to many men who would otherwise be idle and swell to greater proportion the number of the unemployed. In this brief summary of the great awakening and prosperity of our

resourceful new South land, we think we find the cause of the temperance movement which is extending as a tidal wave from East to West.

Almost without exception, the Southern press has supported the campaign and expressed the belief in the permanence of the movement. There is an important element of fundamental character of race hatred between the white and the black race which must be taken into consideration in discussing the prohibition movement.

The descendants of the slave-holding class are in a large measure held in distrust by the poor whites and blacks alike. This is only natural. The poor and ignorant whites have almost unconsciously looked upon the negro as the cause of their degradation and poverty.

Under these conditions, is it any wonder that inflamed by alcohol, this race hatred breaks out into violence with its fruitage of riot, incendiarism, murder, lynching and its attendant evils? The saloon supplies the fuel that feeds the fires of race hatred. It is an interesting fact that the negro vote has been generally cast for the abolition of the saloon.

The great mass of colored men would drink if opportunity permitted and a large majority of the more ignorant whites. Corn whiskey was cheap and abundant. Therefore, the evils of drink were wide-spread throughout the land. Under such influences is it a wonder that violence and crime prevailed and the great unmentioned evil stalked abroad as a gruesome ghost, causing fear and danger to the women of the South? One of the lessons of the war unexpectedly learned in the bitter experiences of four years of almost unexampled hardship and suffering, was that a man endured physical deprivation and exposure better without alcoholic stimulants, until this period almost universally accepted as unproven and not true. Under these conditions the Southern states awoke to a sober serious consideration of the drink evil and how to control it.

The South first inaugurated local option laws, as now in force in Massachusetts and other Northern states.

The movement commencing in the sparsely settled country districts naturally adopted the *county* rather than

the *town* as the included territory to be governed. It was the first effort to abolish cross-roads grogery, which was such an undisputed evil. Very naturally the movement spread from county to county until the sections partly comprising the larger towns were included. In Georgia there are 145 counties and 125 had enacted prohibitory measures, before he legislature enactment of the summer of 1907 which became a law in January 1908. So popular was the measure that it passed the Senate by a vote of 34 to 7 and the House 139 to 39. This law is the most drastic in the history of prohibitory legislation. It absolutely forbids the manufacture, sale, barter, giving away to induce trade, or keeping, or furnishing at public places, or keeping on hand at places of business, of any alcoholic, spiritus, malt or intoxicating liquors, or intoxicating bitters, or other drinks, which if drunk to excess, will produce intoxication.

Druggists are not exempt and are permitted to keep only alcohol. Even the physician can prescribe only alcohol and this under the most stringent rule. He must register, in due form, the nature of the disease and the need for the remedy. He cannot fill his own prescription and the prescription must be filled not later than the day after it is dated. Not more than one pint can be ordered and the recipe cannot be refilled. The prescription must be recorded at the expense of the druggist and the record kept open for inspection. Further, the alcohol must be delivered directly to the person for whom it has been prescribed, or to the physician ordering it.

The local option laws of Alabama first prohibited saloons within five miles of certain churches and school houses, under a modified local option; towns of more than 5,000 inhabitants were given the privilege of establishment of dispensaries conducted for the public profit. There are 67 counties in the state and on January 1st, 1907, 22 were under prohibition by special enactment, 15 had dispensaries; 21 had licensed saloons, and 9 had both. When the Legislature met in January, 1907, a county local option bill passed the Senate with only one negative vote and the House with only two members in opposition.

This was followed by an anti-shipment bill with only three opposing votes in the Senate and two in the House. This prohibits the transportation and delivery of any liquors into any prohibition county. The same Legislature in a special session in November passed a State Prohibitory Law to take effect in January, 1909. This law is now enforced.

In Mississippi, 69 of the 76 counties were under prohibition by county option, and in February last, both houses passed a strict prohibitory law by a large majority. The law is essentially that of Georgia.

It permits the sale of wine for sacramental purposes, as Georgia does not, and home brewing and wine making. The statute for the shipment of liquors has a kind of sardonic humor. After the delivery, the person receiving is not permitted to move them more than one hundred feet from the place of delivery and he can neither sell nor give away any portion of them, neither must he, at any time, have more than two quarts in his possession.

In Oklahoma, state prohibition was easily affected, since the federal laws made the Indian Territory included in the new state a prohibition area.

In some ways, the law is more rigid than in Georgia. It even imposes a sentence to jail of a physician who prescribes alcoholic liquors to any person under the law not entitled to it.

Even Kentucky, the old Bourbon state, has entered the prohibition list, although it is estimated \$100,000,000 are invested within the state in the manufacture and sale of liquors. 96 of its 119 counties are under local option prohibition, 21 permit the sale of liquors only in the included cities and only four counties are entirely without restriction. Tennessee passed a prohibition law to stop all manufacture of spirits after 1910. All sale of spirits to be stopped July, 1909. In West Virginia, 33 out of 55 counties are under local option prohibition.

In Virginia there are 100 counties. 71 are entirely under prohibition.

North Carolina has passed state prohibition by a large popular vote.

In South Carolina the state supervision of the sales of alcoholic liquors has been abolished, and of the 41 counties 17 are under local option prohibition laws.

In Florida, 34 out of 47 counties are under local option. In Arkansas, 58 out of 75 counties have adopted prohibition measures. Only this month, March 2, the House passed strict prohibition measures.

In Texas, 150 out of 243 counties are on the roll of restriction with 25 others under partial supervision. In Louisiana, 23 counties out of 59 have adopted local option. A drastic saloon registration bill was passed January, 1909. Kansas has 105 counties; 100 are under prohibition laws. Statistics already show there is a marked diminution of crime in the restricted portion of the South. In some sections diminished more than one half.

The industrial and material development has increased as might have been expected in a similar ratio.

Atlanta, January, 1908, showed 20 per cent less railroad accidents than January, 1907.

In January, 1908 there were but 64 cases of drunkenness before the courts as compared with 341 January, 1907. In January and February, 1907, for all causes, there were in Atlanta, 3074 arrests. In the corresponding months of the present year, only 1538.

The frightful race riots in Atlanta, by men infuriated by drink are not likely to be repeated.

The South is not experimenting in new unexplored fields. The United States Government has long, acting as the ward of the Indian, kept the tribes under wholesome restraint. This has been the policy of the Government in the Philippines and the Sandwich Islands. Much to the discomfort of some of our medical officers, who should know better, this is the wise rule in our army and navy.

The restraint of prohibition upon the negro is of course of the first importance, but the leaders in the movement South recognized the curse of the drink evil over the white as well as the black. The popularity of the movement undoubtedly was greatly increased, with the voters, by urging the need of control over the colored population. Alcohol and ignorance in the white and black alike is a



bad mixture. Of course politics have entered more or less actively into the temperance agitation. This is a weapon with a double edge and is used by both parties. It, in itself, would make a topic ample for an article like this and can only be referred to here.

It may be assumed that the religious element is everywhere more or less actively engaged in favor of temperance. Some clergymen can make the ten commandments as interesting as a story.

Let us seize upon all the vital living questions of the day. Let us spiritualize our humanity and the uplifting of the race grows easier. More than half of the pauperism, crime, and unhappiness comes from intemperance. In these modern days there is little room for denominational and race prejudice, but co-operative helpfulness is the keynote of success.

It has been claimed that periods of financial depression and popular discontent caused an increase in the consumption of alcoholic drinks. "Solacing misfortune by the cup and forgetting care."

If this is to be considered in any way a test, our country gives at present, proof of self-restraint and control.

The farmers and the farms are the basis of the nation's prosperity.

Machinery cheapens the farmers' work until it is produced at much lower cost than by former slave labor. Its use requires a greater intelligence and stimulates to a higher plane of civilization.

I have sketched thus briefly the recent wonderful development of our country, to show that such results can come only from a higher plane of the mental and moral development of the rank and file of our working population. In this intense right royal rivalry there is little time for dissipation and drunkenness.

Gasoline engines are greatly in use already among farmers; one company in Milwaukee made 25,000 of them last year without supplying the demand. In the near future the farmer will manufacture his own alcohol, only to put it to a new use. It is estimated that he can make it from his own products at a cost of 10 cents a gallon.

The alcohol motor is going to play an important part in the Automobile industry. This will equally apply to other motor power. The fact that alcohol is much safer than gasoline is greatly in its favor.

Contrary to prediction, by eminent experts, the alcohol produces no bad effects upon the motor itself. Let us welcome this new age of alcohol and proclaim him king; a product of the soil transposed into power!

We, as a people, necessarily are temperate, growing so more and more with each day of progress. Modern civilization is working for temperance far more effectually than total abstinence lectures.

Pouring a peck of potatoes on Boston Common and reading over them, as the last rites of burial, a treatise on agriculture, does not raise a crop.

Law in America may be accepted as the exponent of public opinion and popular will. Good citizens, who require little restraint, have to bind themselves with stringent laws in order to make it effective in controlling the bad citizen.

This also has the larger lasting effect in the development of the character of the young. Political and moral progress never advances in steady lines.

How long before the progress of this great temperance movement may show evidences of retrogression? A recent writer, F. C. Iglehart in the Review of Reviews, April, 1908, closes a valuable article as follows:

"While there are 114,000 more saloons than churches, while the liquor traffic continues to take into the treasury enough money each year to run every department of the Federal Government, executive, legislative, judicial, navy, army, post office, treasury and every other interest, the whiskey men will not surrender without a fierce and long struggle.

But the present revolution will result in greatly reduced individual consumption of rum; in the manifest diminution of the sale of liquor, and in the destruction of the American saloon in its present form."

Abstract teaching is all very well in its place, but our religion and our business must be spiritualized, permeated

by the stimulus of mutual helpfulness.

Although more than ever an active people of material concerns, one may have little misgiving about the religion of America in the future. We will not divorce it from the every day business life. Even now we live in an economic, scientific age. We risk little in the prophecy that the generations to come will be more Godly, building slowly, but surely, a civilization greater and better than the world has ever seen.

## SUICIDE AND ALCOHOL\*

BY A. W. HOISHOLDT, M. D., STOCKTON, CALIFORNIA.

**S**ELF-DESTRUCTION is an act which was not infrequently resorted to by the ancients, some of whom looked upon it as a virtue just as the Japanese of our day consider harakiri a perfectly justifiable act under certain circumstances. With the advance of the Christian religion there was a decided diminution in the frequency of suicide, and it is claimed that from the 5th to the 12th century it almost wholly disappeared, due probably to the teachings by the church of the life hereafter of the suicide and the rigid rules of the church concerning the disposal of his body in unconsecrated ground. As the church began to lose its influence upon the masses at the time of the Reformation there was a revival of suicide until it has become an act of very frequent occurrence.

During the last century suicide has appeared to be on the increase wherever carefully gathered statistics have been obtainable. This has been the case in almost every state in the union, and that although attempt at suicide is punishable in many of them. At the same time one is not able to say that this rapid increase is to any great extent caused by industrial, political or religious disturbances. The material comforts have been increased more and more, laws have been passed favoring the workingman, and more philanthropic work is being done to-day than formerly. Religious questions of dissention are losing their influence upon the minds of to-day as compared with conditions in existence a century ago, and still it has been ascertained that the increase of suicides has been more rapid in Europe and America than the geometrical augmentation of the population and the general mortality. In Russia the

\*This paper was read before the health officers association at Fresno, and appeared in the Journal of Medicine of the State Society. We call attention to it as the best presentation of a subject which has been given in this country, and as opening a new field of facts that have not attracted much attention.

the cases of attempted suicide that had come under his observation clinically, while Heller of Kiel, Holstein, found marked pathological changes affecting responsibility in about 43% of 300 autopsies on suicides of all classes, it being required by law in that province of Germany, that the body of every suicide must be subjected to a post-mortem examination at the pathological-anatomical institute at Kiel. In a recently published treatise on suicide Prof. Gaupp, late of Munich, reports that he found as a result of most careful investigation that only one case out of 124 cases of suicide was mentally well, as absolutely so as one was able to ascertain; 44 were insane—mostly manic-depressive insanity, dementia praecox or imbecility—the rest, not pronouncedly insane, were principally chronic alcoholists and psychopathic individuals. Gaupp's report deals with too small a number to justify definite conclusions, but his ratio of 44 pronouncedly insane persons among 124 cases is but a slight increase over what the majority of writers had formerly reported, namely: that insanity is found present in about  $\frac{1}{3}$  of the male and  $\frac{1}{4}$  of the female suicides. It might further go to show that if there has been a great increase in the number of suicides, this increase must be due to influences other than insanity, it being furthermore questionable, according to some recent writers, whether the sum total of insanity in the community, both in and out of hospitals, is progressively increasing. In Scotland, the only country where statistics even approaching completeness are available, for instance, there has been no increase of insanity during the last three years and a similar report comes from England and Wales.

Alcohol plays a considerable role among the contributing causes of suicide—sometimes it is used by a person who does not drink to excess, as a bracer for the execution of the suicidal act, but more frequently it causes the inebriate to lose his energy and will-power so that he finds no other way to deliver himself from the chaos for which he is himself to blame than by taking his own life. Many writers consider alcohol the chief cause of suicide, and the majority think it is at least second or third in importance. A long continued excess in liquor leads to increased misery, domestic quarrels,

population increased from 1860 to 1886 about 8%, but suicides increased 76%. On the other hand brainwork has reached a greater intensity than ever before. The seeking after wealth and satisfaction of sensual appetites are being spurred on. A man with a \$100.00 monthly income is trying to rival in enjoyments of life the man with a \$200.00 monthly salary and so on. At the same time moral precepts are losing their control and disappointment and misery are therefore the more felt. Education, a boon to humanity from an aesthetic point of view, is being steadily more thoroughly disseminated, inducing people to abandon the old advice of "cobble, stick to your last," for the modern expansion of ideas, inducing them to leave manual industries and agriculture, sending them away from their old associations to new surroundings, where the weaklings become dissatisfied, overburdened and predisposed to mental disease and suicide.

It is especially during the last quarter of a century that statisticians have shown an alarming increase of self-destruction. The suicide-ratio has, however, varied in different countries. In 1877 Saxony, which country was at that time first on the list, showed an average of 39.1 suicides per 100,000 inhabitants, while in 1830-1840 there were only 15.8. In 1880 there were reported to be three times as many suicides in San Francisco as in New York, and  $4\frac{1}{2}$  times as many as in Philadelphia. In 1890 the ratio in San Francisco was 23.7; in 1900 it was 49.9, and in 1904 it was 72.6 per 100,000 inhabitants.

The question as to the mental health of a suicide has been frequently discussed pro and con. Some writers have even doubted that suicide is ever committed by a person of sound mind. Esquirol and Bourdin looked upon almost every attempt at suicide as a proof of a dangerous mental disturbance and as a sufficient reason for care in an insane asylum. This is the law today in Bavaria, where the authorities send every case of attempted suicide to a hospital for insane. Griesinger, the father of psychiatry, considered mental disease the chief but not the exclusive cause of suicide. A number of years ago Kraepelin said that he had found pronounced mental symptoms present in only 30% of

dislike for work, diminished capability for work, abnormal irritability of mood with disposition to melancholy depression, ideas of jealousy and persecution—finally mental and and moral qualities as well as the physical health suffer. Ponomarew and Hubner found 114 alcoholics among 298 suicides in St. Petersburg, 112 cases of insanity and 21 cases of incurable disease. Among the colored people in the Southern States suicide as well as insanity has increased every year with the increased consumption of liquor among them. In departments in France where the most alcoholic drinks are used there has been a correspondingly high record of suicide, insanity and crime. In 36 departments there were in 1897, 2540 cases of alcoholic insanity, while in 1907 the number was 3988, an increase of 57%.

With the view of ascertaining the prevalence of suicidal attempts among the manifestations of mental derangement leading to commitment of alcoholists on the one hand and all other forms of insanity on the other, I have carefully compiled the records of 734 patients, whom I have had under personal observation in my department of the State Hospital at Stockton, during the five years beginning with July 1st, 1903, and ending with June 30th, 1908. The results of this investigation are shown in the following table:

According to this table it would appear that there has been a marked increase in the number of alcoholists received in proportion to the total number of commitments during the four of the five years and that the number of the alcoholic suicidal attempts prior to admission has varied but slightly during the five years with the exception of the year ending June 30th, '06, when the number of unsuccessful alcoholic suicides was twice the usual average. Of these 12 unsuccessful suicides 8 of them occurred during the 2½ months immediately following the earthquake. During the five years 34 unsuccessful suicidal attempts have occurred prior to admission among 138 sufferers from some form of alcoholic insanity or in 24.03% of the cases, while only 66 out of 596 patients presenting symptoms of other forms of psychosis have attempted suicide prior to their arrival in the institution, i. e. in 11.07% of the cases. In other words

unsuccessful suicidal attempts are more than twice as frequent in alcoholic insanity as in all other forms of insanity combined, and one out of every four suffers from alcoholic insanity makes attempts at self-destruction. The table also appears to show that about 100 suicidal attempts occur among 734 patients admitted, or in other words that one patient out of about every seven makes an unsuccessful attempt at suicide prior to admission to the asylum. With regard to the number of cases of alcoholic insanity among the total admissions to the Stockton institution my figures show that there were 138 among the 734 cases, which is 18.8%, about 3% higher than my estimate two years ago.

The alcoholic is driven to commit suicide under different circumstances depending upon a varied state of affects: 1. He may be led to take his own life when the alcoholism has assumed a melancholy form—when he is in an extreme state of mental depression.

2. He may be subject to vivid hallucinations which are pronouncedly persecutory in nature: a mob outside the room clamoring for his blood, when he hears calls of "hang him," "shoot him," etc.—or he sees devils or other horrid spectacles which fill him with terror, to escape all of which he prefers death.

3. The individual who because of misfortune in life was depressed when he began to drink to excess, may be so overwhelmed with an absurd exaggeration of his troubles or difficulties during the intoxication that the sudden suicidal impulse is carried into effect because of the absence of calm deliberation;—and 4. After he has recovered from the mental effects of one of his debauches, a despair of ever being able to control himself seizes the alcoholic, when he realizes the social and financial ruin which states him in the face. The despair is associated with an enfeeblement of the will-power and frequently with a marked irritability, which accounts for the trivial motives of some of these suicides. One alcoholic kills himself because he has a slight dispute with his wife, another because his friend will not lend him a few cents or dollars to spend in some saloon, a third because the barkeeper refuses to give him

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another drink, etc. In leading to this enfeeblement of will-power alcoholism may also bring out symptoms of nerves weakness or hysteria when disposition to this disturbance is present in the individual. This is especially illustrated by the efforts at display and the sham attempts at suicide frequently met with among alcoholists. They lack the courage to undertake the self-destruction in a way to insure success. The cut they make in the throat or on the wrists is often not much more than a scratch and the attempt at drowning is either made in shallow water, or they no sooner reach the water than they shout for help with all the vigor at their command. Sullivan's statistics illustrate this feeble-hearted character of the suicidal attempts of alcoholists. He found 77.5% of alcoholists among a certain number who failed to commit suicide, but only 12% of alcoholists among those who succeeded.

The problem of reducing the frequency of suicide among alcoholists resolves itself into efforts in the direction of doing away with the excessive use of liquor and reclamation of those who have succumbed to its influence. From the standpoint of general prophylaxis, all efforts at alleviating misery and poverty and improving the physique during childhood and youth will tend to accomplish this. A more careful instruction of the child in moral ethics, which is much neglected in many quarters; the work done by Young Men's Christian Associations, especially their work of popularizing the practice of physical culture among adults as well as children, tending to bring the physical health to the highest possible standard, would lead to abstinence from alcoholic excesses and in a general way tend to the lowering of the suicide rate. The correction of a certain other deleterious influence would likewise have a prophylactic effect. That is a change of policy on the part of the daily press with regard to the publication in detail of news of a certain class. Just as man puts more food into his stomach than is necessary to sustain life; so does the press feed the public with a superabundance of mental pabulum (?) in the form of news in detail. On a great many the administration of some forms of this

mental food, such as reports of crimes, domestic unhappiness and suicides, has a very injurious effect. It tends to produce nervousness and at times may result in imitations or auto-suggestive acts; especially is this the case with regard to reports of suicides when read by the nervous and degenerated or by the alcoholic weakling. On the subject of this influence of suggestion I am reminded of the experience of Sir Charles Bell, the noted surgeon to the Middlesex Hospital in London (1764-1824), who while he was being shaved told his barber about having just sewed up the wound of a man who had made an unsuccessful attempt at suicide, and Bell gave the anatomical reasons for his failure. After a little the barber excused himself, went into an adjoining room where he was afterwards found with his throat cut in an anatomically correct manner. The antidote to the poisonous influence of the press in this direction is "silence." A much curtailed report of suicides and crimes would therefore be a charitable as well as a prophylactic act on the part of the newspapers. Now as to the possibility of the prevention of the evil itself.

Esquirol said that suicide was a disease. To a certain extent this is true, and as self-destruction and disturbances of the peace by alcoholics, whose next move may be a suicidal attempt, are overt acts which come under the eye of the authorities, the question presents itself: What interest do the authorities in our State take in the treatment of the alcoholics? They let the alcoholic—in the absence of symptoms of alcoholic insanity—suffer the penalty for his crimes. In the case of a disturbance of the peace or an extreme state of intoxication he is sent to jail—thrown in numbers of six to a dozen or more into a dark cell where there is just room enough to lie on the floor in more or less filthy surroundings for thirty to ninety or more days. After this he is again turned loose on himself—and the community, soon lapsing into the life he led prior to his arrest, under which circumstances an improvement is out of the question, the steady drinking rendering him unstable and robbing him of all energy. Aside from the fact that the above treatment of the alcoholic is only custodial and that in a cruel form, it often leads to grave mistakes, when

cases of serious brain-troubles are marched into jails under the guise of alcoholic intoxication—all of which could be prevented by adequate medical attention and proper provision for the caretaking of doubtful cases. Such mistakes and inhumane treatment have occurred from time to time in our jails. The sessions of police courts give almost daily accounts of offenders, arrested for the third, fourth, sixth time or more. In the Stockton as well as in other institutions numerous instances are met with where alcoholists have been recommitted several times and in some cases unsuccessful attempts at suicide have even repeated themselves in the same individual with each recurring attack of delirium tremens or other form of alcoholism. An instance of a patient committed to the asylum seven times—each recommitment because of a new outbreak of delirium tremens or subacute alcoholism has occurred at the Stockton hospital—entailing an expense to the State, alone for the legal proceedings, of at least \$300.00. Would a sojourn at a home for inebriates where an attempt at reclamation could have been more successfully carried out, not have been a better investment?

The only chance the alcoholist has of getting rid of the bane of his existence is to be so cared for that he has not only no opportunity to get liquor for a protracted period but that he is given surroundings which stimulate him to exercise his powers of resistance when facing the temptation to drink. These surroundings are not obtainable at hospitals for the insane, to which most of these cases are sent in this State. Not only do the cases not receive the proper surroundings but, as they are frequently sent away again in a month or even in less time, their detention in insane asylums can have no more curative effect than their confinement in jails. If the State is to do its duty to these unfortunates humanely and correctly it will have to make a reform in the mode of disposal of the chronic drunkard, which is not possible until it has established a State Home or Sanitarium for inebriates.

## CONGENITAL MORPHINISM

BY OSCAR JENKINGS, M. D., PARIS.

**T**HE question of congenital morphinism has, hitherto, attracted little attention, but it is one of considerable importance, in that the lives of the children of morphinised mothers may depend upon its solution. As a general rule the catamenia are suppressed in women who take morphia, the consequence being that they are generally sterile.(1) Pregnancy is rare, when it does occur it usually ends in miscarriage, and when children are born at full term they are often ill-developed, atrophic, and have the appearance of little old men. In a contribution to this question founded (2) on a case which occurred in his practice, Bize has reviewed the whole question. The patient referred to had taken morphia for twelve years. The menses, which had been absent after the death of her first husband, returned three years before subsequent to her second marriage, and since then she had menstruated regularly. In December, 1906, she became pregnant, and a well-developed child, weighing nine and a half pounds, was born on the 9th of October, 1907. The daily dose of morphia was then one gramme. Bize had advised the administration to the child of drop doses of laudanum, to be increased if necessary, but the mother, acting upon the advice of a specialist, did not carry out his instructions. For forty-eight hours the child was quiet and slept well. Thirty-six hours after birth it was put to the breast (of a nurse) which it took greedily. At the expiration of the second day it became restless, suckled with difficulty and presented a sub-icteric appearance. The night following was bad. The child cried a great deal, was extremely restless, yawning frequently and there were green stools; the temperature was 39° C., and the breast was taken much less readily. Vichy water was prescribed and baths at 35° C., but the mother still refused to allow laudanum to be given to the child. The breathing

(1). This fact has even led some writers, and more especially Lutaud, to propose induction of the morphia habit as a therapeutic measure in cases where life is endangered upon uncontrollable menstruation.

(2). Bize (Puericulture et Morphinomanie) Bulletin de Therapeutique, December, 1907.

then became very laboured, superficial and spasmodic, the heart's action feeble, and the belly distended. After consultation with Dr. Sollier the mother consented to do what was indispensable, and one drop of laudanum was prescribed, to be taken morning and evening with a mild purgative; but symptoms of collapse set in three or four hours later, and the child died the same evening. Bize has looked through the literature of the subject for similar observations. In a case reported by Goldschmidt, the mother took 0.50 grammes of morphia daily, had a normal pregnancy and confinement, but nothing is said about the child.

Féré reports a case in which a child was brusquely demorphinised, suffered from continuous agitation, lasting sixty hours, after which it returned to a normal condition. Winchel that of the wife of a medical man, whose child nearly died under the same circumstances, but which was saved by a large dose of opium.\*

More recently a paper has appeared by Dr. H. Coston in the "Medical Era," of St. Louis, on "Pregnancy in Morphine Habitués and Transmission of the Drug Through the Milk after Delivery." In the first of his two cases, the patient, who was syphilitic and tuberculous and who had been admitted to the Rescue Home when five months pregnant, was taking twenty-five grains a day. She was "cured completely of the morphia habit" by Dr. Coston, the consequence being a premature labour at seven and a half months and the death of the mother a few months later. The author remarks "that this case simply shows that conception will not only take place in the habitual user of morphine, but in one otherwise badly diseased." As a matter of fact it shows also that the treatment adopted followed both by the death of the mother and child, is not one to be recommended. It is most unnecessary to deprive of morphia a woman dying of consumption.

In the other case a child born at term, was at first suckled by the mother, but after two months it was neglected and then taken to the Home. "It cried constantly but did not seem to be sick. . . . it got over its desire in a few days."

In a case which came under my own observation twenty

\*See also Chambard. Les Morphinomanes.

years ago, the child presented no evidence of distress for twenty-four hours. It then became greatly agitated, moaning constantly with a peculiar cry, and suffering from frequent diarrhoea with teuesmus, presenting in the interval of the stools a kind of rhythmical pouting protrusion of the anus. The father objected strongly to the administration of laudanum, and unfortunately the consultant whom I had called in to fortify my position, took the same view. He ultimately consented to counteract one-tenth of a drop doses of laudanum, which had no effect whatever, and the child dying miserably. A sample of the mother's milk sent afterwards to the laboratory of the Prefecture, was reported to contain an undeterminable alkaloid, but no morphia. I have always thought that this analysis was defective, and that the milk of a mother taking morphia would reveal traces of it, as Bize has shown to be the case. From the figures given by this writer it would appear that the child of a mother taking one gramme of morphia would require fractional doses of laudanum to the extent at first, of five drops a day, which should be reduced to zero as soon as possible. This would not be difficult, as a child would have to contend only against the somatic factors of craving. Bize, strange to say, does not approve of putting the child to the mother's breast, (which would be a natural transition) for fear of its continuing the addiction. He points out that it would, at any rate, be necessary to adopt some other mode of administration whilst waiting for the secretion of the milk. In the case I have related, the restlessness began at the end of twenty-four hours, the child dying in the early part of the third day, before the secretion of the milk was established. But when the onset of symptoms is delayed, the milk might come in time to obviate the necessity of therapeutic intervention. Maternal feeding for a time would have also the advantage of preventing all uncertainty and mistakes as regards dosage, and of supplying the infant, at a critical moment, with the required stimulant, in the most appropriate and assimilable form. After a few days the child could be weaned—gradually transferred to another nurse—or demorphinised by the temporary substitution of decreasing doses of laudanum.



BY DR. ARTHUR MACDONALD, WASHINGTON, D. C., HONORARY  
PRESIDENT OF THE "3D INTERNATIONAL CONGRESS  
OF CRIMINAL ANTHROPOLOGY" OF EUROPE.

I desire to consider briefly the methods to be pursued in the laboratory study, which are practically similar for all men, whether criminal, insane, or inebriate, whether normal or abnormal. Thus whatever may be said, will apply to the study of inebriates as much as to any other class of men. This is necessarily so, for if we are to distinguish between different forms of abnormal men, and especially how they all differ from normal men, we must have the same measuring rod to apply to all of them, so that whatever differences may exist will be discovered. This measuring rod is the laboratory.

The term "laboratory" is used in its broadest sense, including not only instruments of precision, but the gathering of sociological data. Thus in the study of every person, whether genius or insane, criminal or inebriate, normal or abnormal, the same measurements of the body are taken, as height, weight, chest expansion, etc.; width, length and circumference of head, etc.; their psycho-physical measurements as to perception through the senses of sight, hearing, touch, pain, etc. Next would come the sociological, including age, social surroundings, education, parentage, etc.; finally, abnormal and pathological characteristics, including especially stigmata of degeneration.

Studying the inebriate, for instance, measuring him anatomically, physiologically and pathologically with instruments of precision, seeking all data as to his antecedents, all parts as to himself and surroundings from childhood up, these are included under the idea of laboratory.

Here are a few instruments of precision that I have brought. This is a calipers of French make, for measuring the head, most important perhaps, because nearest the brain.

Another instrument is one of my own design for measuring pain, called a temporal algometer. Culture and all modern

\*Read before the American Medical Society for the Study of Alcohol and Other Drug Narcotics, held in Washington, March 17, 1909.

civilization seem to increase the sensibility to pain. I studied about 2,000 people with this instrument.

In using this algometer it is held in the right hand by the experimenter, who stands back of the subject and presses the disk against the right temporal muscle, and then he moves in front of the subject, where he can conveniently press the disk against the left temporal muscle. These muscles are preferred, because no trade or profession materially affects them. They are also conveniently situated.

As soon as the subject feels the pressure to be in the least disagreeable the amount of pressure is read by observing the marker on the scale. The subject sometimes hesitates to say just when the pressure becomes in the least disagreeable, but this is part of the experiment. The purpose is to approximate as near as possible to the threshold of pain.

I found, for instance, that girls in private schools, who are generally of wealthy parents, are much more sensitive to pain than girls in the public schools. It would appear that refinements and luxuries tend to increase sensitiveness to pain. The hardship which the great majority must experience, seems advantageous.

The study of inebriates with this and other instruments for psycho-physical purposes, would be of great interest and importance.

Here is a measurement blank that I have used in laboratory studies. I will call attention to just a few points. The date of birth, for instance, which enables us to tell in what month the person was born. It has been found that children born in summer are physically superior to those born in winter. One reason may be because the mother does not breathe as good air and eat as wholesome food as in summer. The color of hair and eyes, measurements of head, face, nose, ears, etc., their shape are more of a hereditary nature, so also the height and sitting height. In general it may be said, that laboratory study, with instruments of precision, gives the effects of hereditary tendencies rather than those coming from the environment.

The measurement blank is given on page 106.

Thus such investigations of inebriates might enable us

## MEASUREMENT BLANK

Date of birth, . . . . . age in years and months,  
 color of hair, . . . . . of eyes, . . . . . of skin,  
 first born, . . . . . second born, . . . . . later born.

## ANTHROPOMETRICAL.

Weight, . . . . . lung capacity, . . . . . height, . . . . . sitting  
 height, . . . . . strength of lift, . . . . . of arms, . . . . . of right-  
 hand grasp, . . . . . of left-hand grasp, . . . . . total strength,  
 is the subject left-handed? . . . . . maximum length of head,  
 maximum width of head, . . . . . cephalic index, . . . . . distance  
 between zygomatic arches, . . . . . between external edges of orbits,  
 . . . . . length of nose, . . . . . width  
 of nose, . . . . . height of nose, . . . . . length  
 of ears; right, . . . . . left, . . . . . nasal index, . . . . . length  
 left, . . . . . width of mouth, . . . . . thickness of lips, . . . . .

## PSYCHO-PHYSIOLOGICAL.

. . . . . sensibility to locality; right wrist, . . . . . left wrist, . . . . .  
 least sensibility to heat; right wrist, . . . . . left wrist . . . . . least  
 sensibility to contact on the skin, . . . . . least sensibility to pain by  
 pressure of two points, . . . . . least sensibility to pain by pressure;  
 right temporal muscle, . . . . . left temporal muscle,  
 sensibility to smell; right nostril, . . . . . left nostril, . . . . . least  
 sensibility of muscle sense to weight; right hand, . . . . . left hand,  
 . . . . . pulse, . . . . . respiration, . . . . .

## SOCIOLOGICAL.

Nationality of father, . . . . . nationality of mother,  
 nationality of grandfather, father's side, . . . . . mother's side,  
 . . . . . nationality of grandmother, father's side,  
 mother's side, . . . . . occupation, . . . . . education.

to go deeper into the real causes of inebriacy, so that it  
 may be better understood and remedies for cure and pre-  
 vention more rationally applied.

In addition to these general inquiries as applied to the  
 inebriate, some signs of drunkenness might be noted.

In the first stage, lasting from five to ten minutes, the  
 face is pale, its vessels are drawn and fixed in position.  
 The eyes are bright and glittering, their movements quick  
 and constrained. The mouth is shut tight, the lips are  
 spasmodically affected when speaking. The breath is  
 short and panting, pulse increased; words are interrupted

and uttered with difficulty. There is a trembling move-  
 ment of the entire body and a sensation of shivering.

In the second stage, the movements are unnatural, very  
 quickly distorted and staggering. Intellectual activity is  
 irregular and unsteady, voice is elevated, talking incessant,  
 with absurd boasting.

While there is no sure method of distinguishing a drunkard  
 when sober, yet there are some signs or stigmata that may  
 be manifested. There is a very slight staggering, which  
 would not be noticed except by very careful observation.  
 The drunkard himself is unconscious of it. There is an  
 economy of movement in some cases, as illustrated when  
 the drunkard hands his car fare to the conductor he looks  
 up to the conductor very little or not at all, seeming to  
 avoid as few other movements of the body as possible,  
 as one sometimes does when exhausted.

When the drunkard drinks water he sometimes uncon-  
 sciously smacks his lips, a reflex action due to a long-con-  
 tinued habit in drinking liquor. Even the sight of green  
 blinds or other familiar indications of a bar in some cases  
 causes these lip movements. The popular idea about the  
 red nose is not of much weight, but a red neck is more  
 significant.

The close relation of inebriacy to insanity is indicated  
 from the fact that all forms of insanity, from melancholia  
 to imbecility, are found in inebriacy. It is artificial; it  
 begins with a slight maniacal excitation; thoughts flow  
 lucidly; the quiet become loquacious, the modest bold;  
 there is need of muscular action; the emotions are expressed  
 in laughter, singing and dancing. Now the esthetical  
 ideas and moral impulses are lost control of, the weak side  
 of the individual is apparent, his secrets revealed; he is  
 dogmatic, cruel, cynical, dangerous; he insists that he is  
 not drunk, just as the insane insists on his sanity. Then  
 his mind becomes weak, his consciousness dim; illusions  
 arise; he stammers, staggers and, like a paralytic, his  
 movements are unco-ordinated.

The city, the state and the federal government should  
 undertake the laboratory study of the abnormal classes, as  
 well as private individuals.

Here is the general bill, that I have been endeavoring to have enacted into law under all forms of government in this and in other countries.

### BILL

"TO ESTABLISH A LABORATORY FOR THE STUDY OF THE CRIMINAL, PAUPER AND DEFECTIVE CLASSES.

"Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That there shall be established in the city of Washington a laboratory for the study of the abnormal classes, and the work shall include not only laboratory investigations, but also the collection of sociological and pathological data, especially such as may be found in institutions for the criminal, pauper, and defective classes, and generally in hospitals and other institutions. Said laboratory and work shall be in charge of a director, who shall be appointed by the President, and shall receive a salary of three thousand dollars per annum. He shall make a report once a year, directed to the President, which, with the approval of that officer, shall be published. For the aid of the director there shall be one psychologist, at two thousand dollars; one translator, at one thousand two hundred dollars; one stenographer and typewriter, at one thousand dollars; and one mechanic, at nine hundred dollars. For the proper equipment of and carrying on the work of said laboratory and the rental, if necessary, of suitable rooms therefor, there is hereby appropriated, out of any money in the Treasury not otherwise appropriated, the sum of five thousand dollars or so much thereof as may be required.

It is not expected that such an extensive field of work, as indicated in bill, be undertaken at the outset. It is therefore suggested that a beginning be made with the criminal classes. If necessary, in order to pass bill, it might be reduced, the minimum being a director at one thousand dollars and two hundred dollars for laboratory. Even with this very small total appropriation of twelve hundred dollars a beginning can be made. There are plenty of young men of university training who will be

1. For consideration of all phases of bill see "Men and Abnormal Men," Senate Document No. 107, 56th Congress, 2d Session.

willing to undertake such work if opportunity be given them.

An idea pervading the bill is that Cities, States, and Nations should look after the mental health of the people with as much scientific foresight as they do the physical health of the people. Such work is fundamentally humanitarian. The task is large enough to require the aid of all forms of government and also of private endowment, and it is due time that such efforts be made, for the official statistics of the leading countries of the world show that within the last thirty or more years, crime, suicide, insanity, inebriety and other forms of abnormality have been increasing relatively faster than the population.

The study of man, to be of most utility, must be directed first to the causes of crime, pauperism, alcoholism, degeneracy, and other forms of abnormality. To do this the individual themselves must be studied.

The most rigid and best method of study is that of the laboratory, with instruments of precision in connection with sociological data. Such inquiry consists in gathering sociological, pathological, and abnormal data as found in children, in criminal, pauper, and defective classes, and in hospitals. Such experiments or measurements should be made as are of interest not only to sociologists, psychologists, and anthropologists, but also to physiologists and pathologists.

### Government Should Study Moral and Social Diseases

Since the care, support, and direction of inmates of institutions for the abnormal and weakling classes are under City, State and Federal control, the scientific and sociologic study of these inmates naturally falls under the same control.

The great progress already made by governmental scientific investigation of physical disease suggests governmental application of similar methods in the study of mental and social disease, the necessity of preventing or lessening which is much more urgent.

One reason why so many professional organizations dealing first-hand with some phase of this work support

this measure is that they think it is time that governments begin a serious study of those social evils which are their greatest enemies. Many worthy efforts are being made to lessen social evils, but they are mostly palliative, and do not go to the root of the matter.

(One feature of this work, of interest to all lovers of truth, is the application of the results and methods of anthropology, psychology, medicine, sociology, and other sciences to the abnormal and weakling classes, thus constituting a new synthetic study, which may bring out truths that apply as well to normal man as to abnormal man; for in the case of penal institutions most of the inmates, as already stated, are normal, their crime being due to unfortunate surroundings and not to their inward natures. Even really abnormal persons, that is, those positively abnormal in at least a few respects, are nevertheless normal in most things, so that whatever be found true of them is to a large extent true of all persons. Though such results be incidental they may be none the less important.

\* One great purpose of this work is to furnish a basis for methods of reform, and, in addition, seek through knowledge gained by scientific study to protect the weak (especially the young) in advance before they have gone wrong, rather than after they have fallen and become tainted, which is the great defect of most schemes of reform.

See "Juvenile Crime and Reformation," including stigmata of degeneration, being hearings on bills to establish a laboratory, etc., before Senate Committee on Education and Labor and House Committee on the Judiciary. Senate document No. 532, 60th Congress, 1st Session, 339 pages 8, 1908. Price, 25 cents.

"Man and Abnormal Man," including a study of children, in connection with bills to establish laboratories under state and federal governments in the study of the criminal, pauper, and defective classes, with bibliographies. Senate Document No. 187, 58th Congress, 3d Session, 780 pages, 8. Washington, D. C., 1905. Price 40 cents.

These public documents might be obtained gratis, either through any U. S. Senator or Representative, or by writing directly to the Superintendent of the House or of the Senate Document Room. Also the "Superintendent of Documents," at the Government Printing Office, Washington, D. C., will send any public document on receiving its price.

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For a number of years I have been conducting a propaganda of laboratory study of the abnormal and weakling classes, which is of interest to physicians, since it is an investigation of man, especially his physical, mental and moral weaknesses with which every practitioner has to deal. One result of this propaganda is that recently Russia has contributed more than a half million of dollars towards a laboratory, which includes investigations with instruments of precision and the obtaining of all important facts (physical, mental and moral) as to the individual and his environment. I have just learned that the State of New Jersey has begun such laboratory study.

The question may be asked why so many citizens who are law abiding and respectable should be put to so much trouble and expense by so few citizens, who are often moral, mental or physical weaklings.

The answer is, that this troublesome few might be greatly reduced if they were studied personally and in connection with their surroundings.

*Difficulties*

A new line of work is liable to be regarded with caution, if not suspicion, especially if it deal with abnormal subjects. Since *most* new things are to a certain extent radical, any new study of method, however conservative, will be looked upon as radical. As the newspapers deal to a large extent with abnormal matter, the study of such subjects, however important, suffers from a sort of notoriety, and is often made to appear as a fad. Owing to these difficulties, it has been difficult to have Federal, State and City governments make some provision for the scientific study of abnormal classes.

That this work is neither radical, visionary nor a fad, may be seen from the nature of the endorsements which practically include the representatives of the medical and legal profession of this country, not to mention the highest authority in Europe, that is the International Congress of Criminal Anthropology. No other humanitarian work has such indorsement.

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BY TREPHINING\*

BY H. L. NORTROP, M. D., PHILADELPHIA, PA.

**T**HE millennium is not yet in sight and will not be precipitated by anything I may say in this humble contribution to medical literature. The fact remains that some moral degenerates can be morally bettered, or even cured by a properly and intelligently applied surgical procedure. This has been made possible by a more or less accurate, practical knowledge of the location of man's mental functions, a part of the system of phrenology whose fundamental principles, widely accepted to-day, unite the anatomy and physiology of the cerebrum and cerebellum intimately and harmoniously. Right here we should recognize the credit which belongs to pathology in determining and locating so many hitherto obscure cerebral functions and nervous phenomena. Injuries of the head, hemorrhages, tumors and inflammations within the cranial cavity, by resulting in altered sense and nerve performances, and whose exact location and extent were discovered by operation, or oftener by post mortem, have piled up a wealth of neurological data and thrown much light on both the anatomy and physiology of the whole nervous system. Even the opponents of phrenology must concede that the skull is subservient to the brain, that it is moulded upon and fitted to the brain, whose shape and size determine, vice, fix the shape and size of the skull. This anatomical fact alone has helped materially to place cerebral localization upon its substantial basis to-day. In the majority of cases the lesion can be definitely located and is superficial, or cortical, and usually can be removed.

\*The following paper appearing in *The Habnemannian Monthly* is a contribution to very interesting conditions which are followed by inebriety, and are seldom recognized.

It is another illustration of the physical causes of character and the general morale due to diseases in the organism.

Contradicted like those were declared untrue some years ago, but the great progress in surgery, and almost marvellous effects following, have shown that inebriety is no exception, and may be the direct result of remedial defects in the brain and nervous system.—EDITORIAL NOTE.

In many cases the pathological condition is shown to consist of pressure from depressed bone, pressure from an old, organized blood-clot now converted into a cyst occupying the cortex, or forming a mass of adhesions gluing the meninges to the cerebral surface. The pathology is, for the most part, quite simple and in many cases the naked-eye appearance of the lesion borders on the insignificant, it is so limited in its extent and in its degree. And yet, to my mind, such cases are as a rule the most favorable for the future.

The main facts set forth in the history of the case I wish to report are as follows:

T. L., male, age 48, had always been a man of good habits, was kind and devoted to his wife and children, and occupied a position of trust and responsibility in a large railroad company. He earned a good salary and was well thought of in the office of the company. He never drank whiskey or alcohol in any form. In May, 1891, a piece of heavy timber fell a distance of 16 feet from the upper structure of a float-bridge, striking him on the head and causing a contusion of the scalp and a hematoma in the upper frontal region, close to the middle line on the right side. He was unconscious for about 60 seconds, and was then driven home in a cab, refusing to go to a hospital. Besides the hematoma and contusion on the head, his right eye was made black and his lip and right foot were cut. His head injury did not bother him at all, his mind was perfectly clear and he felt well, headwise, but the foot injury detained him in the house for about three weeks. He then returned to his position in the railroad office and remained there for twelve years, when he was discharged for drunkenness and for misuse of the company's funds. For several years of this twelve-year period these bad habits were developing until he reached the stage where he got drunk frequently and stayed away from home for many days at a time. Remember, he never drank before his accident; now he disposed of at least a quart of whiskey daily—never less than a quart, he said, and sometimes it was three pints. And yet, he never got seriously or profoundly under the influence of this large quantity.

At the same time he began to spend money lavishly and helped himself abundantly to the company's funds. His accounts were audited frequently and always found correct, but his trick was to have enough worthless, or bogus checks in the drawer to cover the amount which he had withdrawn and spent, on several occasions amounting to three or four thousand dollars.

After being discharged by the railroad company referred to he went to Cincinnati and easily secured a first class position with a railroad company there, but lost it in about a year by reason of his old habit of drink and misuse of the company's cash.

To quote his own words, given me after his operation: "I looked upon money and the spending of it as a thing which I was not responsible for; I spent it right and left, I might say I threw it away, and because I did not have enough of my own I helped myself to that which belonged to the company. And yet I did not think I was doing anything wrong—I felt that everything would come out all right. I felt happy and contented; my chief pleasure was in spending money on lots of foolish things and in drinking whiskey. After drinking three pints of whiskey a day and retaining every bit of it (I never vomited) I would get up the next morning feeling well and without headache or gastric disturbance. I never felt any ill-effects from my excessive drinking. Most of this happened during the last three years before my operation."

Mr. L. further told me that when he was a lad he was a good climber, could climb roofs and ladders and never mind the height; before his accident his duties frequently called him out with railroad officials to walk upon high trestles and over bridges in process of construction. This he could do like a steeple-jack. Since the accident, and long before he began his habit of drinking, he found that he had to refrain from walking on high places because of dizziness and the fear of falling. His accident had no effect whatever upon his memory: his mind was every bit as clear afterwards, and he could perform just as much mental labor, and do it just as easily, as he could before the accident. The patient himself summed up the effects

of his head injury when he said that he had all of his faculties *except his sense of moral responsibility*.

His brothers, anxious to save Mr. L. from further disgrace and his family from the poorhouse, acquainted me with the facts in the case and asked my advice. After an interview with the patient, who sought relief gladly, I urged an operation but would promise little or nothing. I asked Dr. John J. Tuller's advice, which was promptly obtained. Dr. Tuller also urged an operation and gave a favorable prognosis in which he stated that he believed the man's moral degeneracy was due directly to the head injury above referred to and that an operation should be performed to remove whatever lesion might be found affecting the upper part of the right frontal lobe.

On January 18, 1907, with Mr. L. under ether, I mapped out the fissure of Rolando upon the right side, and exposed the lower and middle thirds of the ascending frontal and adjacent frontal convolutions by means of a trephine and rongeur forceps. This area, remember, was indicated by Mr. L. as the one which received the injury. I did not find any depressed bone or peculiarity of the osseous wall at this point. The dura, however, was adherent to the inner table of the skull and all three meninges were glued together. The cerebral cortex appeared normal. I broke up the adhesions between the dura on the one hand and the arachnoid and pia on the other, stitched the flap of dura lightly in place and closed the wound in the scalp. This patient recovered from his operation without let or hindrance; he was discharged from the hospital two weeks later.

The result of this operation, up to the present time, has been satisfactory in every respect. The patient is now devoted to his wife and children, has drunk no whiskey and says the thought of taking a drink never enters his mind. In March, 1907, (two months after his operation) he returned to the employ of the same company for which he worked before his moral downfall, has been promoted twice with an increase of salary each time, and he expects soon to be advanced to his old position.

The history of this case impresses me with this fact:

the undoubted, direct effect of the head injury on this man's moral character. Never before given to drinking, thieving and to a total disregard for his responsibilities as a husband, a father, a brother, and a trusted employe, after the accident he let go, full sheet to the wind; he was on the crest of the wave of exaltation; he could not and did not appreciate the wrong in what he was doing. He had lost his sense of moral responsibility.

A close study of this subject should enable the physician or surgeon, when he meets with cases in which the chief or perhaps the only symptoms are psychical and not physical, to localize the seat of the disease, or the cause of the symptoms, and to apply the proper treatment. Let us be physicians to the mind as well as to the body.

The legislature of Pennsylvania has passed a bill appropriating \$100,000 for the organization of a hospital for the permanent restoration and care of inebriates.

Several bills have been introduced in different legislatures, many of which will pass, showing a great activity in public opinion towards the organization of institutions for the control of this class.

The Twelfth International Anti-Alcoholic Congress will convene in London July 18th, 1909, and continue a week or more. The English Government will assume responsibility of this Congress and have invited all the governments of the World to send delegates.

The Duke of Connaught, brother of King Edward, is President, and while the educational and sociological aspects will occupy a prominent position, five sectional meetings will be devoted to the scientific study of this subject.

Many very eminent men will take part, and it is evident that the hygienic medico aspect of this subject is becoming national in its importance.

## FOUR HUNDRED AND SIX CASES OF ALCOHOLISM, CONSECUTIVE INDIVIDUAL OBSERVATIONS\*

A CLINICAL STUDY ACCOMPANIED BY COMPARATIVE STATISTICS.

(*Preliminary Report*)

BY J. F. HULTGEN, M.D., CHICAGO.

A.—The material for this report is derived as follows:

1. One hundred and fifty cases of alcoholism, observed in 1902, when I was physician in charge of the Iowa State Hospital for Inebriates at Mt. Pleasant.
2. Two hundred and fifty-six cases of alcoholism in my private practice, observed and followed up from October, 1904, to May, 1908. These cases form the nucleus of the present article.
3. Fifty-two cases from the Cook County Hospital assigned to me as interne in 1900-1902.
4. Five hundred and sixty cases of delirium tremens collected at the Cook County Hospital registrar's office from March, 1897, to June, 1900. Some valuable data has been obtained from this material.
5. Two hundred and ten cases of alcoholic cirrhosis, also collected at the same hospital.
6. Three hundred and twelve cases from the first report of the Iowa State Hospital for Inebriates, now at Knoxville, Iowa.
7. From various sources, in the literature, text-books, etc., as indicated in the bibliographic appendix, and less fully on the charts which I am exhibiting here: You see that I began to study and collect these cases since the spring of 1902, and continued this line of investigation up to the present date.

B.—*Classification of Drinkers*.—Notice that I am not trying to classify the various forms of alcoholism. It would only obscure our perspective. In fact the cumbersome terminology of alcoholic psychoses has retarded materially the study of alcoholism all these years. Let us remember that, although alcohol is a food when taken in certain quantities, and can be substituted isodynamically for

\*Read at the Fifty-eighth Annual Session of the Illinois State Medical Society, May 19-21, 1908.



other food elements, it is nevertheless a narcotic poison when taken in such amounts and frequency as we are accustomed to see amongst ourselves and amongst the laity. Let the physiologists disagree for awhile. In the meantime we as clinicians watch the somatic and psychic effects of alcohol and mark down our data. We assist at a human experiment, an auto-experiment by the patient himself, which with remarkable scientific precision designates in due time, to a certain degree, and in certain tissues such changes as enable us to make a diagnosis of alcoholism. I have become convinced in the course of my investigations that excessive drinking produces no one pathologic change at random, but always in conformity to certain rules, a few of which are known, others can be projected, and again others that will be clear in the future with our better understanding of psychiatry. I am not concerned with drinking as with the drinkers, and I therefore classify them as follows:

1. *Insane patients*, who drink; confirmed epileptics, with senile dementia, with hereditary psychophathy, general paresis, in certain stages of dementia præcox, or during psychosis arising from intoxication other than alcoholism.
2. *Dipsomaniacs*, impulsive, distinctly periodic, with intervals of complete sobriety, full consciousness, and but few somatic symptoms. They are easily differentiated from the rest; they drink for intoxication, not for the intoxicant. Periodic annihilation of will power, not of intellect upon an hereditary taint is the basis here. Dipsomaniac is perfectly compatible with genius and effectiveness in public life. 3. *Proto-dipsomaniacs*: Such patients as possess already the soil of impulsiveness, and who, upon sufficient mental or somatic traumatism may become full-fledged dipsomaniacs. The segregation of this class of patients is not difficult; various forms of melancholia, of mania, of confusion, peculiar forms of delirium, of amnesia especially, and delusions of a special color, perversions, etc., are observed here. They form a fair percentage of all drinkers. 4. *The so-called normal drinker*, who indulges from force of habit, of socialibility, or custom. Very often he expects reasonably or unreasonably, certain advantages, such as gain in strength, or recuperation, or financial profits. The

somatic symptoms overshadow here all others. He is the reformable plastic drinker who can become temperate if he wants to, although he does not do so as a rule. Death in such cases is often due to drinking only or mostly. The so-called normal drinker forms about 40 per cent. of all alcoholics, but this varies greatly with the nationality and race.

Beginning of the *morbidity due to alcoholism*: (1) Psychic morbidity may, of course, begin with a single excessive dose of alcohol. Amnesias, hallucinations, delusions, and obsessions may burst forth after a few excessive doses. The onset, intensity, and form of this morbidity varies with the heredity, kind of intoxicant, and quantity taken. As a rule it takes a number of years to produce certain psychopathic changes. (2) The somatic changes of alcoholism

TABLE 1.—AGE OF ALCOHOLICS AT FIRST CONSUMPTION OR UPOON ADMISSION.

	Decade.							
	2d.	3d.	4th.	5th.	6th.	7th.	8th.	9th.
Private practice, 256 cases.	1	70	80	70	45	13	4	
Percentage	0.3	17.0	30.9	27.4	17.5	5.3	1.5	
Mt. Pleasant, 150 cases.	2	32	43	35	29	6	2	1
Percentage	1.3	21.3	27.7	23.3	19.4	4.0	1.3	0.7
Delir. tremens, 560 cases.	3	51	231	197	56	14	5	1
Percentage	0.3	14.5	41.5	36.0	10.0	2.65	0.9	0.2
Alcohol. cirrhosis, 210 cases.	0	23	69	65	42	10	1	
Percentage		11.0	32.86	31.2	20.0	4.71	0.3	
Knoxville, 316 cases.	3	44	87	85	57	15	17	2
Percentage	0.96	14.17	28.1	27.47	18.36	4.8	5.5	0.64
Average by decade.	0.5	15.0	34.0	28.5	15.4	4.6	1.8	0.2

60.5%

TABLE 2.—AGE AT WHICH ALCOHOLICS BEGAN THEIR EXCESSES, 521 CASES.

	Decade.						
	Second decade.	Third decade.	Fourth decade.	Fifth decade.	Sixth decade.	Seventh decade.	
Private practice, 256 cases.	45	190	21	0	0	0	
Percentage	17.3	74.2	8.5				
Mt. Pleasant, 150 cases.	32	58	41	12	6	1	
Percentage	21.5	36.8	27.5	8.0	4.0	0.3	
T. D. Crothers, 115 cases.	3	39	43	21	9	9	
Percentage	2.6	33.9	37.4	19.3	6.9	6.9	
Percentage per decade.	15.3	55.3	20.3	6.3	2.9	0.2	

55.6%

begin after an average time of eight to ten years of indulgence. A short study of the age chart will show it plainly (see Tables I and II).

**Etiology of Alcoholism.**—This is, of course, a presumptive title, but we will use it here for the purpose of study. The real cause for drinking lies deeply imbedded in human nature. It is expressed by an indefinable desire for euphoria, a dread sinister of events, doubt and hesitancy before a serious task of life. It is so easy to condemn drinking, and especially the drinker. Some of us would crucify the liquor traffickers. And yet we all are looking for oblivion, for poppy, for a physical or a psychic narcotic; yes, we all would throw a veil over the past, would gold our present, and appropriate the future. The real causes, then, of excessive drinking, are beyond our grasp, and it behooves us to consider only the indirect causes, such as age, nationality, occupation, sex, religion, etc.

1. From the age at entrance upon treatment we see that the heaviest decades are the fourth and the fifth, with 122.54 per cent of all cases. It is evident from the previous tables that the patients in general present a greater morbidity than any other two diseases together. Re-admissions are not counted. Previous illness attributable to alcoholism were present in only a fair-sized minority.

2. A study of 521 cases in regard to the *time of life when their excesses begin* is very interesting indeed. The two heaviest combined decades here are the third and fourth, with 75.6 per cent of all cases. The danger decade for beginning of drinking is the third, that is, the first half of it, with 55.3 per cent of all cases starting their drinking at that phase of life. The above two curves illustrate the rise and decline of both. The highest point of the first curve is in the fourth decade, and that of the second in the third decade. This means to me that the morbidity from alcoholic intoxication begins to manifest itself within eight to ten years after the beginning of excesses; that is, it takes about eight to ten years of continued drinking of alcoholic liquors to poison the average person of average strength, of average heredity, and of average modality of drinking.

TABLE 3.—CIVIL STATE OF DRINKERS (HOSPITALS, 2,023 CASES).

Married Percentage	Private Practice		Hospital		Total	
	No.	Percentage	No.	Percentage	No.	Percentage
73.9	179	15.8	113	33.6	192	37.2
45	124	35.4	71	21.8	195	37.2
18.6	39.5	11.3	14.3	4.3	53.8	10.2
15	35	10.2	8	2.4	43	8.2
5.55	15	4.5	15	4.5	30	5.7
2.15	6.0	1.8	13.2	4.0	19.2	3.6

3. Only 44.5 per cent of 2,023 cases are married, 55.5 per cent of them being single or widowers, or separated. The bachelor is too well represented by 40 per cent, and he illustrates the value of home life in the restraint it imposes upon a willing man. Yet no far-reaching conclusion can be based upon these civil state statistics, for they vary a great deal with the source that they are taken from.

TABLE 4.—NATIONALITY OF DRINKERS, 1,325 CASES ESTIMATED.

Nationality	Private Practice		Hospital		Total	
	No.	Percentage	No.	Percentage	No.	Percentage
United States	20	1.5	10	0.7	30	2.2
Germany	15	1.1	5	0.4	20	1.5
Irish	13	1.0	10	0.7	23	1.7
English (Scottish, English)	4	0.3	2	0.1	6	0.4
Canada	4	0.3	1	0.0	5	0.4
Spain (Andalus, Portuguese)	4	0.3	1	0.0	5	0.4
Austrian (Danish)	4	0.3	1	0.0	5	0.4
Italy	4	0.3	1	0.0	5	0.4
French	4	0.3	1	0.0	5	0.4
Danish	4	0.3	1	0.0	5	0.4
American	4	0.3	1	0.0	5	0.4

4. **Nationality.**—The nationality of alcoholics presents a striking lesson for everybody, and particularly for the native white. The Yankee leads in all manners of drinking, even in the impulsive variety of delirium tremens, and who

would say so. Also in the production of hepatic cirrhosis. The fact that in no practice 6% of 150 drinkers are Germans is due to the simple fact that I am working in a German section of Chicago. It is in keeping with Irish nationality that they make a large contingent among the delirium tremens cases. I believe, moreover, that Americans, born of American parents, constitute about 40 to 45 per cent of all drinkers. Thus in 13,155 drinkers which I studied in Mt. Pleasant, Iowa, 64.66 per cent have American-born parents. Further, consumers are able, for the fact, can take care of the matter.

TABLE 1. Comparison of the amount of alcohol consumed by men and women.

Sex	Age	Amount of alcohol consumed (per cent)
Men	15-20	1.2
	21-25	1.5
	26-30	2.0
	31-35	2.5
	36-40	3.0
	41-45	3.5
	46-50	4.0
	51-55	4.5
	56-60	5.0
	61-65	5.5
Women	15-20	0.5
	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
	46-50	3.0
	51-55	3.5
	56-60	4.0
	61-65	4.5

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	31-35	2.5
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	41-45	3.5
	46-50	4.0
	51-55	4.5
	56-60	5.0
	61-65	5.5
Women	15-20	0.5
	21-25	0.8
	26-30	1.2
	31-35	1.5
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	46-50	3.0
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	51-55	4.5
	56-60	5.0
	61-65	5.5
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	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
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	61-65	5.5
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	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
	46-50	3.0
	51-55	3.5
	56-60	4.0
	61-65	4.5

the man drinks more often than the kind of occupation.

TABLE 5. Comparison of the amount of alcohol consumed by men and women.

Sex	Age	Amount of alcohol consumed (per cent)
Men	15-20	1.2
	21-25	1.5
	26-30	2.0
	31-35	2.5
	36-40	3.0
	41-45	3.5
	46-50	4.0
	51-55	4.5
	56-60	5.0
	61-65	5.5
Women	15-20	0.5
	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
	46-50	3.0
	51-55	3.5
	56-60	4.0
	61-65	4.5

TABLE 6. Comparison of the amount of alcohol consumed by men and women.

Sex	Age	Amount of alcohol consumed (per cent)
Men	15-20	1.2
	21-25	1.5
	26-30	2.0
	31-35	2.5
	36-40	3.0
	41-45	3.5
	46-50	4.0
	51-55	4.5
	56-60	5.0
	61-65	5.5
Women	15-20	0.5
	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
	46-50	3.0
	51-55	3.5
	56-60	4.0
	61-65	4.5

TABLE 7. Comparison of the amount of alcohol consumed by men and women.

Sex	Age	Amount of alcohol consumed (per cent)
Men	15-20	1.2
	21-25	1.5
	26-30	2.0
	31-35	2.5
	36-40	3.0
	41-45	3.5
	46-50	4.0
	51-55	4.5
	56-60	5.0
	61-65	5.5
Women	15-20	0.5
	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
	46-50	3.0
	51-55	3.5
	56-60	4.0
	61-65	4.5

TABLE 8. Comparison of the amount of alcohol consumed by men and women.

Sex	Age	Amount of alcohol consumed (per cent)
Men	15-20	1.2
	21-25	1.5
	26-30	2.0
	31-35	2.5
	36-40	3.0
	41-45	3.5
	46-50	4.0
	51-55	4.5
	56-60	5.0
	61-65	5.5
Women	15-20	0.5
	21-25	0.8
	26-30	1.2
	31-35	1.5
	36-40	2.0
	41-45	2.5
	46-50	3.0
	51-55	3.5
	56-60	4.0
	61-65	4.5

## EDITORIAL

### *The Semi-Annual Meeting of our Society for the Study of Alcohol and other Narcotics*

Was held in Washington, D. C., March, 1909, and was the most widely reported and enthusiastic gathering ever held.

Thirty-one papers were announced on the programme and twenty-six of them were read by the authors. These papers without any special effort seemed to center around the following topics:

1. The present status of the alcoholic problem relating to legislation, public sentiment and the economic interests of the country.

2. The value and need of legislation and institutions for the care and control of inebriates and the medico-legal bearings from scientific study.

3. The latest conclusions and facts from clinical and laboratory research concerning the effects of alcohol on the cell and tissue.

4. Some very prominent causes and conditions active in the production of inebriety and their relation to public health.

Dr. Wiley, the Government State Chemist, and Dr. Kebler of the same Department, presented the questions of the adulterations of foods and drinks by alcohol and opium and showed some of the fraudulent preparations on the market.

All the papers were unusual, not only for the new facts, but the new and broader discussion of old facts which gave them a new meaning. The daily papers gave from a column to a column and a half in each issue, and these were repeated in other papers all over the country.

The notes gathered by the clipping Bureau showed that this meeting had attracted universal attention all over the United States, and many of its papers were the subject of editorial comments.

An immense correspondence and inquiry followed to know where these papers were published. An effort is now being made to group them in a separate volume to meet this demand.

A local interest was created which culminated in invitations from many of the leading churches to occupy the pulpits on the Sunday following, which were accepted by several members.

Six sessions were held of three hours each and the average daily attendance was very large.

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Secret drug prosperity is Association seemed to be

We give a some of the name of one positive report

It can be use of alcohol man and ne

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Another tasteless, od the taste for giving testimony action on

The analysis sium bromide cents and the powders are are given a

*Secret Cures for Inebriety*

In this country there are two classes of cures more or less prominent. One is administered in special institutions by a physician at stated times. The other is sent by mail and given secretly or openly to the patient by his friends.

The former is the most popular in this country. At one time, there were over a hundred so-called institutions in existence, where secret drugs were administered, but laterly the number has diminished to a very great extent, and probably not more than 25 or 30 such places are in active service to-day.

Secret drugs sent by mail are comparatively few, and their prosperity is undoubtedly limited. Recently the British Medical Association published an analysis of four of these drugs which seemed to be very popular, and at least are very widely advertised.

We give a summary of this analysis, which no doubt resembles some of the drugs sold in this country. The *Coza Powder* is the name of one of these drugs which is claimed to produce a rapid positive repugnance to all use of spirits.

It can be given secretly and the victim will soon give up all use of alcohol, and in a very few days become a strong temperance man and never resort to whiskey again.

A book filled with startling statements and testimonials of persons who have been cured accompanies the powder, and very minute directions are given concerning its administration in coffee, tea, water, milk, beer, whiskey, brandy or solid food, without the partaker's knowledge.

Claims are made that thousands of persons are made temperate. The powder is put up in boxes and contains by analysis bicarbonate of soda 90 parts, cinnamon 5 parts, and cummin 5 parts. The latter is a fruit extract. The cost of this is less than 2 cents and it is sold for \$2.50, and two boxes are guaranteed to cure.

Another preparation called *Dipsocure* is also a powder, is tasteless, odorless and is given secretly, and guaranteed to destroy the taste for alcohol and restore the patient to health. A book giving testimonials, and explaining with great minuteness its action on the body is presented.

The analysis shows that the powder contains acetanilid, potassium bromide and sugar of milk, the cost of which is about 2 cents and this is also sold for \$2.50 per box, and three boxes of powders are guaranteed to cure, and where taken all at once are given a slight discount.

Another powder called *Antidipso* can be given without the knowledge of the patient, and is an absolute cure in every case, no matter what the conditions may be. A book of statements, testimonials, goes along with the powder and positive assurances of the tremendous success that follows every administration.

There are two kinds of powders given. One of white and the other colored, and minute directions as to how they are to be given, so that one will help the other.

The analysis shows that they are both potassium bromide and sugar of milk in different proportions, and the cost is the same, \$2.50 per box, and their value is about 2 cents per box.

A fourth treatment is in the form of a liquid, and called *Teetolia* and is administered by a physician who wants particulars of the patient's history who is to use the drug. A blank form is sent to be filled out, and with this a book giving advice, and describing the great virtues of the drug, and offering it free to anyone who would like to make the experiment, but first they must send the cost which is about \$5.00, then if no results follow the money is returned.

Great minuteness as to the method of treatment and the results which will follow are detailed in a booklet which is mailed with the "cure." Analysis shows that the liquid contains 29% of alcohol and some vegetable alkaloid, both quinine and quassia, and cost of which is a very few cents.

It is a matter of wonderment that these "cures" are so widely advertised and evidently are very prosperous, and bring a large revenue to their promoters.

In this country a dozen or more similar products are advertised claiming the same results, but the place of manufactory and their promoters are difficult to locate, and they are evidently not prosperous to the extent of having a permanent residence.

Post Office Detectives are very likely to discover their fraudulent character and stop their circulation through the mail. Within the last year or so, two or three of these cures have become much bolder than the others and advertise very widely.

In Germany and France there are many of these cures circulated, and seem to be prosperous. In some way they evade the law and continue in business. In this country quacks of this class open homes, and administer their drugs without molestation.

In England, opening a home and claiming to cure people

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The Internal Revenue has recently published a list of tonics and patent cures which are advertised for all sorts of diseases. The analysis shows that they contain from 21 to 44% of alcohol.

In reality the other drugs combined with the alcohol are so small as to be practically of no value. The alcohol being the principal thing, and its use is practically that of a beverage.

### *Book Reviews*

The American Prohibition Year Book for 1909 is a very useful combination of facts and statistics that are made available by a most admirable grouping. Part second is devoted to total abstinence, in which the use of alcohol as a beverage is presented with admirable selections from leading authorities.

Part third is a study of the consumption and cost of drink. Part fourth is devoted to the economic side of the question. This contains some admirably grouped statistics.

Part fifth concerns the liquor trade, its influence and prevalence.

Part sixth presents the criminology, growing out, and associated with the traffic of spirits.

Part seventh gives an extended review of legislation concerning spirits. This is brought up to date. The next section is the legal control and the decision of the courts.

The tenth section shows the relation between church and prohibition, and the eleventh section discusses the national character of the problem. Another chapter devoted to party records.

Then follows chapters on political action, election returns, organizations and general questions concerning the problem.

The editors have shown great fairness and candor in grouping the facts and the reader can be assured of their accuracy.

We commend this work as invaluable and it should be on the desk of every student of the subject. It can be had postpaid for 50 cents, by addressing The National Prohibitionist, Chicago, Ill.

**Mind and Power, or The Law of Dynamic Mentation by W. W. Atkinson.**

"The universe is a great organism controlled by dynamism of the physical order. Mind gleams through every atom. There is mind in everything, not only in human and animal life, but in plants, in minerals, and in space."

**Self Control and How to Secure It** by Dr. Paul Du Bois. Funk & Wagnalls, Publishers, New York. Price, \$1.50

This work brings new reputation to its author, who became famous for his book on *Psychic Treatment of Nervous Disorders*.

This book continues the subject on broader lines, and asserts positively that a large proportion of the ills of mankind and diseases are wholly unnecessary, and in this treatise he points out the reasons, and teaches the possibility of development along physical, mental and moral lines.

We shall review this book in another issue, but urge our readers to send for a copy, and hear what a great authority says on the subject that is very vital to us all.

**Therapeutics of Radiant Light and Heat and Convective Heat** by W. B. Snow, M. D. Scientific Authors' Publishing Company, 349 W. 57th St., New York.

This work condenses a great variety of facts and organizes them into a systematic group and is really one of the most valuable manuals that has been issued for a long time.

Radiant Light in a new realm and this is the first volume or guide book giving some idea of the territory and the great unexplored facts. We shall quote from it at some length in the future and we urge our readers to procure this book and become familiar with one of the great new therapeutic resources of medicine.

**Writing the Short-Story** by J. Berg Esenwein, A. M., Lit. D. Editor of Lippincott's Monthly Magazine. Author of "How to Attract and Hold an Audience." Cloth, 12mo. 448 pages. Price, \$1.25. Published by Hinds, Noble & Eldredge, New York.

This work of 450 pages tells the reader how to write short stories which will be salable. It is really a hand book of instructions of the most practical character, and for a literary man, it contains a great variety of very sensible, well expressed ideas.

For a new writer it is a sort of an inspiration. Coming as it does from an old time editor of Lippincott's Magazine, it is worthy of every consideration, and is really a valuable book for a medical writer in many ways, who is continually writing stories of facts.

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