

# TEMPERANCE NOTES

(Conducted by the National Woman's Christian Temperance Union.)

## EFFECTS OF ALCOHOL.

There is no experiment more striking than this. Take a person who is even a most moderate drinker of alcohol. Let that person take his pulse in a standing position, and take it in a recumbent position in ordinary every-day life, and let him do so when there is no alcohol in his body, and when there is a dose. He finds that when in health, his heart is automatically slowed when he lies down, but that under the influence of alcohol this does not occur, or is very much reduced in its character, and wholly, as we know, by the fact that this tampering with the nerves has resulted in the heart being to a certain degree emancipated from the healthy and normal discipline which it should be under, and which nature ordained that it should be under. We have therefore to regard alcohol as a paralytic or narcotic agent entirely, and if you investigate the reasons why people take it, you will find invariably that it is for paralytic action rather than for the stimulant.

The feeling of fatigue which we all experience is a very healthy symptom. It is a little message from nature saying that we are overdoing it, and if alcohol is taken you cut off and stop that nerve message. The engineer on board a steamer who tells you that his boilers are magnificent boilers because they never give too high or too low a pressure, and when you look at the pressure gauges you find they have been tampered with so that the correct steam pressure is not shown by them, occupies the same position as a man who explains his feelings under alcohol.

I would like you to think of the body when alcohol is circulating in it as being interfered with—to use that French saying which is on the penny-in-the-slot weighing machines—"Please don't brutalize the machine."—Prof. W. A. Osborne, M. B., C. Ch., D. Sc.

## LIQUOR TRAFFIC GOING UNDER.

The Toledo Blade calls attention to the fact that every few days there is recorded some new step in the ultimate extermination of the liquor traffic. It says: "A brewery or distillery goes out of business. A manufacturer of bar fixtures decides to manufacture something else. An industrial plant announces that testotolators will have first choice when jobs are distributed or promotions made. Railroad companies tighten the application of the rule against drinking. The revenue from beer and whisky falls off and the secretary of the treasury looks for new sources of income. And so, week after week and month after month, the forces against liquor increase in numbers, the territory wherein liquor selling is profitable becomes more and more restricted."

## LIGHT OF MODERN SCIENCE.

Dr. T. Alexander MacNichol, in one of his addresses, says briefly: "Fifty years ago men commonly believed that alcohol was food, tonic, and stimulant; but they were excusable for ignorance, as little was known of the psychology and chemistry of the blood and tissues; the action of bacteria upon the functions and life of tissue cells was a sealed book. The invention of instruments of precision and the application of more exact methods of examination has revolutionized our attitude toward alcohol. In the light of modern science alcohol is not a food, a tonic, or a stimulant. In a word, science has rated and classified alcohol as a universal protoplasmic poison to all forms of organic life."

## PROHIBITION BOUND TO COME.

It is only a question of time when Pennsylvania, Maryland, New Jersey and the other eastern states will align themselves on the side of prohibition, as have West Virginia, Georgia and other states. I want to say that it will be a happy day when this has been done. Years of the past show that the liquor traffic has worked against the good of the country. It is an odd fact that no state in recent years, after adopting prohibition, has rescinded that vote. All of which goes to prove that it is prohibition that the country wants, and is bound to have within a short term of years.—Bishop Donohue of Wheeling.

## A WARNING.

The public at large should be familiarized with the fact that one of the threatening features of alcoholism is demoralization not only quantitatively but qualitatively. It leads to a degeneration of both the individual and the species. It produces a slow and progressive individual deterioration and an intellectual and physical sterility of the race.—Dr. Alfred Gordon in the Journal of the American Medical Association.

## ON THE INSTALLMENT PLAN.

If the results of drinking were purely personal, the complaints of the wots that anti-liquor forces are trying to interfere with the personal liberty of drinkers might carry with some force, but drink is sold on the installment plan. The first payment is made when you get the drink, the others when the drink gets you.—Maj. Dan Morgan Smith (Former Counsel for the liquor interests).

## NATION-WIDE PROHIBITION.

Mighty is the prohibition edict of the czar of all the Russias, but mightier far will be the United States prohibition edict. This will come, not through the proclamation of one ruler, but through that of millions of enlightened American citizens, "kings over themselves," who at the ballot box will choose for our beloved republic the inestimable blessing of nation-wide prohibition.—Anna A. Gordon.

# Pictures of World Events for News Readers

In This Department Our Readers in Fulton County and Elsewhere May Journey Around the World With the Camera on the Trail of History Making Happenings.

## FIGHT FOR GERMAN EAST AFRICA IS ON



The British in South Africa are preparing to send a strong expedition for the purpose of attempting to oust the Germans from East Africa, and a strenuous campaign is in prospect. The picture shows a German camel corps in East Africa and, inserted, men of the Northeast Border column organized by the British in Rhodesia, on the march toward the frontier.

## BELGIAN KING'S CASTLE DESTROYED



Among the beautiful chateaus in Belgium and France that have been battered into ruins by the German shells is this Castle Hallebecke, near Ypres, belonging to King Albert of Belgium. At the left is Captain Rehorst, a member of the municipal council of Cologne, who has been appointed by Germany to devise means of restoring these architectural treasures.

## SECOND HARVARD UNIT LEAVES FOR THE FRONT



Thirty surgeons and 36 nurses, comprising the second Harvard hospital unit, sailed recently from New York for service in the war zone. Dr. David Cheever had charge of the party.

## MONTENEGRIN ARTILLERY IN ACTION



Montenegro has been little heard of in the conflict of the big powers, but the kingdom of Nicholas I, has put up so heroic and determined a resistance that it has surprised the Austrians and aroused the admiration of the world. The brave little army, aided by the mountainous nature of the country, has so far been successful in opposing invasion. The photograph shows a Montenegrin gun in action.

## UNVEILING MONUMENT TO CAPT. SCOTT



Scene during the unveiling of a monument to Captain Scott, the famous antarctic explorer, in Waterloo place, London. The monument fund was subscribed by officers of the navy and the unveiling was performed by Rt. Hon. Arthur Balfour.

## EQUIPPED FOR THE WINTER



Elaborate preparations for another winter of warfare have been made by all the armies in Europe. This British trooper carries his full winter equipment, including a fur overcoat, in a bundle on his back.

## ARIZONA WOMAN SHERIFF



Mrs. Lucretia Roberts, constable-elect and deputy sheriff of Santa Barbara county, Arizona, as she appeared in the financial district of New York the other day. She was selling stock in a mine, the money to be used in the establishment of a tuberculosis hospital at Canille, Ariz.

## CROWN PRINCE AND HIS UNCLE



This interesting photograph, made at the German headquarters in the Argonne forest, shows Prince Henry of Prussia, the Kaiser's brother and an admiral in the German navy, reading one of the reports of the action along the German lines, while the crown prince, happy at the meeting with his uncle, has laid an affectionate hand on the shoulder of the older man.

## ITALIAN GUN HAMMERING GORITZ



This is one of the Italian monster "149" guns located within ten miles of the Austrian fortifications of Goritz, on the Carso plateau. Guns of this caliber have been pounding away at the fortress for some time now.

## LAND AND WATER CYCLE

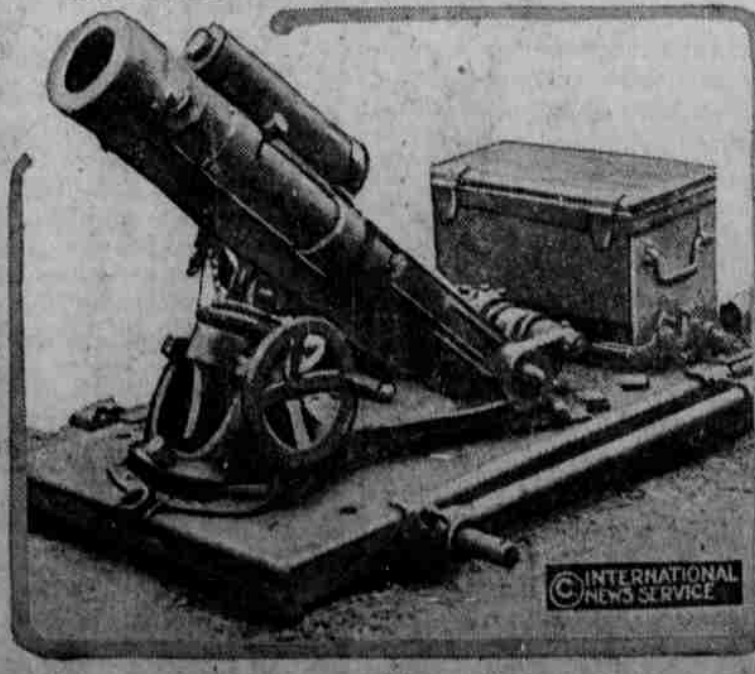


Mr. Belbin of Battersea demonstrated at Southend, England, recently this new land and water bicycle, riding on the water for a mile and a half.

Explanation. One of the apparent inconsistencies that baffles and perplexes a man is a woman's painfully keen perception of his faults when affairs are going smoothly with him, and her passion of love and pity for him when he is ill or in trouble. Some people explain this peculiarity of the gentler sex by saying, and with truth, that a woman's love is idealistic. When a husband is well and careless and a bit cross, he falls short of her ideal, and she is disappointed in him. When, however, he is suffering physically or mentally, or is in danger, she immediately idealizes him.—Good Housekeeping.

Concealing Defects. "Been mending your political fences?" "No," replied Senator Sorghum; "only whitewashing 'em."

## CAPTURED GERMAN TRENCH MORTAR



Among the war trophies on exhibition in the Horse Guards parade at London is this ingeniously designed trench mortar captured from the Germans.