

THE QUARTERLY JOURNAL OF INEBRIETY.

OFFICIAL ORGAN OF THE AMERICAN MEDICAL ASSOCIATION FOR THE STUDY
 OF INEBRIETY AND NARCOTICS. EDITED BY T. D. CROTHERS, M. D.

COLLABORATORS.

WINFIELD S. HALL, M. D., Chicago, Ill.	PROF. JUSTUS GAULE, Zurich, Switzerland
H. O. MARCY, M. D., Boston, Mass.	DR. JOHN BERGMAN, Norrköping, Sweden
L. D. MASON, M. D., Brooklyn, N. Y.	PROF. MAX KASSOWITZ, Wein, Prussia
ALEXANDER MAC NICHOLL, M. D., N. Y. City	T. N. KELLYNACK, M. D., London, Eng.
W. L. HOWARD, M. D., Westboro, Mass.	ROBERT JONES, M. D., London, Eng.
J. H. KELLOGG, M. D., Battle Creek, Mich.	W. MCADAMS ECCLES, M. D., London, Eng.
PROF. MAX V. FREY, Würzburg, Germany	W. E. SULLIVAN, M. D., London, Eng.

WINTER, MAY, 1913

ORIGINAL ARTICLES

Degeneracies.	173
By EUGENE S. TALBOT, M. D., Chicago, Ill.	
The Psychology of the Drink Habit.	181
By JOHN D. QUACKENBOS, A. M., M. D.	
The Physician, Alcohol and the Defective Classes.	191
By G. H. BENTON, M. D.	
Restriction of the Use of Alcohol by Employees, etc.	198
By REID HUNT, M. D.	
Psychological Studies of Inebriety.	202
By T. D. CROTHERS, M. D.	
The Scientific Significance of the Anti-Alcohol Movement.	208
By G. H. HEALD, M. D.	

EDITORIALS

Premissions of Inebriety.	213
Alcoholic Regicides.	214
The Drink Problem in Literature.	215
Knoxville Hospital for Inebriates.	217

REVIEWS

Care of the Insane and Hospital Management.	180
Studies in the Psychology of Sex.	207
Heredity in Relation to Eugenics.	218
Suggestive Therapeutics, Applied Hypnotism.	219
Proceedings of the International Temp. Cong. at Hague.	220
Suggestion and Psychotherapy.	222
Analytic Cyclopedia of Practical Medicine.	223
Psychoanalysis, its Theories, etc.	225

NOTES AND COMMENTS

Publisher's Announcement.	226
Prize Essay	226

Therapeutic Publishing Co., 703 Washington St., Dorchester District,
 Boston, Mass.

Entered as second-class mail matter at the postoffice at Boston, Mass.

320.35

886

I 4

1345
210

GENERAL LIBRARY

JUN 19 1913

FIRST AND ONLY JOURNAL DEVOTED TO SPIRIT AND DRUG NEUROSIS.

Volume 34, Number 4.

ESTABLISHED 1876.

Subscription \$2.00 per Year

THE QUARTERLY JOURNAL OF INEBRIETY.

OFFICIAL ORGAN OF THE AMERICAN MEDICAL ASSOCIATION FOR THE STUDY
OF INEBRIETY AND NARCOTICS. EDITED BY T. D. CROTHERS, M. D.

COLLABORATORS.

- | | |
|---|---|
| WINFIELD S. HALL, M. D., Chicago, Ill. | PROF. JUSTUS GAULE, Zurich, Switzerland |
| H. O. MARCY, M. D., Boston, Mass. | DR. JOHN BERGMAN, Norrkobing, Sweden |
| L. D. MASON, M. D., Brooklyn, N. Y. | PROF. MAX KASSOWITZ, Wein, Prussia |
| ALEXANDER MAC NICHOLL, M. D., N. Y. City | T. N. KELYNACK, M. D., London, Eng. |
| W. L. HOWARD, M. D., Westboro. Mass. | ROBERT JONES, M. D., London, Eng. |
| J. H. KILLOGG, M. D., Battle Creek, Mich. | W. MCADAMS ECCLES, M. D., London, Eng. |
| PROF. MAX V. FRKY, Wurzburg, Germany | W. E. SULLIVAN, M. D., London, Eng. |

WINTER, MAY, 1913

ORIGINAL ARTICLES

Degeneracies.	173
By EUGENE S. TALBOT, M. D., Chicago, Ill.	
The Psychology of the Drink Habit.	181
By JOHN D. QUACKENBOS, A. M., M. D.	
The Physician, Alcohol and the Defective Classes.	191
By G. H. BENTON, M. D.	
Restriction of the Use of Alcohol by Employees, etc.	198
By REID HUNT, M. D.	
Psychological Studies of Inebriety.	202
By T. D. CROTHERS, M. D.	
The Scientific Significance of the Anti-Alcohol Movement.	208
By G. H. HEALD, M. D.	

EDITORIALS

Premontions of Inebriety.	213
Alcoholic Regicides.	214
The Drink Problem in Literature.	215
Knoxville Hospital for Inebriates.	217

REVIEWS

Care of the Insane and Hospital Management.	180
Studies in the Psychology of Sex.	207
Heredity in Relation to Eugenics.	218
Suggestive Therapeutics, Applied Hypnotism.	219
Proceedings of the International Temp. Cong. at Hague.	220
Suggestion and Psychotherapy.	222
Analytic Cyclopedia of Practical Medicine.	223
Psychoanalysis, its Theories, etc.	225

NOTES AND COMMENTS

Publisher's Announcement.	226
Prize Essay	226

Therapeutic Publishing Co., 703 Washington St., Dorchester District,
Boston, Mass.

Entered as second-class mail matter at the postoffice at Boston, Mass.

The Quarterly Journal of Inebriety.

WINTER, 1913.

Degeneracies, the Result of Alcohol and Other Narcotics.*

By EUGENE S. TALBOT, M. D., Prof. of Stomatology
in Chicago University, etc.

Degeneracies of the human body are departures from the normal or arrests or excesses in the development of the body as a whole or of its structures or organs. Physical defects of the external body are visible to the eye while those of the internal organs such as the brain, kidneys, liver or stomach and others can only be judged by their action.

When a child is born with mental or physical defects it is generally supposed that these defects are inherited from the parents. This is not always the case. A most critical examination of parents, grandparents and great grandparents usually fails to show like defects. Such departures from the normal therefore, cannot always be said to be inherited. It is true that defective parents are a fruitful source of a large number of the defective children, yet it is also true, that defective children are frequently born of apparently normal parents. Since

Read at the Society for the Study of Alcohol and other Narcotics, at its 42nd Annual Meeting, Washington, D. C., Dec. 11 and 12, 1912.

degeneracies develop among children of so-called healthy, normal individuals as well as in the most defective classes, the study of the etiology of these abnormal conditions is important for the welfare of the race.

Having stated that degeneracies are found in children of apparently normal parents as well as among the defective classes there must, therefore, be general causes which produce these degeneracies in the offspring of both classes. These causes are neurasthenic or tired reproductive organs of both the male and female. While it is possible for the father to transmit disease and a weak constitution to the ova it is the mother who is in a greater measure responsible for the development of the healthy normal child and the defective, degenerate child. Dr. B. C. Keister stated before the Medical Society of Virginia that, "During the past decade suicide insanity, imbecility, epilepsy and other nervous diseases have increased about twenty per cent., among women, and are due, according to a standard authority, to the

sad fact that our women are indulging too freely in the use of alcoholic drinks."

The causes which bring about a neurasthenic or fagged out nervous system are divisible into the following groups: those embracing condiments, medicines, foods and beverages; those arising from occupations and excessive indulgence, and those from resultant worries and uncertainties. In a word, excesses of all descriptions may be set down as causes of neurasthenia or tired-out reproductive organs. Some of these excesses are the over-indulgence in stimulants and narcotics. In order of their deleterious effects they may be named as follows: Tobacco, alcohol, opium, tea, coffee, cocoa, and in the occupations, lead, brass and mercury, phosphorus, etc.

Alcohol has been repeatedly charged with being the greatest factor in degeneracy. The influence of alcohol on the individual must first be studied to determine its potency and method of action as a cause of race deterioration. Careful medical researches have shown that alcohol produces a nervous state closely resembling that induced by the contagions and infections and often accompanied by mental disturbance. The acute nervous state to which the term alcoholism was applied by Magnus Huss has all the essential characteristics of the nervous state due to the contagions and infections, that is, mental exhaustion. There is, however, a greater tendency to impotence and sterility in the alcoholic nervous state than in the others, and consequently a lesser influence

on race deterioration. The condition, moreover, has a tendency to set into action degenerative tendencies latent in the liver and kidneys. This action of alcohol on the liver and kidneys so interferes with their functions as to produce the effect already described as resulting in the contagions and infections from their toxins. Alcohol exerts a similarly deteriorating influence on the antitoxin-forming organs (especially on the testicles, ovaries and their appendages), to that already described as exerted by the toxins of the contagions and infections. To the direct toxic effects of alcohol are therefore added results of imperfect liver and kidney action and defective strengthening powers from deficient antitoxin secretion. Like all toxic agents, alcohol interferes with the functions of the eye and ear nerves. Special weakness thus created is transmissible to the offspring. The chronic type of alcoholism may well be compared in its effect with chronic contagions. There is however, less tendency to infection with the microbes forming pus. There is a greater tendency to deteriorating action on the nervous system. There is in chronic alcoholism, as in syphilis, special tendency to that formation of connective tissue which destroys organs. The chronic mental disorders of chronic alcoholism resemble those of tuberculosis except that the capricious state and exaltation are less frequent than the suspicious tendency which is deeper, and takes the direction of delusions of poisoning and insane jealousy. The last are due to the deteriorating influence of alcohol on the gen-

erative organs. Alcohol may limit its action to the central nervous system, and thus produce hereditary losses of power. It causes changes in the peripheral nerves which in the offspring find expression in spinal cord and brain disorder through extension of the morbid process.

Ellis has shown that chronic alcoholism as well as temporary intoxication at the time of conception modifies profoundly the brain and nervous system of both parent and offspring. Some of the most characteristic cases of instinctive criminality are solely or chiefly due to alcoholism in one of the parents. When insanity and alcoholism are combined in the parents, a rich and awful legacy of degeneration is left to the offspring. Thus, one among many instances Morel quotes a case in which the father was alcoholic, the mother insane, and of the five children one committed suicide, two became convicts, one daughter was mad, and another semi-imbecile. Carefully drawn statistics of the 4000 criminals who have passed through Elmira, New York, show drunkenness clearly existing in the parents in 38.7 per cent., and probably in 11.1 per cent. more. Out of seventy-one criminals whose ancestry Rossi was able to trace, in twenty the father was a drunkard, in eleven the mother. Marro found that on an average 41 per cent. of the criminals he examined had a drunken parent, as against 16 per cent. for normal persons.

Nor is it necessary that the alcoholism should be carried so far as to produce great obvious injury to the parent. The action of the

poison may be slow and carried on from generation to generation. The fathers may eat sour grapes; the children's teeth are set on edge.

The relation of alcoholism to criminality is by no means so simple as is sometimes thought; alcoholism is an effect as well as a cause. It is part of a vicious circle. For a well-conditioned person of wholesome heredity to become an inebriate is not altogether an easy matter. It is facilitated by a predisposition, and alcoholism becomes thus a symptom as well as a cause of degeneration. The conclusions of Dr. Crothers, who has devoted considerable study to this subject, are worthy of attention. He believes that we do not sufficiently study the origin of inebriety. His conclusions are (1) that inebriety is itself evidence of more or less unsoundness; (2) in a large proportion of cases it is only a sign of slow and insidious brain disease; (3) when crime is committed by inebriates, the probability of mental disease is very strong; (4) using spirits to procure intoxication for the purpose of committing crime is evidence of the most dangerous form of reasoning mania. The crime and the inebriety are only symptoms of disease and degeneration, 'whose footprints can be traced back from stage to stage.' It may be added that the danger of alcoholism, from the present point of view, lies not in any mysterious prompting to crime which it gives, but in the manner in which the poison lets loose the individual's natural or morbid impulses, whatever these may be.

Opium seems to be the Charybdis on which the human bark strikes.

that has escaped from the Scylla of alcohol. Its abuse as a narcotic is much older than is generally suspected even among the English-speaking races. Murrell, over ten years ago, demonstrated that the inhabitants of Lincolnshire fens had long employed opium as a prophylactic against malaria. The ratio of insanity in these regions proved to be very great. The same conditions obtain in certain malarial regions of New Jersey and Pennsylvania, where the use of strong infusions of poppy was common. The statistics of Rush as to opium-caused insanity in Pennsylvania indicated that the percentage of American opium abuse at the beginning of the nineteenth century was marked. The drug differs in two important aspects from alcohol—it is nearer in chemical composition to nerve tissue, and the tendency to its use may be transmitted by the mother directly to the foetus, since it passes through the placenta very often unaltered.

Opium is a more dangerous factor of degeneracy than alcohol, since the opium habitue must be in a continuous state of intoxication to carry on his usual avocation, while abstinence from alcohol is perfectly compatible with proper work on the part of the alcoholic. The opium habit is increased by the propaganda carried on by its habitues who justify their position by urging the use of opium for any ailment however trifling. Opium like alcohol, causes nervous exhaustion similar to, but greater than, that of the contagions and infections. The affinity of opium to nerve tissue; its stimulation of the heart, causing

increased blood supply to the brain from its action on the bowels and the resulting increased working of the liver; all serve to intensify this nervous state. Opium does not interfere with the structure and fecundation of the ovaries and testicles like alcohol, hence the danger of the opium habitues' children surviving. Opium when smoked, stimulates the reproductive apparatus and thus greatly increases the number of degenerates due to this habit, although the defects due to the inheritance of the habit and their consequences lessens survivals.

With tobacco as with alcohol and opium, the statistic method generally proved fallacious when applied to degenerative effects. The most careful researches show that the typical effects occur as a rule after long continued use of tobacco, sometimes not until twenty years or more. While many smokers reach old age, many fail to do so because they are smokers. The skin is subject to itching and reddening; the nerves of taste are blunted and patches develop in the throat; loss of appetite, epigastric fulness, pain, vomiting and disturbance of bowel function are common. Menstrual disturbance occurs in women and in female cigarmakers abortion and pluriparity are frequent. The sexual appetite is impaired and sometimes sterility and impotence occur. Disturbed heart action, palpitation, rapid and intermitting pulse, precordial anxiety, weakness, faintness and collapse, with sclerosis of the coronary arteries of the heart and left ventricular hypertrophy occur often. Cigars and cigarettes produce irritation of the nose and mu-

brain
s and
ng of
y this
ot in-
l fec-
testi-
anger
ildren
oked,
para-
the
o this
ue to
and
rivals.
ol and
gen-
n ap-
The
that
rule
bacco,
ars or
reach
cause
s sub-
; the
and
; loss
pain,
bowel
strual
and
n and
sexual
times
Dis-
ation,
pre-
ntness
of the
t and
occur
pro-
d mu-

ous membrane, diminished smell, chronic hyperemia of the epiglottis and larynx, and sometimes of the trachea and bronchi, predisposing to tubercular infection. Nicotine amblyopia is common, with central disturbances of the field of vision and slight color blindness. Often there is disorder of the ear tubes and congestion of the drum with loss of auditory power and consequent noises in the ear. The central nervous system is affected. In high schools non-smokers progress faster than smokers. Child smokers from nine to fifteen years of age exhibit less intelligence and more laziness or other degenerative tendencies. Adults have head pressure, sleeplessness or drowsy stupor, depression, apathy and dizziness. There may also be ataxic symptoms, parietic weakness of bowels and bladder, trembling and spasms. Tobacco insanities, though comparatively rare in smokers, are common in snuffers and still more so in chewers. In the precursory stage, which lasts three months, there are general uneasiness, restlessness, anxiety, sleeplessness and mental depression, often of a religious type. After this occurs precordial anxiety, and finally the psychosis proper, consisting of three stages: 1. Hallucinations of all the senses, suicidal tendencies, depression, attacks of fright with tendency to violence and insomnia. 2. Exhilaration, slight emotional exaltation, with agreeable hallucination after from two to four weeks relaxation, again followed by excitement. 3. The intervals between exaltation and depression diminish and the patient becomes irritable, but otherwise not alive to his surroundings. Perception and attention are lessened. The patient may be cured in five or six months if he stop tobacco during the first stage. In a year or so he may recover during the second stage. After the third stage, he is frequently incurable. As the patient often becomes (especially by the use of the cigarette) an habitue before puberty, the proper development and balance of the sexual and intellectual system is checked. These patients break down mentally and physically between fourteen and twenty-five. The moral delinquencies, other than sexual, are often an especial tendency to forgery and deceit of parents. Frequently, adolescent insanity (hebephrenia) is precipitated by tobacco. The cigarette if used moderately, may be a sedative, but as used is a stimulant, and is often made of spoiled tobacco, resembling in reaction morphine, and acting on animals in a somewhat similar manner. As tobacco turns the salivary glands into excretory glands, it leads to imperfect digestion of starch and to consequent irregular fermentation in the bowels, thus at once furnishing a culture medium for microbes, from which to form more violent toxins, and likewise creating leucomaines, to damage a nervous system over-stimulated by nicotine. This is one great reason why those who use snuff and chew tobacco become insane more frequently than smokers, albeit these last are not exempt.

Statistics from the female employes of the Spanish, French Cuban and American tobacco fac-

tories, while defective and somewhat vitiated by the co-existence of other conditions producing degeneracy, support the opinion that the maternal tobacco habit (whether intentional or the result of an atmosphere consequent on occupation) is the cause of frequent miscarriage, of high infantile mortality, of defective children and of infantile convulsions. Tobacco therefore, in its influence on the paternal and maternal organism, exhausts the nervous system so as to produce an acquired transmissible neurosis.

Over-indulgence in stimulating beverages is another form of excess causing a neurasthenic or tired out condition of the reproductive organs, resulting in the birth of degenerates or defective children. While changes in the optic nerve have not been demonstrated beyond a doubt, still eye disorders have been observed in the pauper tea drinkers of the United States and in the tea tasters of Russia, indicating similar changes to those produced by alcohol and tobacco. The tea-cigarette habit has these effects. Observations among the factory population and the workers in the clothing sweatshops show that tea neurasthenia, presenting all the ordinary symptoms of nervous exhaustion, is especially common. It is evident that tea produces a grave form of neurasthenia readily transmissible to descendants. In addition to its effects directly upon the nervous system, tea tends to check both bowel and stomach digestion, and this increases the self poisoning which is so prominent a cause, consequence

and aggravation of these nervous conditions.

Coffee exerts an action very similar to that of tea, although the nervous symptoms produced by it are usually secondary to the disturbances of the stomach and bowel digestion. Mendel finds that in Germany coffee inebriety is increasing and supplanting alcohol. While coca took its place but recently among the toxic causes of modern degeneracy, it was a factor of Peruvian degeneracy long ere the discovery of America. The drug has assumed prominence in the field of degeneracy, since the discovery of its alkaloid, cocaine. In both Europe and the English-speaking countries the world over, a habit has resulted, which while much over estimated, is undoubtedly growing and aggravating as well as producing degeneracy. Many of the cases reported as due to cocaine are, however, chargeable to the craving of the hysteric or neurasthenic to secure a new sensation or the desire on the part of the opium or whiskey fiend to try a dodge for forgiveness by friends. The habit is very frequently induced by patent medicines taken to cure catarrh by the neurasthenic or to cure nervousness by the hysterical as well. As deformities of the nose passage predispose to catarrh patent medicines for local application containing cocaine are frequently employed in the treatment of this supposed constitutional disease, with the result of aggravating the original degeneracy. The youth under stress of puberty frequently ascribes all his ills to catarrh and for it often employs snuffs contain-

ing cocaine, and his nervous condition is aggravated thereby. Among the nostrums urged in the newspapers and magazines for this condition so often resultant on nerve stress alone is a snuff containing three per cent. of cocaine. There can be no doubt that tramps, errabund lunatics and paupers result from this habit to give birth to degenerates in the next generation.

The effects of these poisons upon the nervous system of the mother (producing tired out reproductive organs) is to cause deformed tissues in the child at the first period of stress while some structures are developing and others are undergoing a change. Changes from the normal are arrests and excessive development of the body as a whole or of tissues or organs. These changes are liable to assume the shape or character of some of the lower vertebrates since the foetus in its development passes through the different stages of fish, reptile, bird and mammal. Thus the lower limbs are sometimes joined together resembling the fish stage; the ears or openings are sometimes found upon the neck, representing the gills of the fish. When a man has more than 32 teeth and all are cone-shaped the reptile and fossil bird type are represented, the heart may be located upon the right side also, there may be an arrest at the bird period. Some forms of club foot as well as flat foot and hairy bodies are arrests at the anthropoidal ape stage. Arrests in brain phylogenetic development may occur. The writer has observed brains of idiots which resembled those of the lemures and higher apes. These

are extreme examples but many less marked cases could be mentioned. They do not always assume the exact type of these different phases but they mimic them often very closely. Not only do arrests take place in phylogeny but arrests in ontogeny frequently occur. Thus the individual or any one of his organs may cease to grow and not be normal at any period of stress. One of the most remarkable instances of this was observed by the writer last week. He saw a woman of middle age with one eye, one and one half inches higher than the other. Upon examining both sides of the face he found that the side which had the lower eye with the cheek, ear, etc., was that of a child of three or four years of age while the other side had developed according to the age of the person. Not infrequently an arm or leg will remain arrested at any period of child life. Mental defects are the result of arrests of the brain as a whole, brain areas or nerve cells. These expressions may include the mental state of paranoics, moral imbeciles, criminals, deaf-mutes, congenital blind, idiots, paupers, harlots, extreme egotists, one-sided geniuses, kleptomaniacs, et al.

These and many more degenerations may result from the use of alcohol and other narcotics by parents previous to the birth of children. It will be seen, therefore, that the sterilization of criminals is only a partial remedy for relieving the human race of its defective classes. The safe guarding of the race and nations from an increase in the number of degenerates will

be greatly assisted by those who will fight the abuse of alcohol, alcoholic stimulants and the frequent misuse of narcotics.

31 North State Street,
Chicago, Illinois.

THE CARE OF THE INSANE AND HOSPITAL MANAGEMENT

By C. W. Page, M. D., late Supt. Danvers State Hospital, Danvers, Mass. W. M. Leonard, Publisher, Boston, Mass.

It is doubtful if any book published for some time contains a greater variety of practical common sense advice concerning the insane and their care in so short a compass as this.

The author has had very large experience and has observed very carefully and closely, and writes like one who has a message to give.

In 155 pages, there is practically condensed, a large volume of facts, which if amplified and arranged would be invaluable for every insane hospital in the country.

The author gives special prominence to the personal and psychical treatment of patients in hospitals, and points out the possibilities in management which have escaped the ordinary student. He shows what the medical trustees should do and can do, and the qualifications necessary to be a superintendent, also the assistant physicians, what they could do; the value of the laboratory and the particular power of non-restraint and methods of controlling patients by personal study of their peculiarities.

The chapters on Assistant Physicians and Attendants and Nurses

give new conceptions of what they can do and how they should do it, among insane people. The ideals which the doctor describes are not very far away, and are not in the realm of the future, but can be and should be found in every institution.

The book is particularly valuable to sanitariums and private houses for the counsel and advice it gives, and we commend it most heartily.

The only fault which a critic could find is, that the author should amplify and enlarge the topics which are in many instances too brief, and hence somewhat unsatisfactory. Send to the publisher for a copy.

President Raymond Poincare of the French Republic is a very fervent anti-alcoholic, or what would be termed in this country, a prohibitionist. Years ago when Minister of Education, he took a very prominent part in trying to make the anti-alcoholic teaching a part of the school system. He succeeded in some respects. In others he was very violently opposed. He is said to be a very quiet man, but very intense in his convictions, that France is suffering from the reckless use of alcohol.

It is understood that he will both directly and indirectly favor every measure that will be proposed to limit and suppress the sale of alcohol.

B

M

La

ap:
res
Pr
for
cot
in
dic
wh
esp
tio:
the
fou
tal
anc
J
a S
eni
dar
coh
cain

The Psychology of the Drink Habit and its Psychological Treatment.

By JOHN D. QUACKENBOS, A. M., M. D. Emeritus Professor in Columbia University; Member of the London Society for Psychical Research; Fellow of the New York Academy of Medicine; Member of New York Academy of Sciences; Fellow of the New Hampshire Medical Society and of the New Hampshire Society for the Study and Prevention of Tuberculosis; Member of the New York Medical Association; Member of the American Medical Association; Member of the American Association for the Advancement of Science.

Mr. President, Members of the Society for the Study of Alcohol and Narcotic Drugs.

Ladies and Gentlemen:—

It gives me unusual pleasure to appear before you this evening, in response to an invitation from the President of the American Society for the Study of Alcohol and Narcotics, to relate my experience in the treatment of drink addiction by mental suggestion. In what follows, I shall have reference especially to the causes that condition and keep up the drink habit, the class of cases that have been found amenable, the technic of mental treatment with general results, and permanency of cure.

Justification for the existence of a Society with the design of awakening public concern regarding the dangers that lurk in the use of alcohol and narcotics, coal tars, cocaine and caffeine tinctured temper-

ance drinks—is to be found in the increasing consumption of these stimulants and habit-forming drugs. More than one and a quarter billion dollars are spent annually in the United States for drinks containing alcohol, and about a hundred million more for disguised intoxicants that masquerade in proprietary preparations. Moreover, the rapid accumulation of wealth by the manufacturers of patent medicines is one of the world's threadbare proverbs. The inference is unescapable. Who would venture to compute the quantity of dangerous drugs annually swallowed by the people of this country, in the form of soothing syrups, sleeping potions, medicated soft drinks, catarrh, consumption, cough and cold remedies; headache powders and wafers, and the more notorious drug addiction cures?

The drink habit is growing, especially among our women, from shop

maid and *nymph du pave* to the pampered dames of upper society. The punch bowl figures at all functions, and proud-pied women dip freely therein, ten drinking today where one drank a dozen years ago. School misses and college girls are conspicuous among the throng. Debutantes, not necessarily of the fast set, unblushingly assert a right to drink wine and smoke cigarettes at luncheons and levées, to say nothing of private indulgence, and not a few of this class, as well as young married women, have been brought to my office in a state of intoxication. Such has become the vogue; and, worse than this, girls in their teens see no impropriety in drinking publicly with men companions. The abstinent, unobtrusive young woman of the past generation is giving place to a coarse and boisterous bon-vivant, controlled by unworthy impulses, and wholly unfit to fulfill her function in society as an inspirer to meritorious action, or her function in the home as a character-former, a wife and a mother.

Our very school-children are becoming beer and even wine drinkers, especially those of foreign parentage, and the increasing prevalence of this habit is leading to a mental sluggishness, if not defect, among the pupils of the public schools that is attracting the attention of educators and philanthropists. In few, the prevalent wholesale addiction to the use of alcoholic stimulants—with its accompanying degenerations of organs; its pernicious influence in the causation of pulmonary disease; its marked action in increasing the mortality rate in the case of all dis-

eases, about 15 per cent. of all deaths being due to such action, directly or indirectly; the part it plays in the induction of insanity, one-third of all mental affections being caused by its abuse; and its tendency to transmit to offspring not only epilepsy and mental defect, but marked degeneracy and criminal propensity—is assuming proportions so appalling that it may justly be regarded as perhaps the greatest existing menace to the stability of American institutions.

Intoxicating liquors are liable to adulteration. Properly matured ethyl alcohol or unadulterated whiskey, itself a degenerator of the protoplasm of the brain and nerve cell, is hardly obtainable in an American bar-room. Of every hundred drinks sold in the United States as whiskey today, only one is really whiskey; but so clever is the counterfeit that connoisseurs fail to detect it. Amylic ether, or the common whiskey of trade is the "death's river" setting in resistless current toward murder, robbery, misusage of women, paresis, and the asylum. Whatever moral, social, or legislative measures may eventually be adopted looking to the suppression of the drink habit, we are in urgent need of power to restrain in appropriate institutions the habitual drinker of methylated spirits, who is, under the present conditions, a danger to himself, a curse to his family, and a nuisance to the State.

The psychology of the drink habit would seem to imply a presentation of the reasons given by drinking men for persistence in the practice. Some drink in a spirit of conviviality, others, as they claim,

from business necessity, not a few out of deference to the American habit of treating and being treated, others again because they are worried or depressed, some in cold blood. Some drink to induce anaesthesia or sleep, to hide conditions that are disagreeable to confront. The induction of sleep by alcohol gives satisfaction for a time, but soon leads to nervous irritability, and cerebral congestion that keep the patient awake. Alcoholic "night caps" are not the best somnifacients.

It is not the purpose of this paper to discuss the pathology of alcoholic inebriety. But it should be insisted upon that the use of alcohol, at first stimulating, tends soon to diminish physical force, enfeeble mental faculties, and lower moral tone. Every debauch, if not every drink, means a partial functional paralysis of blood vessel walls somewhere or everywhere in the body, a deranged circulation, a diminished absorption of nutrient substances, and a lowered sense tone. I have found it the rule that alcoholic patients suffer from indicanuria. Putrefaction products, absorbed from the intestine, poison the brain and so render resistance to temptation all but impossible. The alcohol, moreover, inhibits the elimination of these toxins, and so is established a vicious circle of causes that promote organic changes. Constant alcoholic anaesthesia shortly leads to mental reduction and finally to dementia. Nothing can be more pathetic than the sight of a man, once brilliant and successful, prematurely losing his value in the business world and rendered utterly irresponsible by drink.

Alive to this fact, and sensible of its accountability in the matter, a prominent railway company is now enforcing the principle that none of its employes shall indulge in alcoholic drink in or out of employment hours.

In my practice, the most noticeable cause for drinking has been the subconscious depression of tobacco poisoning.

Physicians who have had much to do with alcoholic inebriates realize that there is a direct relationship between alcohol addiction and the abuse of tobacco. Twenty per cent. more money is expended in America for tobacco than for bread. The first effect of tobacco smoking is stimulating, with a rise of blood pressure; a sedative effect follows, with a fall of blood pressure; and if the smoking be continued, the nerve cells are depressed. The depression is cumulative in the system of the smoker, and after a varying interval (of days, weeks, or months), it creates an instinctive demand for the antidote to tobacco poisoning—and that is alcohol. The intemperate use of tobacco thus explains 75 per cent. of all drink habit cases. The alcoholic thirst is engendered and inflamed by smoke.

The real danger in smoking consists largely in the habit of inhalation whereby the volatilized poisons are brought into immediate contact with many hundred square feet of vascular air-sac walls in the lungs, and are thus promptly and fully absorbed to be diffused into the blood and carried on their fatal errand to the several organs of the body. Young subjects immediately learn to inhale. They are, moreover,

markedly susceptible to the influence of these poisons, which include, besides the chief active constituent, nicotin-ammoniacal vapors that dry the throat and liquefy the blood, carbon monoxid or illuminating gas that induces a drowsy dizzy condition and disturbed heart action, carbon dioxid or carbonic acid gas, prussic acid in combination, sulphuretted hydrogen, and irritant aldehydes—all virulent nerve poisons, capable in their concentrated conjoint action of paralyzing the muscles of respiration and so causing death. Of the aldehydes, the one known as *furfuraldehyde*, found in inferior alcoholic drinks and said to be 50 times as poisonous as alcohol, occurs in the smoke of cheap cigarettes. According to experiments recently made in London, the smoke of a single Virginia cigarette is likely to contain as much *furfuraldehyde* as two ounces of whiskey.

Schoolboys who become addicted to cigarette smoking exhibit in a brief time its demoralizing effects. They are listless, forgetful, backward in study, and conspicuously lacking in power of attention and application. As the habit is pushed, they become excessively nervous, suffer from shortness of breath due to action on the medulla oblongata and the respiratory muscles, rapid and irregular heart, nausea, giddiness, tremor, insomnia, irritable throat ("cigarette cough"), impaired digestion, and often from dimness of vision which has been known to culminate in blindness (tobacco amaurosis). Gravest of all the resulting evils is the lessening or complete loss of moral sensibility, with a conspicuous tendency to false-

hood and theft. The moral propensities are eventually destroyed because of the destruction of those elements of the brain through which moral force is expressed. The victim degenerates into an unmanly, unprincipled, irresponsible doddypoll, in splendid mettle for the penitentiary or the madhouse. Such is the influence on character of the cigarette habit, which has developed into a form of moral insanity. Alcoholism cannot be cured until the inhalation habit is disposed of.

In dealing with this vice, much more difficult of remedy than the habit of drink, hypnotic suggestion has proved in my practice of conspicuous value. Many who drink and smoke to excess are willing to abandon alcohol, but come to treatment with mental reservation as regards the use of tobacco. If they objectively consent to the obliteration of tobacco craving, and are sincere in their desire for its eradication, they can be cured through hypnosis. The method pursued with cigarette smokers—many of whom go to bed smoking and get up smoking, and spend the day smoking, inhaling the fumes of from 50 to 100 cigarettes in 24 hours—has been to deprive them gradually of the deleterious gas. Suggestions are first given to smoke fewer cigarettes each day; secondly, to loathe tobacco, to be nauseated by its reek, and to drop the practice of inhaling without the nervous discomfort usually attendant on discontinuance.

For a dozen years I have applied the principles of psychological therapeutics to the treatment of alcoholism, more than a thousand cases having come under my care, the rec-

ord of cures being from 75 to 80 per cent. These cures are effected by appeal to what has been called soul-power, or supernormal faculty—unused force, that is now recognized by psychologists as inherent in every human personality. The object of suggestion is to awaken the action of this psychic force and place it in control of the craze for drink. In other words, there is in every man something more powerful than the man we see and know—that is not God. Appeal is made to this something.

It happens to be a fact of mind that psychic control can best be instituted in a state of natural sleep. The technic adopted by me involves:

(1) The establishment of objective rapport by a preliminary conversation in which is awakened the subject's confidence in my desire and ability to serve him through a straightforward explanation of the procedure and an assurance of the probability of cure, this assurance being based upon the results obtained in my practice my psycho-therapeutic methods.

(2). The administration, where necessary, of some simple sedative adapted to the individual under treatment, who is usually nervous or agitated. By this expedient, cerebral vigilance is removed, relaxation supervenes, and a state of indolent unconcern is induced which rapidly develops into reverie and sleep under the influence of my monotonous voice tones and mental concentration. The object is to secure a more or less complete severance of the normal relations existing between brain plus sense organs and the immaterial part of the man. A moder-

ate depth of slumber has proved in my experience more favorable than profound sleep on the one hand, or sub-hypnotic or hypnoidal states on the other.

(3). Pertinent dynamic suggestions then follow. A consciousness of his own adequacy having been aroused in the patient, his mind is impressed with the certainty of the result. He is assured that, in accordance with his own desire and decree, he has lost all craving for beer, wine, whiskey; that alcohol in any form will disgust him, and, as a safeguard, that he cannot swallow it, cannot carry the containing glass to his lips. The society of low companions is tabooed; the pleasures associated with drink and the glamour of the bar-room are pictured as meretricious and placed in vivid antithesis to the chaste delights of home life. The physical, mental, moral, and economic bankruptcy that accompanies dipsomania is held held up before the view of the sleeper, and he is forced to the conviction that begotten of this apprehension has come into his soul an abhorrence for drink and all that it stands for. He realizes the presence of efficiency within him adequate to the enforcement of radical abstinence as the controlling principle of his life; and he is rendered insensible, for the future, to any such combination of passion and allurements as has usually constituted temptation. So he is led instantaneously to scorn recourse to alcoholic stimulants, or to extrinsic exaltation of any kind, either for convivial reasons, or in time of depression, misfortune, or sorrow; and to depend exclusively, under any mental or physical strain,

on the units of energy legitimately manufactured out of nutritious food, non-intoxicating drinks, air, exercise and sleep. The subpersonal mind is then directed to the vocation or the avocations, or both, as circumstances suggest: the idea that better work can be done under the influence of alcohol is dispelled, and a career of wholesome activities and satisfactory success is imaged as the legitimate result of the abandonment of the compromising habit. The patient is left asleep for an hour or longer in the atmosphere of these convictions.

It will thus be seen that hypnosuggestion is of the nature of inspiration. It is a summoning into control of the true man; an accentuation of insight into life and its procedures; a revealing—in all its beauty and strength and significance—of absolute, universal and necessary truth, and a portraiture of happiness as the assured outcome of living in consonance with this truth. It is not a mere pulling up of weeds by the roots, as Horace Fletcher describes it in "Menticulture"; but it is a sudden overshadowing and starving-out of character defects and mental weaknesses by a tropical growth of ethical energy which seeks immediate outlet in the activities of a moral life. The patient freely expresses his best self posthypnotically, without effort, from a plane above that of the will—the plane of apprehension and spontaneous self-command along lines of thought and action that are worthy and wholesome. Thus is effected a perfect agreement between the law of right and the intelligent creature, with which neith-

er the will of the operator nor the will of the subject has aught to do. The popular idea that supposes subjection to the will of another is a mistaken one.

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

A *sine qua non* of success is the consent of the patient, an honest desire on his part to reform. Habitual drinkers, do not, as a rule, wish to be cured. They enjoy indulgence in alcoholic beverages and the false pleasures that attend it; and about ninety per cent. of them, women as well as men, resent the approaches of those who desire to save them. Sometimes, when no other form of appeal is effective, they may be frightened into a realization of the fact that constant use of alcoholic stimulants will result in organic changes in the liver, kidneys, and brain, or by lowering the general powers of resistance and at the same time irritating the bronchial tubes and the lungs, through which the alcohol is in part eliminated, markedly predispose to pneumonia and tubercular consumption. In fact, immoderate drinkers may, in sober intervals, be made to realize, not only that they are physically deprived,

but intellectually degenerated as to the faculties of memory, attention, concentration, judgment, and that they are deficient in business tact and in the general address essential to success. Once apprised of their enervated mental condition, they honestly desire to correct the habit, but cannot of themselves; the craving stimulates a mania. Under these circumstances it is comparatively easy to persuade a patient to accept treatment, and a rescue may be effected in a week's time.

But the treatment must be persisted in for a much longer period.

My policy at present has in view three treatments, given at once covering a period of ten days. After that I insist on seeing my patient once a month for several months, renewing the suggestions as I deem necessary and looking carefully to his physical welfare.

It is not claimed that the tendency to relapse is absolutely obliterated by suggestion. The cure may or may not be permanent, as is the case with rheumatism, quinsy, bronchitis, intermittent fever with its distinct germ and distinct specific. No physician is asked to guarantee a patient against a recurrence of tonsillitis, especially when the patient deliberately exposes himself to the appropriate conditions for a relapse. More cannot be expected of the physician suggestionist, who is not a miracle-monger. The utmost he can do in a prophylactic line is to reject all compromises in his treatment, suggest total abstinence, forbid exposure to temptation, and render insensible to the psychology of the saloon.

The physical side must not be lost sight of, the serious nutritional disorder threatening degeneration of the neurones. While hypnotic suggestion may regulate a disturbed metabolism in the nerve organs or check atrophic changes in cell protoplasm, it cannot be expected to repair lesions in the blood-vessel sheaths or suddenly atone for the results of an exaggerated destructive metamorphosis in the nerve cell bodies. Fortunately, the damage to the cells is measurably reparable by discontinuance of the poison, and judicious administration of nourishment, general and specific. Therefore, in my treatment, alcohol is immediately withdrawn; stimulating liquid food is given for a day or two; the phospho-glycerates are administered for several months, with a view to improving the quality of the lecithin; also, for a brief period, a tablet containing strychnia, nitroglycerin, atropin and digitalis, and a valerianate to control temporarily undue nervous expression. As there is no disease or condition that is purely mental or purely physical, successful treatment can rarely be given exclusively from the psychic standpoint. It would be immoral to suggest to a patient what the brain and nerve organs are incapable of doing. It would be equally immoral to withhold the drugs that make them capable.

In the insanity of extravagant drinking, coupled with chronic nicotine poisoning, suggestive treatment may sometimes be delayed with advantage until after the compulsory reduction or withdrawal of the artificial stimulant. Patients who, to rid themselves temporarily

of the importunity of relatives, accept an institutional life, with mental reservation as to their habits at the termination of the period of treatment, are proper subjects for suggestion while in sanatorio. "The tongue has taken the oath, but the mind is unsworn." Under such circumstances, with the craving in lull, the subliminal self may be impressed.

The success of the treatment bears a distinct relation to the amount of injury already inflicted upon the brain cells and the accompanying mental deterioration. Its advantage consists in the rapidity of restoration to self-control without the necessity for effort of will, without the physical discomfort or suffering that usually attends abandonment of the habit, and, most conspicuously, without the breaking of family ties and the enforced absence from professional or business duties that are implied in sanatorium treatment. Moreover it effects the continuous expression of moral force in the subject, who not only abandons the use of alcohol, but otherwise plays the man in all his domestic, social, and business relations. Drug cures, which save 30 per cent. of the patients, leave their moral nature uninfluenced. Dr. Henry J. Berkley of Johns Hopkins University says in his Treatise on Mental Diseases: "The only treatment for the drunkard lies in the absolute withdrawal of alcoholic liquor of every kind." There is no way of making this withdrawal prompt, absolute, permanent, and unattended with suffering except through scientifically administered mental suggestion.

In passing, let me insist on this fact, viz., The failure of a given suggestionist to effect the cure of an alcoholic or drug addict, does not imply that such a subject is incurable through psycho-dynamic influence. Especially is this to be considered in Emmanuelism failures, where cures are attempted by unqualified clergymen, who are ignorant of the mental states in which receptivity is at its height, and apply extremely crude methods with faith in their efficacy. There are limitations even to the therapeutics of faith. The same criticism applies to the tedious methods of psycho-analysis. Here it is a case of hours against months.

The mania for drink may have for its object a potable other than the ordinary alcoholic beverages. The sipping of absinthe, known as the green vice, is on the increase in this country. Absinthe frappes and cocktails dashed with absinthe are served at City clubs and saloons, and are now obtainable at many railroad stations and country bars. The first effect of absinthe is a strange exaltation, accompanied with brilliancy of thought. But to him who persists in its use, it means, as Marie Corelli depicts it, "More than death: it means crime of the most revolting character, brutality, cruelty, apathy, sensuality, frenzy." The common symptoms of absinthism are muscular tremor, loss of strength, emaciation, impairment of brain power with vertigo and hallucinations, epileptiform convulsions terminating in paralysis.

The few absinthe drinkers whom I have treated have been beginners, whose habit was nipped in the blos-

som through appropriate suggestion. It is estimated by those conversant with the situation (Dr. Keller,) that there are from three to four million drug habitues in the United States. Applicants for cure represent a beggarly fraction of this number—the great mass of drug slaves purpose remaining habitues.

So many habit-forming drugs are now accessible to the seeker—after extrinsic stimulation, that public attention would appear to be diverted from opium, and its alkaloids. While it is true that anti-narcotic legislation has done not a little to curtail the use of these derivatives from the poppy, yet morphia, which represents the physiologic activity of opium, continues to be the lord paramount of habit narcotics.

All the great suggestionists have successfully treated morphinomania by inducing hypnosis and implanting an *idee fixe* against the use of the drug in question either by hypodermic syringe or mouth.

Morphine-hunger, as may readily be inferred, often originates in the sense of relief attending the administration of morphia for the purpose of alleviating pain or the exhaustion due to overwork. The drug soon becomes indispensable, and a necessity arises for a gradual increase of the dose to produce the required effect. Chronic morphine poisoning is the result, with its irresistible craving for the alkaloid; its loss of appetite, sleep, and physical vigor; its mental irritability and instability with outbreaks of rage; its brain degeneration with the accompanying moral palsies, pseudomania, mania for deception, will paralysis.

Morphine cannot be suddenly cut off from the patient, as there is danger of collapse in such heroic treatment; it must be gradually withdrawn. Hypnotic suggestion renders such reduction absolutely painless to the subject. It further inhibits the nervous restlessness, mental excitement, physical pains, and profound depression that ordinarily characterize discontinuance of the habit. In three weeks' time the patient is independent of morphia, without any realization of the fact—for if he be in the hands of an incorruptible attendant (and there is no use in treating him without such) he obeys the suggestion to trust that attendant implicitly, to attempt no deception, to question nothing that he is directed to do, and to suppress all curiosity as to the amount of morphia allowed him daily. After he has discontinued the use of the drug, there are two dangers that must be reckoned with, first, that he will relapse; secondly, that he will have recourse to another stimulant. In the morphinomaniac the suggestions come in conflict with a more than ordinary massive impulse to resort to the dangerous spur.

Moreover, his sincerity lacks staying power, his faith is equally unstable, he becomes discouraged on the slightest pretext, and is prone even to abandon treatment before he has given it a fair trial. For these reasons good results never follow self-treatment. The speaker uniformly declines to treat morphine habitues unless they submit unconditionally to his terms during demorphinisation, and surrender themselves without reserve

to his attendants and nurses.

Of all drug habits, cocaineomania—in the subtleness of its inception, the arduousness of its cure, and the direful nervous and moral wrecks it makes of its victims—is *facile princeps*. And the habit is not confined to the well-to-do. As is absinthe to the working-man of France, so is cocaine becoming to the American laboring class, even to the newsboy and shop-girl—a cheap and easily obtainable pick-me-up. The habit has spread with such alarming rapidity that thousands of our youth, as well as of mature men and women, are in its frightful clutch. The negroes of the South have learned the mystery of its power, and double their strength for hard work with generous allowances of the popular stimulant. The lepers of high life, the women of the demi monde, in common with the overworked physician, clergyman, and man of affairs, find in cocaine an attractive brace for exhausted nerves and fagged brain. One hundred and fifty thousand ounces of this alkaloid are annually consumed in the United States.

Many first learn of its effects from its administration by medical attendants in the form of collyrium or nasal spray; and continue to use it after the condition for which it was prescribed has been relieved. None of the victims so insiduously created seem ever to forecast the inevitable brain wreck that waits upon the use of the drug. The irresponsible fancy-monger of today develops into a delusion-rid madman tomorrow. The man whom a single snuff at first impels to merely vulgar bluster, rapidly degen-

erates in nervous and mental efficiency, loses the power of sustained attention and expression of will, becomes dead to all moral restraint and ends his career in an institution.

Cocaine habitues require the strictest supervision during hypnotic treatment until the dangerous hallucinations are put to flight, and in order that the insane determination to elude vigilance in efforts to obtain the drug may be properly guarded. The stimulant must be withdrawn with the greatest circumspection. Even under suggestion, fainting or collapse is likely to occur if the daily dose is too rapidly diminished.

In addition to the drugs enumerated, large quantities of acetanilid, antipyrin, phenacetin, caffeine (a dangerous cerebro-spinal stimulant—in a hundred soft drinks and preparations that are favorites with women and children), chloral (in Bromidia and Somnos), heroin (in a miscellany of cough mixtures), veronal (in Neuronidia)—are sold without restriction under names that do not indicate their presence.

One of the later addictions is the Bromo seltzer habit, extremely rife on the higher levels of society, and most demoralizing in its action on heart and blood vessels, digestion, nervous poise and moral expression.

The time will surely come, as civilization refines and knowledge advances, when the occurrence of a contagious disease in family or school will be regarded as a crime! So may we hope that in the fullness of the same time, the unscrupulous vender who deals out death to his victims on the installment plan,

eit
roo
or
dr
tes

T

*R
So
oth
hel
ber
G.
lin

ber
are
sar
ele
to
soc
deg
the
rac
tod
ten
Th
ph
are
wh
ph
bili
tell
the
not
of
rat
pre
rel
for

either through the medium of bar-room favorites, attractive nostrum, or cocaine - bearing temperance drink, shall be adjudged as incontrovertably a murderer as the poisoner

who takes the life of his fellow with a single dose of cyanide or the foot-pad who kills with one stiletto thrust.

THE PHYSICIAN, ALCOHOL AND THE DEFECLIVE CLASSES.

*Read before the American Medical Society for the Study of Alcohol and other Narcotics. Annual meeting held at Washington, D. C., December, 1912.

G. H. BENTON, M. D., Supt. Sterling-Worth Sanatorium, Dania, Fla.

The constantly increasing number of defectives, from whose ranks are recruited the dependent, the insane and the criminal filling all our eleemosynary and penal institutions to overflowing and burdening our society to an almost overwhelming degree, menacing and threatening the stability and longevity of the races if not eventual extinction, is today demanding the foremost attention of the whole civilized world. Through the untiring efforts of the physician the people have been and are being taught that diseases which deplete and thus damage the physical man also reduce the possibility of the highest moral and intellectual attainments' and whereas the province of the true physician not only embraces the knowledge of the technic and application of rational and approved reparative procedures tending toward the rehabilitation of the physical forces, but also a sense of

the fitness of things embracing the philosophy of cause and effect, the outgrowth of which is our present knowledge of Preventative Medicine, the limit of which horizon extends not only beyond our present knowledge, but possibly beyond the range of our most lucid imagination, embodying a knowledge of the technic of many collateral sciences, and in the field of Preventative Medicine the privilege of the physician is not only that of the scientist, investigating the facts, but as an educator to the public, teaching them how to avoid disease and the disasters concomitant therewith, both individually and to their posterity.

The physician as such, I feel has a great responsibility and obligation to the general public which can only be discharged through his constant endeavor to teach and impress on every hand, the ungarnished facts, the appalling disaster imminent through the propagation and multiplication of the defective classes, and that each individual is personally responsible. In education we have a powerful means of prophylaxis, and the only really rational means which might eventually tend

to eliminate the larger per cent. of the great mass of defectives. The public is gradually awakening to the great possibilities and advantages of normal physical and psychic health, and while they are somewhat lax and indifferent in acquiring and putting to use the knowledge offered them without expense or obligation by the physician through whose untiring efforts and personal sacrifices have acquired this valuable knowledge and who through a progressive campaign of education are determined to disseminate these facts which represents the greatest practical philanthropy of the world. In no other profession or calling is there continually expressed throughout the entire professional career by their deeds so ample a consideration for and so deep a love of humanity as is expressed by the physician through the daily routine of his life.

The primary lessons in preventative medicine are now well established and other advances are gradually becoming more and more impressive and accepted by the public and will continue until the history of the present house fly will be similar to that of the past mosquito and like "Yellow Jack," malaria and many other diseases will ere long have no other than historical significance. And so it may be with many other conditions of disease and defects which are now regarded as necessary evils. The knowledge of their causes and the means of their prevention are being worked out within our laboratories and scientific workshops and through the medium of rational education, thoughtfulness and discretion will

replace indifference and carelessness.

The defective classes need not here be specifically classified for identification but several prominent conditions which obtain in all grades but perhaps in varied degrees may well be enumerated. First; Degrees of reduced responsibility always concomitant and classified as a Psychic anomalies, although there is no doubt of its physical basis. Second; A condition purely physical or possibly Psycho-Somatic in which we find an increased or a very advanced degree of susceptibility on the part of all defectives to the action of toxins, both intrinsic and extrinsic. One finds the marked degree of disturbance expressed in the defective nervous system from minor disturbances through disease or infection characterized in the mania following mild fever from disturbances caused by worms or teething in children, and especially the exaggerated degrees of effect produced by the administration or narcotics of which alcohol in some form is the most universal and frequently the first to be adopted, while unrestricted the defective may content himself with one form but is more than liable to add singly or in combination or alternately one or many of the other narcotics his susceptibility to the influence and his lack of resistance rendering him incapable of self control.

Alcohol is well known to be at once and always a protoplasmic poison and acts not alone on the defective but on the apparently healthy individual tending to produce defective conditions in the off-

spring which are many times vividly apparent, sometimes more or less obscure. Professor Forel's experiments have conclusively demonstrated the effects of alcohol on the living protoplasm the spermatozoa, that the action of 30 grams of alcohol administered to an apparently healthy and robust individual was to lessen the activity of the spermatazoa; the administration of a second dose of the same size within a few hours resulted in the paralysis of its activities, abstinence for many hours thereafter seemed to restore the activity, but further indulgence resulted in continued paralysis, etc. This fully demonstrates the dangers of alcohol on the very threshold of life and it is certainly easy to conceive of the possibilities of transmitted defective conditions to the offspring, both from occasionally and habitually alcoholized parents, and again alcohol alone is not only responsible for similar conditions, intrinsic auto-toxicosis has a profound influence on the physical integrity as well as upon the integrity of physical functioning which may result in transmissible defective conditions, and still further, the addition of alcoholization to the frequent or perhaps habitual intrinsic auto-toxicosis only doubles and triples or perhaps further multiples the possibilities of irreparable damage.

Many people believe that the effect of alcohol is only transitory but we have not sufficient ground to demonstrate this to be a fact; on the contrary we have valuable evidence showing undisputably the pernicious alteration and destruction of tissue and cells resulting in irreparable damage to the human economy.

Breeders of live stock select only the physically perfect and fit for propagation and how much more ought physical perfection and fitness to obtain in the propagation of the human race.

The physician is the individual who knows or should know these facts but they do not belong to him as a scientific asset only he is in a position to continually disseminate this knowledge more or less to every individual who seeks his professional advice, in his daily associations and by public teaching at every opportunity available and he should be further enjoined and encouraged to make every opportunity possible to teach it. Our county, State and National Medical Societies and Associations should be as they are growing to be each year, leaders not only in thought but in action in every department of science pertaining to the physical, mental and moral attitude their multiples the possibilities of alteration and destruction of tissue of the whole people. Thus we may hope to forestall the ravages of disease, the transmission of defective conditions and to assist in the establishment of a physical ascendancy which influence will extend into the moral and intellectual spheres.

Concomitant with the great effort which is being put forth at the present time to educate the masses against the spread and transmission of Tuberculosis, should go education along similar lines embracing the knowledge of transmissible defective conditions which result in similar and dissimilar heredity. The knowledge that a single alcoholic intoxication in the parent may be the cause

of epilepsy in the child; which fact has been conclusively proven, and that intrinsic auto-toxicosis prevalent at the time of conception or during pregnancy, producing conditions of exhaustion in the parent, tends to transmit to the child a defective and unstable nervous organization upon which may be superimposed all kinds of defects and diseased conditions resulting in lowered resistance, with a susceptibility to all kinds of indulgences including narcotics and pernicious practices, lowering or obliterating the moral tone and may readily terminate in insanities and crime. These facts should be rendered indelible on the minds of each individual early in life. The individual is responsible for the violation of the physician's advice, the physician is responsible for withholding the advice. We are continually surrounded by people who need not only advice and suggestion but who need education and re-education. This large group of people last referred to, prevalent in all communities only to become an annoyance or burden to society in general, always defectives, the majority of whom are congenitally so and undeniably of such physical basis as presents continually advancing degrees of degenerations. I refer to the large group of constitutional psychopaths, who present from their childhood evident psychic anomalies, the significance of which is either largely misunderstood or misinterpreted. Hence a failure to arrest any morbid tendencies which must necessarily obtain in the psychopath, there are four classes of defectives closely

identified with the psychopath, less dangerous however to themselves and to society as their pathological degenerations are so apparent and easily recognized as such that they will commonly come under competent medical supervision and hence are much less liable to be misunderstood and misdirected. These four classes are, the paranoiacs, hysterical subjects, epileptics and the feeble minded.

The habitual mental state of the psychopath being less understood and frequently unrecognized as a psychic anomaly with some possibility of correction, even by the physician who has not considered the subject specially and almost entirely by the parents or guardians and teachers, this deviate has little opportunity for salvation, and it appears no wonderment that they soon assume anti-social deportment. The principal psychic anomalies of the habitual mental state of the psychopath are those first of judgment, second of character, and finally of conduct.

The disorders of judgment undoubtedly present the most important stigma of the psychopath wherein they fail to see things in their proper light; from which fact arises singular notions, absurdities and the participation in ridiculous enterprises, or the attempting of diverse occupations being entirely unsuccessful with any, from which he is inclined to pose as a victim, attributing his lack of success to the irony of fate or the injustice of fellow men and thus he may aptly be designated as a "ne'er do well," and in the absence of personal resources he is most likely to become

a human parasite or a vagabond.

Some psychopaths may present distinct mental debility, impotent memory, weakness of attention, sluggishness in the association of ideas and some poverty of imagination, and yet on the contrary other psychopaths are apparently practically normal or even brilliant in memory and imagination with artistic aptitude. These abilities however, cannot be turned to account by reason of their lack of judgment. Thus in most instances the psychopaths when not actually feeble-minded, are mentally unbalanced.

The anomalies of character, though varied, generally include pessimism, the individual is only able to recognize the dark aspect, and all occurrences create painful impressions upon their minds, but the dominating note, the most characteristic feature demanding immediate recognition is the extreme mobility of sentiment, vacillating readily from one extreme to the other, from exuberant joy to fathomless desolation, from the most aggressive activity to profound discouragement, from exaggerated egotism to an equally exaggerated generosity and devotion, from affection to hatred or visa versa, hence the term "mentally unbalanced" is no misnomer.

The conduct is marked by its contradictions, its insufficiency of judgment, and instability of emotions.

In reviewing these abnormalities in the picture of the psychopath which I have drawn you will recognize many conditions encountered in the normal individual. The distinction, however, arises from the

combination of many of these in the psychopath, which is also further distinguished by the anomalies of their sexual lives and physical deformation which are inherent and recognized as the stigma of degeneration.

Although the psychopath represents a very large class of the deviates, yet there are other distinct classes which we need not enumerate here. Suffice it to say that all deviates are susceptible to the acquired diseased conditions which may be superimposed upon any of these psycho-somatic conditions and still further hamper their possibilities as individuals, and among these conditions which are needlessly so dangerously and rapidly growing are those conditions of extrinsic auto-toxicosis mainly those induced by the use of narcotics to which these classes are so over-susceptible and under which influence we detect such exaggerated degrees of effect as compared with the same effects produced on an ordinary normal individual; also the prolonged intrinsic auto-toxicosis those accruing from faulty metabolic processes which are characterized with the same exaggerated degrees of effect. I am selecting this particular class of deviates because of the ease of identification, when once fully described they are familiar personages all through life from the most mild to the most pronounced degree of physical, mental and moral perversions.

By reason of its complexity the moral sense, which is the most delicate and most vulnerable function of the mind, we find altered in most of the pauchoses and especial-

ly in those accompanied by intellectual enfeeblement giving expression in our so-called moral insanities, or insanities of conduct. Possibly the term may in a way be generally misleading, yet when one stops to consider that somewhere along the line of all moral insanities there can be demonstrated psycho-somatic anomalies extending beyond the moral sphere and these may often be recognized early in life. Moral insanity finds early expression in perversities of character and conduct. A child is naughty, cruel, deceitful, irritable, and may become violent under insufficient provocation or on the contrary present a condition of contrariness, become taciturn and dissembling. Education commonly fails to modify such natures for obvious reasons, the moral sense is absent and is not constructed upon notions acquired through intellectual culture.

The moral sense is the result of a special sensibility, a psycho-somatic functioning concomitant only with the normal functioning mentality. When this apparatus is absent the most favorable facilities and surroundings fail in their influences and we characterize the individuals as im-moral, when they are really a-moral. An immoral individual is one who violates the tenants of social ethics and who possesses a relative knowledge of the value of the anti-social act, but through the delusion that his conduct is only a secret vice, he is led to indulge in such conduct until frequent repetition established a habit engendering indifference and carelessness. Thus true moral in-

sanity may be acquired without any inherent defect, but the a-moral individual is designed in the absence of recognition and restriction to drift into that voluminous class who are quite irresponsible, derelicts on the sea of life, drifting rudderless hither and thither a prey to their own vacillating impulses or dominated by the will of others, becoming either victims or tools and therefore a menace both to society and themselves. Their animal impulses exaggerated with no possibility of inhibition or regulation, frequently obsessed by a single idea with no sense of gratitude and a very finite conception of relative values.

These individuals are commonly abandoned by their families or early abandon the family. Unable to see things in a normal light, they are misunderstood and their conduct is interpreted as purely vicious.

The habitual mental state of the psychopath and simular deviate may be easy of recognition by the alert physician and by not only studying closely the patient alone but the families of the patient and the members of the community in which he lives and by a word of warning or advice to the parents or guardian which might result in much future good by interesting the parents in the rational understanding and proper education of the defective. As some of these conditions through proper education may be deprived of their viciousness, or be controlled almost to the point of apparent liberation from it, and other which still persist, but within the range of conscious understanding of the patient

wh
to c
con
T
tain
clas
suff
pres
laity
able
atten
esse
seek
tion
reaso
sary

Pr
ing a
for r
The i
disea
ready
the fa
down
the la
opinic
practi
be inc
The
SAUC
DELL
increa
books
ing th
have l
new e
a very
found
getting
lic and
the U
with

who may frequently be taught how to control to an extent that may become apparently harmless.

The physician's responsibility obtains in recognizing, analyzing and classifying these conditions to so sufficient an extent as to be able to present the matter to the parent and laity in general in an understandable form and thus assist them in an attempt to arrest the morbid processes obtaining in their children, by seeking a rational means of prevention or restoration when possible, or reasonable protection when necessary or advisable under competent

council thereby protecting society against the deviate and the deviate against himself.

Thus the physician may hope eventually to come into his own, not only as a repairer of accidents and injuries, but one who by his wise counsel and careful judgment of matters has forseen and prevented calamities, many of which might not only invalidate the individual more or less during the continuance of life or shorten it, but produce in either instance the exhaustion which tends to transmit defective conditions to posterity.

PROHIBITION IN ICELAND

Prohibition in Iceland is furnishing a very startling object lesson for reformers, as well as scientists. The increased longevity, diminished disease, poverty and crime are already noted, and notwithstanding the fact that a resolution was voted down in the Legislature to repeal the law, there is much conflict of opinion, and the evidence of its practical and literal value, seems to be increasing in every direction.

The great publishing house of SAUNDERS & CO. of PHILADELPHIA, PA., has created an increasing interest in American books and American authors. During the past year, nine new books have been issued and over a dozen new editions; books that have had a very large sale. Authors have found this firm very enterprising in getting their books before the public and almost every physician in the United States has been reached with catalogues describing and

making known these works. Their popularity as publishers depends both on the good books they issue and their enterprising advertisements in medical journals.

ANOTHER FIRM IN CINCINNATI, OHIO, CALLED THE HARVEY PUBLISHING CO. has come into prominence recently, through the publication of two books, covering new fields of science, one on A Clinical Treatise of Inebriety by Crothers, and the other on Modern Psychotherapy by Juettner. Both volumes, which stand alone in the literature, and cover entirely new fields of medical practice, have attracted a great deal of attention. The same firm has issued another work on the Diagnosis of Syphilis, by Malsbary.

Publishers who can come before the public with new works of merit are sure of attracting attention, and widespread patronage.

Restriction of the Use of Alcohol by Employees of Common Carriers in the United States and Europe.

REID HUNT, M. D., of the Hygienic Laboratory, Public Health Service, Washington, D. C.

More than thirty states, the Canal Zone, and Porto Rico, have laws restricting the use of alcoholic beverages by railway employees; many of these laws date from 1890 or earlier. In several states similar laws exist in regard to electric railways and to street-cars whether propelled by electricity or drawn by horses. A smaller number of states, about nine, have similar regulations in regard to the drivers of stage coaches, cabs and other vehicles, and six have similar laws relating to employees of steam, sailing vessels, canal boats, etc. California has a law relating to the use of alcohol by automobile and motorcycle drivers.

Among the classes of employees upon whom specific restrictions are laid in the different states are baggage-masters, brakemen, bridge tenders, conductors, train dispatchers, engineers, firemen, flagmen, signalmen, switchmen, and telegraph operators; in many cases the restrictions apply to all employees. In the case of boats the captain and pilot are usually mentioned specifically; in the case of other vehicles the driver or motorman is usually mentioned.

The most common form of restriction (24 states) is the making it a misdemeanor punishable by fine

or imprisonment, or both, for any of the employees to be intoxicated while engaged in the discharge of duties. In two or three states it is made a felony if any employee causes death or injury while intoxicated. In Michigan and Vermont the employment of anyone who uses intoxicating drinks as a beverage is forbidden. In some others (New York and Ohio) the employment of anyone addicted to their intemperate use is prohibited. In a few (New York and Ohio) the railway is liable to a fine for employing anyone addicted to the excessive use of alcohol. The latter provision relating to the employment of drivers of coaches, cabs and other vehicles is in force in several states. The railway is frequently held specifically liable for all damages entailed by the negligence of an intoxicated employee.

Several states prohibit the drinking or the carrying of liquor on the locomotive cab or any other part of the train except in a dining, buffet or private car. The prohibition laws of several states prevent the sale of liquors on trains.

It is well known that many railways have regulations of their own in regard to the use of alcohol by their employees; frequently these regulations antedate the laws on this

subject. In order to obtain further information on this subject letters were addressed to a number of railways operating in all parts of the United States. In all cases the replies indicated that these regulations are almost invariably, perhaps invariably, more stringent than the legal requirement. The most frequent form of these regulations is as follows: "The use of intoxicants by employees while on duty is prohibited. Their use, or the frequenting of places where they are sold, is sufficient cause for dismissal." This seems to represent the minimum requirement on the part of most of the American railways. A number require total abstinence both on and off duty on the part of all employees charged in any way with the direction or operation of trains; in other cases this rule applies to all of the employees. Other railway companies require total abstinence on the part of their employees when on duty and state that preference is given to those who abstain from alcohol under all circumstances.

No distinction seems to be made by the American railways between malt and distilled liquors.

In many cases these rules have been operative for many years and there is reason to believe that they are generally enforced, especially in the case of those engaged in any way in the operation of trains.

In a recent paper by Dr. Gaye, before the Congress of Hygiene at Washington, D. C., the question of the use of alcohol and the various regulations among railroad men in the German Empire and elsewhere, was presented in some detail.

The author states that the first systematic attempts made in Prussia and Hesse to control the abuse of alcohol by railway employees was in 1905 after the occurrence of a number of accidents caused by intoxicated employees. In that year the Minister of Public Works issued an order forbidding the use of alcoholic beverages by employees engaged in the operating departments of the railways while on duty and making drunkenness while on duty punishable by fines or by dismissal. Somewhat similar regulations have been adopted in a number of the other states. Thus in Alsace and Lorraine employees are required to abstain from the use of alcoholic beverages while on duty and not to use them to excess at any time. In Bavaria the employees are not allowed to use alcoholic beverages while on active duty or during periods of rest of less than thirty minutes duration. The carrying of distilled liquors on locomotives is quite generally prohibited. The author remarks that it would be much safer if it were possible to adopt in Germany the regulations of some of the American railroads requiring total abstinence on the part of the employees but states that this would be impracticable in Germany at present.

Great emphasis is placed upon educational work. Thus the railway officials are directed to distribute the Merkblätter of the Imperial Health Office on the effects of alcohol and similar publications by temperance societies; the railway physicians are requested to deliver lectures on the subject of alcoholism and to post notices concerning the effects of alcohol.

Elaborate precautions are taken in most of the states to see that the employees may easily obtain non-alcoholic drinks at very reasonable prices. Thus it is provided that pure drinking water shall be always obtainable; provisions are made in several of the states that the employees may obtain hot water for the making of coffee and tea; in several places the railways themselves provide at small cost lemonade, aerated waters, etc. The railway restaurants are frequently forbidden to sell alcoholic beverages to the employees at reduced rates and also in many cases are required to sell non-alcoholic beverages at reduced rates. In the freight station at Heidelberg coffee and lemonade are sold for six, seltzer water for three, and milk for eight Pfennigs.

The author recognizes the valuable work which has been done by various temperance organizations in persuading the railroad employees to abstain from alcohol. Some of these organizations, especially that of the Good Templars, have received official recognition in that employees addicted to the excessive use of alcohol are required either to resign from their positions or to join one of these temperance societies.

In Denmark measures very similar to those in Germany against the excessive use of alcohol by railway employees have been taken. In addition preference is given to those applicants for positions who have been total abstainers for one year. The author quotes Mr. Hansen of Copenhagen to the effect that about eight per cent of the entire railway personnel in Denmark belong to abstinence societies. These societies

receive a certain amount of support from the railways in the form of a yearly appropriation and the granting of certain privileges.

In England there seem to be no special laws relating to the use of alcohol by railway employees and the agitation in favor of a restricted use by such is carried on largely by the "United Kingdom Railway Temperance Union" which has fifty-eight thousand members; about three-fourths of these are total abstainers.

In Finland a railway employee who is found intoxicated while on duty is subject to immediate dismissal; there seem to be no other legal restrictions as to the use of alcohol. The agitation in favor of temperance on the part of railway employees is carried on by a large society of abstaining railway employees. This society receives support from the government and its members are entitled to certain privileges.

In France railway employees are prohibited from visiting restaurants or cafes while on duty; there seem to be no further restrictions. In the summer the employees receive extracts from which they may prepare non-alcoholic drinks. The railway employees have an anti-alcoholic society with forty-eight hundred members. The society receives support from the railway companies. The author adds that an interesting feature about this society is that in the case of the death of a member the heirs receive five hundred francs and that the member receives forty francs on the birth of the first child, fifty on a second, sixty on a third, but only on the

condi
child

In
liquor
prohi
There
amon
suppe

In
drink
while
way
drink

autho
are sc
only ;
depart

In ;
are fo
to con
duty.
in the
a larg

The
of Ch
meetin
June ;
This v
Ameri
Minne

The
cialists
and di
lations
other
rare o
come
and ta
chairm
cago,
progra

condition that the mother nurses the child herself.

In Holland the use of distilled liquors by railway employees is prohibited, that of beer is permitted. There is a society of abstainers among the employees which receives support from the government.

In Norway the use of intoxicating drinks is forbidden the employees while on duty. In many of the railway stations the sale of alcoholic drinks is prohibited by the local authorities; in other wine and beer are sold but only to travellers and only at the time of the arrival or departure of trains.

In Sweden all railway employees are forbidden to take with them or to consume distilled liquors while on duty. No distilled liquors are sold in the railway restaurants. There is a large and active temperance so-

ciety among the Swedish railway employees.

In Switzerland there seem to be no special restrictions placed upon the use of alcohol by railway employees. Kantinen, where non-alcoholic beverages are sold to the railway employees, exist in most of the larger stations; provisions are also made for the dispensing, free of charge, of warm non-alcoholic drinks to the personnel during, especially cold weather and also in cases of extra work.

The use of alcoholic beverages by the State Railways' employees while on duty is prohibited in Hungary.

In Australia employees are prohibited from visiting places where alcoholic liquors are sold. In New Zealand the sale of alcoholic drinks is prohibited not only in all of the railway stations but in the dining cars.

The Alienists and Neurologists of Chicago plan to hold a special meeting, in that city, beginning June 24th, and lasting three days. This will follow the meeting of the American Medical Association in Minneapolis, June 18th and 19th.

The purpose is to have the specialists of the East and West meet and discuss questions in closer relations, than are usually held at other meetings. It will be a very rare occasion for specialists to become acquainted with each other and talk over special matters. The chairman, Dr. H. N. Moyer, of Chicago, Ill., will send circulars and programmes to all interested.

Alcoholic Delirium. — Fuerer (*Berl. klin. Wochenschr.*, No. 51, 1912). The belief, that in chronic alcoholism the sudden and complete withdrawal of alcohol may lead to an attack of delirium tremens, is still widespread. The writer is convinced that this is an error. When it seems to occur, the fact always is that the delirium has set in before the withdrawal of the alcohol, and the appearance, to the contrary, is due to the ability of many such patients to conceal their condition for several days after its onset. In every case of chronic alcoholism the immediate and rigid withdrawal of alcohol is indicated.

Psychological Studies of Inebriety.

By T. D. CROTHERS, M. D., Hartford,, Connecticut.

Often the etiology of inebriety is very clear from examination of the psychological conditions which have preceded the use of spirits. Again the physical causes are inadequate to explain the growth of the drink impulse, because they occur so often and are not followed by particular states of disease.

Thus a large number of persons become inebriates and alcoholics who have had some direct traumas and injuries, or suffered from some profound poisoning or metabolic changes, and others having the same injuries do not develop these forms of neuroses.

The same occurs where inherited defects, transmitted weaknesses, perverted and retarded growths have appeared in the history. Inebriety and alcoholism does not always follow from the same causes in different individuals.

Evidently there are other factors that determine the growth and development of these neuroses. One of these may be termed "contagion" or extreme susceptibility to impressions from individuals and surroundings and a species of childish credulity that accepts all statements and advice without question.

Such persons reflect the surroundings and conditions so sharply that you can almost reason from their present mentality, back to the causes which have made them what they are. There is another factor which exists in a certain number of persons, that may be described as hyper-sensitiveness to pain and dis-

comfort, and feeble resisting power to weariness, fatigue and with this a constant struggle to avoid conditions that produce depression.

Such persons are always alert to discover means and methods for raising the emotions to a stage of comfort and satisfaction. To them the anaesthesia of alcohol is a panacea, and its use is regarded in the same class as that of foods.

There are still other causes which appear very often in the study of these conditions, such as faults of early training and ignorance of any possible injury from the use of spirits.

As an example of the factor termed "contagion" or extreme susceptibility to surroundings with credulity, the following may be given.

A highly educated, professional man, whose wife was of average health and strength, used wine constantly at the table. There was no history of heredity in their families. They were simply, prosperous, conservative and highly educated people. They brought up a family of five children, two sons and three daughters. They all drank wine at the table with their parents, and received unusual care and training.

They all graduated from colleges and yet all became inebriates at from 20 to 30 years of age, drinking at times to great excess, or drinking a small amount constantly. One of the girls died of consumption in early life. The other two became invalids, and although married, suf-

ferred from invalidism and died before forty.

The two boys became spasmodic drinkers. One became epileptic and is in an insane asylum. The other is an invalid and practically worn out. The parents when the children grew up began to realize the possible danger from wine drinking at home, and gave it up. The father had attacks of drink excesses at the club, which were concealed. The mother became an invalid over the anxiety and depression which followed from the failure of her family.

From all appearance these children inherited an average mentality and power of control, yet from the contagion of parental examples, and the constant use of small quantities of wine at the table, became inebriates and alcoholics. The contagion of early life developed into a physical condition which made it impossible for them practically to understand the dangers or give up the use of spirits.

No reasoning or appeals made any impression that was lasting, and the faith in the value of spirits to give strength and power to the body remained. While they recognized the injurious effects from spirits taken in excess by others, they were unable to realize the results from this source in their own case.

A second example was that of a young couple, who were temperate and healthy from good families, without any apparent hereditary traits, who after a residence of six months in Europe, returned impressed with the idea that wines at meals were essential to good health. They were both strong, vigorous

people, and later two sons were born, who were brought up to follow the custom of their parents, using small quantities of wines at the table. Both of the boys became alcoholics before twenty years of age.

For years they were objects of intense anxiety and concern to their parents, who sought every means of restoration, without success. Both finally died under most distressing conditions. In a study of the histories of these two persons, they evidently inherited from their parents a special susceptibility for the anaesthesia of spirits, which was cultivated from early life, until it developed into a distinct neuroses. The contagion of their early years produced results which might have been predicted with certainty.

Similar cases, perhaps less marked will occur to the reader, also numerous examples of persons brought up with wine drinking customs at the table which developed in later life into distinct obsessions. While there are exceptions and instances of persons who have had wine freely in early life, and who later became total abstainers, they are so rare as to prove the rule.

Conditions may counteract this tendency in the most complex ways, and leave defects which break out in other forms of neuroses. The physical and mental contagion of wine drinking in infancy and early life, is a terrible reality, which is sure to develop into all sorts of neuroses and psychoses from traumas and other causes.

Insanity, epilepsy, consumption, criminality and other degenerative conditions are sure to follow from

the back ground and soil of spirit and wine drinking in infancy and early life.

The second factor which appears in the history of a certain number of persons and may be described as hyper-sensitiveness to pain and suffering, has very often an inheritance, traceable to the parents. Families of the very wealthy afford many examples, particularly where the parents live in circles of continual excitement, and rounds of pleasure. Men engaged in changeable and exciting avocations, manipulating stocks, the centers of new projects in which suspense and emotional changes are continuous; women, centers of fashionable society, following rounds of continuous excitement at banquets, theatres, parties, excursions, etc., etc., have children belonging to this class.

Lower down in the scale where parents are starved both physically and mentally, and are constantly on the verge of change in habits and surroundings, living lives of unrest and disquiet; have the same sort of descendants. They grow up morbidly sensitive to every internal and external discomfort and fatigue. Their power of resistance and endurance is of the lowest grade. They are continually looking for some measure that will relieve this condition, either in surroundings, foods or drugs. Very soon the anaesthesia of alcohol is discovered and its temporary relief, and then a vicious circle is begun which always ends in disaster. Children brought up to have every wish gratified, and every discomfort removed become drug takers, naturally, or resort to spirits or anything that brings relief.

Not unfrequently such persons after a bitter awakening to the fact that pain, fatigue and degrees of misery are incident to every life, recognize the danger from spirits and drugs, but usually find substitutes. They are gormands or theatre-goers, constantly craving excitement, change, relief and constantly looking for some unknown conditions which are never realized.

Such persons are often stock brokers, speculators, who crave something thrilling, startling, something new. Automobiles furnish a very good outlet for this class and their reckless driving gives a certain zest to affairs that are sought for. Political circles of the lower type give many illustrations of men who are continually seeking the conflicts, intrigues and cunning of party work, and who enjoy the deceptions and influences which they create.

Here the reader will recall innumerable examples of alcoholics and inebriates, whose histories are plainly those of both physiological and psychological derangements. Born with a hyper-sensitiveness to everything that is uncomfortable and not trained and educated to overcome these conditions early become neurotics of the drug and spirit type.

A good illustration of this may be noted in the Bascum family. The father, an eminent clergyman, was always looking for some means that would produce physical and mental comfort. He was an emotional preacher, and his wife shared with him in disordered emotions as well as fears of pain and suffering. There were five boys born; all became

nervous, excitable men and all used spirits and drugs at different times of their lives. They were preachers, doctors and politicians, and constantly the center of emotional excitement. Their children furnished a large number of inebriates and consumptives. They seemed to have had an instinct and craving for excitement and were of a maniacal class of drinkers who could stop at any time, but always began again from any causes.

This family down to the third generation showed hypersensitiveness to pain and instability of control. They were visionary, irritable, looking for conditions unknown and unusual, and finally they all died. The race was practically extinct.

The third cause so prominently noted, faults of early training and misconceptions concerning the injuries from spirits, is a more common one, and traceable. Many illustrations are found of parents, who by example and teaching, impress on their children and those about them, that all forms of spirits are harmless and that the danger comes from excesses and other causes.

This theory has come down through all the years and is still believed and urged. With this theory and want of proper training of the body, and neglect of the ordinary hygienic rules of living, seeds of inebriety and alcoholism are almost certain to develop.

Neglected children, meaning children who have never been taught the care of the body and who have been exposed to vicious examples are absolutely certain to find relief in spirits and drug taking and be degenerate outside of this partic-

ular neuroses. Now and then some person coming from the slum districts may escape, but it is an accident.

The question is often raised whether inherited influences are stronger than vicious surroundings and faulty training. Innumerable examples are cited in defense of both views. While many children of this class escape the drink and drug neuroses, there are other conditions more or less prominent which mark them in all later life.

If in the study of a person, the early surroundings have been bad, with little or no conception of what life meant, there is undoubtedly a mental condition of defective growth and repressed instincts and activities which develop into abnormalities in after life.

Where children have bad inheritance, both parents having defects of mind and body, associated with spirit and drug taking, it is natural to expect alcoholic neuroses in later life, no matter what the surroundings may be. Examples of children taken from degenerate parents and placed in the best surroundings possible, have in some measure overcome the inheritance, but when exposed to peculiar temptation to use spirits and drugs, seem to have little or no resisting power.

The power of inheritance seems to go farther in most cases, than the influence of bad surroundings. There are many facts yet to be brought out before fixed conclusions can be reached.

Attempts to analyze and tabulate the early mental impressions open up a new field in the causation of inebriety that is more or less start-

ling. Little children seeing their parents intoxicated, or persons in the street in this condition, and observing the abnormalities of conduct, get very vivid impressions and these are never effaced, particularly where the intoxication takes on the form of hilarity, and delirium of exaltation. The impressions of happiness and exalted degrees of comfort are early associated with the use of spirits, and this forms the background of faulty training.

There are undoubtedly other factors which become exciting and contributing causes to inebriety and alcoholism, that are unknown at present. Impressions that are made on the brain and nervous system are very vivid and while they are repressed and apparently forgotten, leave a tendency and special personal bias which appears later in life.

In one instance, a temperate healthy man, suffering from the depression following an acute fever, suddenly became impressed that some form of spirits would relieve him. This impression culminated in intoxication, and for many years afterwards, whenever depressed and weary, up to a certain degree, he resorted to spirits. He deplored this keenly and wondered why he should suddenly be overcome by a desire to drink, which antagonized all his conceptions of life and surroundings.

A careful study of his history brought out the fact that his mother had distinct attacks of depression and gloom from which she found relief in spirits and after a period of hilarious excitement became stupid and recovered. This had occurred many times when he was two and

three years old. Then his mother recovered and lived many years, a very strict abstainer.

The memory of these events had somehow impressed themselves on his mind unconsciously and thirty years after he developed the same conditions. He was not aware of these events, and a diary kept by his father recorded them. Even when they became known to him, he had no recollection of them. What the connection was between these events and those of early childhood, and those of the present, was unknown, and yet it existed.

Another instance which pointed to the same unknown psychical influence was the following. Two brothers in good health up to a certain age, suddenly began to drink, and died a few years later from alcoholism. They were temperate, strong and apparently very healthy persons. A study of the family history showed that both the father and grandfather had died under the same conditions. They, too, were strong vigorous men up to a certain time, then for unknown reasons drank to great excess and died.

These facts were not known to the sons, as the mother had taken the boys when three or four years of age to an eastern city, and the father remained in the far west. The grandfather began to drink about in the same way in a foreign city and died within a year or so. There seemed to be no evidence that the father and grandfather drank before the birth of their children, so the psychic inheritance was unknown and mysterious. They all died at from forty to forty-five years of age.

A
histe
gene
at a
velo
cons
seve
brok
free
lives
first
myst
are
be st

STU
OO
R

By F
Edito
Serie
lisher
Pa.

Th
of th
and r
mark
clusio

It
books
the r
comp
ling
power
ficult
there
injury
how
moral
far it

Another very interesting family history indicated that for three generations, both male and female at about thirty years of age, developed inebriety, alcoholism and consumption. If they lived six or seven years after these diseases broke out they recovered and were free from them for the rest of their lives. Most of them died in the first three or four years. These mysterious psychical inheritances are not uncommon and are yet to be studied.

The conclusion is very clear that the drink and drug neuroses has many causes that are largely unknown. Many of them are transmitted from the past generation, others develop in the present and all depend on unknown laws, that are yet to be studied. Another conclusion forces itself on the mind of the reader, that the development of an intense desire for relief through spirits and drugs, is a pathological and psychological condition which may be discovered, and may be prevented in ways far beyond any present conception.

STUDIES IN THE PSYCHOLOGY OF SEX, AND ITS RELATION TO SOCIETY.

By Havelock Ellis, M. D., L. S. A., Editor of Co-temporary Science Series, etc.—F. A. Davis Co., Publishers, Cherry St., Philadelphia, Pa.

This is the sixth and last volume of the studies of psychology of sex and may be considered the most remarkable grouping of facts and conclusions on this subject.

It is difficult to review these books properly, because they carry the reader into realms that are so complicated with strange and startling statements as to make the powers of discrimination very difficult. To the students of inebriety there are many references of the injury that comes from alcohol and how far it impairs the higher morale of the individual, and how far it leads into degenerative tracts

from which escape is almost impossible.

In this last volume there are some very startling statements concerning the power of heredity, statements that concern theories advanced long ago, and amply confirm them by evidence that admits of no other explanation.

To students of the social evil, this book is invaluable, as well as the other volumes. The author has a very clear conception of the topic he wishes to describe and a graphic use of language in making it clear and decisive.

The publisher has issued an attractive book, divided so that the reader can take it up at any point, and find facts and incidents. This with an exhaustive index enables the reader to find what he wishes in the easiest way.

The author ends the book with a Postscript in which he commends his life work with a tenderness that appeals to the reader.

The Scientific Significance of the Anti-Alcohol Movement.

By G. H. HEALD., M. D., Editor of Life and Health, Takoma Park, Washington, D. C.

The United States Government has secured the signatures of most or all of the American Governments to an agreement formulated at the last Hague Opium Conference, by which these governments promise not to permit the shipment of opium into such countries as prohibit its use. This is a very commendable act so far as it goes, and indicates how much a government may do for the uplift of humanity when there are no powerful interests within its jurisdiction which might be unfavorably affected by the reform. There is room for suspicion however, that the federal government is not so solicitous regarding the local preferences within its borders as shown at the ballot box, when these preferences mean the cutting down of the dividends from the sale of whiskey. Why has it thus far refused to pass legislation forbidding the shipment of liquor into dry territory? The principle involved is the same as in the international opium question, namely the right of a locality to protection in its effort to abolish the use of an injurious narcotic. Is it because of any unsurmountable constitutional difficulties? One might imagine so, at times, to hear some of the discussions; but the real trouble is not with the Constitution, but with **BIG BUSINESS**—the capitalized liquor business which is powerful

enough to say that there shall be no federal legislation for the relief of the intolerable conditions in the so-called dry states.

Thus far, Prohibition exists nominally in several States, and in a larger number of smaller districts, counties and towns, but more often than not this so-called prohibition is nullified because of the fact that express companies can with impunity ship liquors across the line, and the authorities in the dry territory find it difficult to deal with men who have the federal license. In other words, the federal government affords a certain amount of protection against the State laws to the liquor sellers in dry territory.

This raises the query whether it is the function of government to interfere with the use by the people, of certain narcotics. Was the U. S. Government right, when in its attitude toward the opium question as above noted, it accepted this interference as one of its functions and duties?

In other words, has China a right to protect herself and her subjects or citizens against the sale of opium? Was the United States and other governments acting within their functions in acknowledging such a right on the part of China?

This brings us to a question which I have entitled "The Upper and the Nether Millstone."

In
absolu
ruler
hibitic
the ri
The
very s
hibito
that a
to the
be put
is onl
But
people
people
as in
harmc
major
legisla
the m
is "
throug
of the
ment.
is, no
neede
laws t
religio
what
princ
coln l
We
regar
their
possib
of eve
direct
the pe
tance
there
ness
to the
inevit
electe
of the
the D

anti-Alco-

akoma Park,

there shall be
for the relief
conditions in the

on exists nom-
ates, and in a
smaller districts,
but more often
ed prohibition
f the fact that
can with im-
cross the line,
the dry terri-
to deal with
ederal license.
ederal govern-
in amount of
State laws to
ry territory.
query whether
government to
by the people,
Was the U. S.
hen in its at-
m question as
ted this inter-
functions and

China a right
her subjects
the sale of
United States
ts acting with-
acknowledging
part of China?
o a question
l "The Upper
stone."

In a monarchy, at least in an absolute monarchy, the will of the ruler is law. In such a State prohibition is a simple matter, provided the ruler believes in prohibition.

The kingdom of Abyssinia has a very simple but very effective prohibitory law. The king decreed that any one who furnishes liquor to the natives of that country shall be put to death. Though the king is only one, he is a majority.

But in a government "of the people, by the people and for the people" if it is such in fact as well as in name, the law must be in harmony with the wishes of the majority of the people and *any legislation which is not the wish of the majority, any legislation which is "railroaded" or "lobbied" through by a minority is subversive of the first principle of that government.* No matter how good a law is, no matter how much it may be needed, every effort to secure such laws by a minority, whether they be religious laws or health laws or what not, is an effort to nullify the principle for which Abraham Lincoln lived and died.

We have all heard the arguments regarding the passing of laws for their educational effect; but it is possible for the educational effect of even a good law to be in wrong direction. If only a minority of the people are awake to the importance of some particular law and if there is capital invested in a business which is conducted contrary to that law, a corruption fund is inevitable; and officers will be elected who will wink at violation of the law, and as a consequence the people will come gradually to

have less respect for that law, and for all law, and the seeds of anarchy will be sown.

The second principle I would enunciate is that *no government has the right to sanction and legalize a business which debases and destroys its citizens, and increases poverty, disease and misery.*

There we have two horns of a dilemma. If those who feel earnestly the wrong of legalizing the liquor traffic are in a minority, what are they to do? Are they not responsible if by their inaction they permit the liquor business to have the continued sanction of the government? And on the other hand, if they as a minority may not lobby or railroad a prohibition bill through the legislature, how may they do their duty?

They may do it by securing a majority—by persistent and continuous educational propaganda until not only a bare majority but an overwhelming majority appreciates the importance of doing away with the liquor traffic.

We need prohibition. Our government has no right to sanction liquor. The government *is* the majority, and *not* the minority, and the first effort of temperance workers should be to secure a majority by persistent education. Not education in the "three R's" unless that means the teaching that there is a fatal sequence Rum, Riot and Ruin, but in careful instruction, first the children, especially, must be familiarized with the many facts which demonstrate that alcohol is an enemy to the human race. The adults are rarely reached by reform propaganda.

Second—it must be impressed upon each individual that he, to the extent of his ability is responsible for the attitude of the government, and for the existent social conditions, and that it is his duty as a citizen to apply himself to the extent of his ability to the betterment of unfavorable conditions. Third, the people must be taught what they may do, to remedy existing evils. They must be convinced of the evil, must be shown that it's their duty to remedy it, and must be taught how to go about it. The need, the duty, the remedy.

To what extent is there sentiment in favor of prohibition in this country? The fact that certain States have gone dry notwithstanding the heavy capitalization behind the liquor business, indicates that there is a very strong sentiment in favor of the abolition of the liquor traffic. Friendly to prohibition there are two classes of persons who do not always cooperate most cordially. One class believes that the only way to obtain proper legislation is through a new party organized for that purpose. The other class is making the effort to lessen the saloon evil by means of any party or organization through which it can work. Doubtless if these two bodies were prepared to work together to better advantage, more would be accomplished.

Among the classes unfriendly to the prohibition movement are those who through ignorance are indifferent to the social needs of the hour, and those conservatives who believe that "Whatever is is

right." Then there are the workers whose bread seemingly depends on their jobs in connection with the manufacture and sale of liquor; and this class try to enlist all organized labor on their side. Then there is the submerged class, who sell their votes to the saloons for a song, thus enabling political bosses, who always favor a "wide open town" to control the situation in our large cities. Certain Ohio farmers were disfranchised for selling their votes, and if the same process were carried out in all our large cities, it would do as much as any one thing for the purification of politics. Then there is CAPITALIZED VICE whose nerve centers are in the palaces of some of the wealthy, and whose end organs are the sister institutions, the saloon and the brothel which stand or fall together. Members of the Minneapolis Vice Commission, not professed temperance men, learned in their investigation, that it is impossible to dislodge the brothel so long as the saloon continues. The saloon feeds the brothel and the brothel supports the saloon. Finally there is another class who have such an exaggerated idea of what personal liberty should be, that they forget that the orphan and widow, and the wife and child of the drinking man have rights which the government is in duty bound to protect.

But with all these classes lined up against prohibition, it is fairly certain that were it not for the money freely spent by capitalized vice in order that it may perpetuate itself, the people would oftener and

more
hibi

T
agai
uing
and
of t
ern
brea
the
to v
this
eral
unit
cert
havi
after
mist
then
To r
effe
wish
Stat
to 1
Sam
cert
itati
their
not
lique
that
of t
by t

A
Add
the
stan
that
stoo

T
their
terri
able
were
slave
we a

more emphatically declare for prohibition, or at least local option.

There is another influence against a certain territory continuing dry after it has gone dry; and that is the feeling, on account of the attitude of the federal government in protecting the law breakers, that it is no use, and that the liquor laws only teach people to violate law. So long as there is this antagonism between the federal government and the local units, just so long will there be a certain percentage of people who, having voted for prohibition, will afterward conclude that it was a mistake, and if the chance is given them, will vote "wet" next time. To this extent, Uncle Sam is doing effective work in nullifying the wishes of towns, counties and States, expressed at the polls, and to this extent certain of Uncle Sam's legislators are hiding behind certain supposed constitutional limitations, and thereby saying by their action that majorities must not rule if they interfere with the liquor interests. In other words, that this shall not be a government of the people, for the people and by the people.

As has been well shown by Jane Addams in regard to the social evil, the propaganda for liquor reform stands in about the same position that the anti-slavery propaganda stood before the war.

The slave and free States have their analogy in the wet and dry territory. As many of the respectable people and church members were considering how to "regulate" slavery and minimize its abuses, so we are doing now in regard to the

liquor question in the city of Washington and in many other localities. As those who had vision enough to advocate the entire abolition of slavery were considered extremists, fanatics, impractical dreamers and the like, so now with those who advocate the total abolition of liquor. It then required a Mrs. Stowe, with her vision developed in the story of Uncle Tom's Cabin, to awaken a sleeping nation, and it needed a Lincoln at the helm to steer the nation through the terrible struggle which finally settled the dispute.

After all, there are some things to be said in favor of slavery. With good masters, many of the slaves had a much better living than most of their free posterity. The death rate is now higher than in slavery days, which does not speak much for the improvement of the negro's condition by freedom. But in the liquor business, we have an evil and only an evil. The government that accepts a rake-off from the business with which to conduct the government, pays out much more in institutions for the care of paupers, insane, feeble-minded and criminals; and for the blood money it receives, it permits this business to debauch and ruin the flower of the nation. It is wholly evil and has no redeeming features.

Though it required a Mrs. Stowe to light the match, great honor is due to those abolitionists, who through scorn and ridicule and persecution, through thick and thin, in season and out of season, pushed the propaganda of anti-slavery against not only those financially

interested in the slave question, but also against that smug, sleek, religious conservative class that was anxious to let well enough alone, lest they offend their respectable neighbors who were financially interested in slavery. And similar honor is due to those mother crusaders, who going into the Ohio saloons, bearded the lion in his den, and to the women who have to this day continued the warfare against liquor, and to all the organizations which have contributed to the education of the people on the temperance question.

In the early days, these temperance workers were not from the ranks of science, but they had the clearness of vision to perceive that the liquor traffic is a corrupting and damnable business from whatever viewpoint it is seen, and they cried aloud and spared not, and some of the earlier statements may

not have been strictly accurate from the viewpoint of science.

But later they have been reinforced by men of science in all parts of the world, many of whom obtained their first impressions in some of these earlier temperance societies; and these scientists patiently investigating in their laboratories have proved in the main what the early pioneers asserted; that alcohol, even in moderate doses, is not a help but an injury to the human system. Social workers, moreover, have shown that liquor is injurious not only to the individual, but it has an unfavorable influence on those social conditions which go to make life what it is. It is an enemy not only to the individual, but to society.

And now we wait for the inspiration of another Mrs. Stowe, the leadership of another Lincoln, to do with the liquor traffic what we did for slavery half a century ago.

It is a great pleasure to call attention to the Mass. Hydropathic Hospital in Boston, Mass., which is one of the most thoroughly equipped institutions for the use of hydropathic means and measures, in New England. The use of water together with electricity has become so thoroughly established, and yet strange to say, only in large cities, have these means been recognized or even moderately supported.

The medical public have not realized the value of a thoroughly modern bath hospital. The one in Boston has many novelties and is

practically the latest and most thoroughly equipped of any in this country. It is under the direction of an experienced physician, Dr. Rosenthal, who gives his entire time to the use of baths, electrical, mechanical and medicated.

Some of the great spas of Europe, which attract large numbers of people have no better facilities than are found here, and when these facts are realized, we are sure that this will be one of the most attractive hospitals for nervous persons in the great Hub City.

The Quarterly Journal of Inebriety.

VOL. 34. WINTER.

MAY, 1913. NO. 4.

Published by The Therapeutic Publishing Co., Inc.,

PITTS EDWIN HOWES, M. D., Treasurer.

703 Washington Street, Dorchester District, Boston, Mass.

To whom all business communications, relating to subscriptions and advertisements should be addressed.

All exchanges, contributions, reports and matter pertaining to the Journal should be addressed to the Editor, DR. T. D. CROTHERS, Hartford, Conn.

Editorials.

PREMONITIONS OF INEBRIETY.

Are drink attacks preceded by symptoms that indicate the desire for spirits or literally the drink craze and obsession? Clinical studies show many examples, and many persons are aware from their feelings, emotional or otherwise, that they are soon to have an overwhelming impulse to drink. Other persons are unconscious and assert with evident honesty that they will not drink, although they have identical symptoms, which in the past have preceded the sudden outbreak of a drink craze. Such persons sometimes take beer, or even a single glass of spirits, and declare with great emphasis that they can stop and will, then and there, but experience proves that they are unable to do so.

Most drinking persons, either alcoholics or inebriates, show delusive egoism, and no matter what the symptoms are, seem to have no fears of loss of control in the future. To their associates, there is often a well marked premonitory range of conduct and reason, that

leads up to the drink craze under any circumstances. One of these curious obscure obsessions is the desire to do humanitarian work along temperance lines; persons not active in temperance circles, will suddenly show great anxiety to help drinking men by pledges and counsel and after a period of intense activity begin to drink themselves.

When the paroxysm is over, their former interest is forgotten, until a cycle of morbid impulses returns. Among periodical inebriates this is often seen. Fears and fobias of incurable diseases which seem to have many very marked symptoms, very often precede the drink attack. Physicians who fail to recognize the significance of these symptoms may sometimes prescribe tinctures or spirits, and are immensely pleased with the success of the remedy. Later the patient becomes intoxicated and the physician fails to realize that this was the secret of the conditions he was trying to remove.

The intoxication may be explained by accidents or some unforeseen event, and of course will be

concealed from the physician. Another premonition is not uncommon in the unusual activity of the person in his ordinary circle, either mental or physical. He will show anxiety to perfect and complete some work, which is entirely outside of his usual custom, then later give it up and be found drinking. Emotional disturbances, such as extraordinary credulity, skepticism and doubt will mark the outbreak of inebriety. A temperance lecturer would at times show a marvelous eloquence and intensity of expression that was a wonderment to all who heard him. Then later he would have an attack of some disease and be secluded in a hospital or sanitarium.

Many illustrative cases along these lines are noted among chronic inebriates. The same conditions, only in a less marked way appear in others who are not known as persons who drink to great excess.

In the alcoholic, there seems to be a constant strain to find reasons for the continuation of spirits and explanations that sound very child-like. In inebriates, there may be some reasonings and mental efforts to justify the use of spirits, with the hope that they can be stopped any time. Usually there are confused groupings of psychical impressions and obsessions that are transient and all unexpectedly culminate in the use of spirits.

The periodic drinker resembles the epileptic in the mystery and convulsive character of what is practically a drink storm. In some respects, it may be described as the gathering and explosion of nerve energies calling for relief and turn-

ing to the anaesthesia which comes from spirits.

There are distinct auras which are probably not recognized and may be concealed, or referred to some other cause. Very interesting clinical histories are yet to be made, showing the psychical character and the practical possibilities of preventing the attack by breaking up the early symptoms.

ALCOHOLIC REGICIDES.

The assassins of kings and rulers still appear, but in an entirely different light, from the centuries gone by. The men who have become prominent in this role during the last half century have been alcoholics. The older assassins had a distinct plan and purpose, usually to advance their own interests. The modern assassins are of a different type, who through alcohol and general degeneration, have become outcasts. Their acts are of delusional maniacs, without purpose or any great object to attain.

Aleko Schinas, who killed King George of Greece, was one of this class. He was a man with some education, who for years had drunk to great excess at times, and when in this condition was an anarchist. He established a school for this class, and was suppressed by the Government. When not drinking he was quiet, reasonable and apparently not anxious to promote anarchist sentiment and views, but when under the influence of spirits, he was insane, maniacal and hallucinatory. He shot the King while in this condi-

tion, evidently without any conception or purpose.

John Shrank, who tried to assassinate Col. Roosevelt, was of the same class of alcoholic demented. He had drunk for years, owned and worked in saloons and his mind had been continually anaesthetized and disturbed. Hallucinations that killing Mr. Roosevelt would do something, evidently filled his mind. Acting under this impulse he attempted the assassination.

Czolgosz, who shot President McKinley, was another imbecile of the alcoholic type. He lived in saloons, drank beer and spirits at times to excess and was able to preserve a degree of partial sanity. His alcoholic history did not appear at the trial, but his low brain power, feeble reasoning, concealed motives and purposes all suggested spirits and hallucinations. He drank just before the crime was committed and seemed to have no particular purpose or plan.

Gitteau, who shot Garfield, was an alcoholic maniac with dementia and delusions. His use of alcohol was not considered at the trial, yet he was undoubtedly a demented from this cause, and drank heavily before the commission of the act. He was of the same type of reasoning maniacs, seen in insane hospitals.

Booth, who shot Lincoln, was one of the most pronounced alcoholic degenerates in whom homicidal delusions grew through weeks and months. A study of his history, particularly the alcoholic side, published in the *Alienist and Neurologist* for 1911, shows

that Booth was a maniac of the parietic type. He was obsessed with the delusion to kill the President, having no austensible motive except to come into prominence. There are others of the same type, who commit crime constantly, and who are tolerated in the community where they live.

They may have the semblance of adjusting themselves to the surroundings, and apparent sanity, and yet they are really the most dangerous persons, because some day unexpectedly, their mania will develop.

The profession will recognize these demented and maniacs and insist that they come under control and be segregated. Until that time, we shall have other homicides of prominent men whenever the conditions are favorable. The stupidity of allowing persons of that nature the freedom accorded to citizens who are sane, will be recognized in the near future and be a source of wonderment.

THE DRINK PROBLEM IN LITERATURE.

In the last three or four years, every medical volume published, concerning disease and its treatment, has had more or less reference to the influence of alcohol. This is new and shows an immense advance in the recognition of causes that were not known or thought of before. Nearly all the books point out the injuries that come from the use of spirits, and the necessity of recognizing this in the diagnosis and treatment. Most of them condemn alcohol as a tonic and stimulant. Occasionally an

author takes the middle-ground, and urges that in certain instances it will be found very valuable.

In general literature, the subject is coming into prominence. Magazine writers take up the question and urge with considerable enthusiasm the possible dangers from this source. Novelists have made it a central theme around which they have woven stories. In this there is a recognition of the dangers that come from alcohol as a beverage and tonic, and the folly of following the theories urged a few years ago.

The novelists realize that tragedies and serious ills grow up around the cause and seek to portray conditions, believing that the popular opinion will sustain their contention of the value of total abstinence.

Publishers report an increasing demand for the few books that make the scientific study of the subject prominent. Thus Horsley's book on Alcohol and the Human Body has gone through several editions. Crothers' on the Clinical Treatise of Inebriety, and Kerr's work on the Disease of Inebriety are being called for by an increasing number of persons, mostly physicians, who are trying to find literature that will explain and give clearer conceptions of the phenomena of alcoholism and inebriety.

This Journal begins to feel the oncoming wave of interest and hopes to be able in the coming year to show its increasing number of readers something of the new facts and their practical significance in every day life.

Studies of alcohol and inebriety can be made in every community and by every physician. These studies are intensely literal and practical in the efforts to treat, prevent and overcome these neuroses. The greatest obstacle at present is theories and traditions, as to what alcohol is and is not, and these have permeated the text books and repeated with the confidence of being actual facts.

In reality they are unverifiable. Many of these facts do not require instruments of precision to determine. They will be found from a grouping of the facts, and psychological conditions, which have gathered and provoked this form of degeneration. The Journal of Inebriety invites the psychological experiences and studies of observers everywhere. These are the truths now wanted; data and figures concerning certain specific effects of alcohol are too narrow and are subject to variations. We want the psychological laboratory work, which every clear thinking physician can make in his own circle.

There are fields for great discoveries in this direction, awaiting some research. The Eugenics of alcoholism and inebriety is a territory to be opened and occupied, and the Journal welcomes every contribution in this department, to clear away the obscurity of the present.

The critic who announces that he is a total abstainer and has seldom if ever drunk any spirits, and then proceeds after this introduction, to point out the extravagant statements and conclusions of others, concerning alcohol and its effects

on the human body, and follows this up with doubts as to the possibility of disease or any uniform line of degeneration from this source, is still abroad.

Editors who are so conservative and so fearful of over-statements concerning the alcoholic problem, quote these critics, with great satisfaction. It is difficult to explain the timidity and childishness of persons who write on the alcoholic problem in this strain.

On other matters they show usual clearness and frankness of expression and do not hesitate to report statements which they do not quite understand. There is no subject that could be studied with greater ease and facility, and there is no community but what has some examples of spirit and drug neuroses.

If the critic is anxious to ascertain the real truths, they can be found anywhere. He does not need to spend his time throwing doubt on the conclusions of others.

The study of a single patient would reveal facts of tremendous interest, that would have a real value in the progress of the study.

THE KNOXVILLE HOSPITAL FOR INEBRIATES.

The Fourth bi-ennial report of the Superintendent of the State Hospital for Inebriates at Knoxville, Iowa, for the year ending June 1912, is at hand. This is the clearest and most comprehensive record of the work done at this institution which we have seen.

The new superintendent, Dr. Donohoe, has been in charge since 1910, and he evidently understands the situation, and has a pretty firm

grasp on the difficulties and requirements of this work.

All the institutions for the public care of inebriates have suffered from the lack of expert knowledge. The managers have all begun the work with preconceived notions and theories which did not work out in practical experience and the first reports of nearly all the institutions are marred with such faulty conceptions.

Dr. Donohoe evidently recognizes the gravity of the physical and mental condition of the patients, and the necessity for long continued treatment, associated with work, duties and responsibilities.

The hospital work seems to be very encouraging. The parole patients who relapse are becoming less and the length of residence in the institution is increasing. Nearly 150 patients are under treatment all the time and this includes of course all degrees of curability, requiring the best judgment possible to discriminate and determine the best means possible.

Among the numerous tables presented, the one describing all cases as constant or periodic, really means the alcoholics and the inebriates; the constant users being the alcoholics. The periodical users are of course the inebriates, indicating a neuroses as a basis for the spirit use. The others are toxemiacs. Another table shows that of 655 patients, only 30 were abstainers from tobacco. The number of alcoholics complicated with drugs, is apparently very small, compared with those in other institutions, and the number addicted to proprietary medicines is equally small.

A very interesting table gives the treatment of patients at other institutions. Nineteen empiric hospitals had treated more than half of the whole number. The table on the physical condition of the patient is not very satisfactory and presents many figures that are quite unusual. Studies of heredity are interesting, but seem to show a lower percentage of inherited influences than is found in other hospitals.

Another table on Church Affiliations and Church Preferences is exceedingly interesting as indicating the character of the patients. The education of patients is another table, in which only 42 are without education of any kind. Other tables are very interesting, relating to the farm work, the commitments from different counties, the parole and relapses.

The Doctor asks for very reasonable appropriations to increase the building capacity and promises that the patients will be very helpful in the work of the institution.

Altogether this report deserves the warmest commendation, as the most suggestive outline of what can be done and the possibilities for the future.

The state of Iowa can do no better than to give the present management of this hospital a free hand to work out one of the greatest problems of the present age.

HEREDITY IN RELATION TO EUGENICS.

By Charles B. Davenport, M. D.,
Director, Dept. Experimental Evolution,
Cold Spring Harbor, New York, etc., etc.
Henry Holt & Co.,
Pubs., New York.

The following quotations will give the reader an idea of the value of this book.

"It is a reproach to our intelligence that we, as a people, proud in other respects of our control of nature, should have to support a half million insane, feeble-minded, epileptic, blind and deaf, 80,000 prisoners and 100,000 paupers at a cost of over \$100,000,000.00 yearly.

"A new plague that rendered 4 per cent of our population chiefly at the most productive age, not merely incompetent, but a burden, costing \$100,000,000.00 yearly to support, would instantly attract universal attention, but we have become so used to crime, disease and degeneracy, that we take them as necessary evils. That they were so, in the world's ignorance is granted, that they must remain so, is denied."

Breeding, mating and marriages are accidents, and foolish experiments in the human family, while the breeding of animals and plants has been reduced to a science, with marvelous possibilities. Why should human products be left to haphazard methods, while horses, cattle, poultry, grains, fruits and plants are cultivated and bred with precision that can be predicted with certainty? This book is a study of the conditions and the great laws of heredity that develop or destroy the race.

Chapter four on the Geographical Distribution of Inheritable Traits and Chapter five on Migrations and their Eugenic Significance are startling studies that will interest every reader. Chapter six on the Influence of the Individual on the Race, is equally startling in the col-

lection of facts and individual history and Chapter eight on Environment and its Influence is an exceedingly graphic study. The book as a whole startles the reader with the possibilities of a farther and more exhaustive study and indicates a field of research that will have great influence on the future.

In the drink and drug neuroses, there is constant evidence of the presence of unknown laws of heredity, and every student is confronted with facts which he is unable to explain, concerning the continuation of disease and diseased tendencies.

That insanity, inebriety, pauperism, and criminality are growths, which can be increased or exterminated by the application of laws and forces at present unknown, is a reality and this study is a contribution in this direction.

We commend it most heartily as the first guidance or attempt to point out some definite land marks that will enable us in the future to treat intelligently the conditions that now are surrounded by mystery and treated by the most empiric methods.

The author is secretary of the Eugenic Section of the American Breeders' Association, and has evidently entered upon a new field with as fascinating possibilities, and as practical realities, as those which should come from the discovery of new germs, and immune serums.

The publisher has presented a very attractive volume and we believe our readers should put this in their library as the first American

work covering a subject that has personal interest to every one.

SUGGESTIVE THERAPEUTICS, APPLIED HYPNOTISM AND PSYCHIC SCIENCE. A Manual of Practical Psychotherapy, Designed for the General Practitioner of Medical and Surgery. By Henry S. Munro, M. D., Omaha, Neb. Third Edition Revised and Enlarged. C. B. Mosby Co., Pubs., St. Louis, Mo., 1912.

This is a large, finely printed book of about 400 pages, divided into twenty-eight chapters, each giving a different view of the subject, illustrated with examples. Many of these chapters are exceedingly graphic and clear discussions of subjects that are usually hazy. The author writes with clearness and directness of purpose that is very illuminating and satisfactory.

The central idea running through the book, shows that Psychotherapy is a distinct agent and means in the treatment of disease, that should be used, and that its possibilities and actual value are beyond all question or doubt.

The author wisely avoids elaborate theories and explanations of the phenomena of the power of suggestion, giving only here and there a possible view, but states at great length the actual results that follow when it is properly applied.

The great value of the book will be in its suggestiveness, rousing the reader to demonstrate or confirm the author's experience. Minute directions are given as to how this can be done. It is by far the most satisfactory book, both scientifically and practically, that

has yet been published, and we commend the author, as an authority and guide in these new lands, and we commend the book to our readers as one of the greatest value and helpfulness in the practical everyday practice, especially in the border-land neuroses.

DIVORCING LADY NICOTINE

By Henry B. Needham. Published by Forbes & Co., Chicago, Ill.

The author of this little book makes a sad failure in trying to describe his efforts to stop the use of tobacco. The failure comes from his want of knowledge and emotional display of egoism and conceptions that he thought were real. The tobacco user is not an emotional man as a rule and the struggle to escape is not sentiment of balancing emotions, but hard common sense. The author wants to try again and get some knowledge of the subject before he offers his own experience as helpful to others.

The British Journal of Inebriety for April, 1913, has a very suggestive article on Psychotherapy in regard to the Inebriate, also one on Alcohol and its Relation to the Home, by General Booth, Alcohol and the Undergraduate, by Sims Woodhead. The Attitude of the Public Mind on the Alcoholic Problem, by John T. Rae; Children and Liquor Bars, by John Newton.

These papers are very significant and contain many interesting facts.

A review and notices of books is a department of great interest, particularly as books on alcoholism are given the greatest prominence. The

literature is growing so rapidly that persons who wish to keep up with the teaching and studies of experts find difficulty in hearing or knowing the various productions that are constantly coming up. This Journal is the most prominent and reliable of all the publications in this direction, and sustains its previous reputation as being the greatest authority in the world. It is published by Bailiere, Tindall & Cox and edited by the well-known Dr. T. J. Kelynack of London.

PROCEEDINGS OF THE INTERNATIONAL TEMPERANCE CONGRESS AT THE HAGUE.

The Hague meeting last September of the International Temperance Congress was the thirteenth gathering of this kind in Europe. The proceedings occupy a volume of 380 pages. Each paper and the discussions are published in the language of the author.

The Congress itself was less prominent than the others, and yet a larger number of medical men were in attendance. The Congress in London, in 1909, registered 1800 members, representing 25 nations. This congress had 900 members representing 32 countries.

There were thirty-six papers presented. Germany contributed 10, Holland 7, Switzerland 6, and England 4, France 3, Sweden and Austria 2 each, and Finland and America 1 each. The subjects discussed were the treatment of inebriates; alcohol and degenerations, and legislation; and how to secure the co-operation of the Governments

and general direct and indirect work.

Dr. Feldman of Bielefeld discussed The Responsibility of Inebriates in an original way, and showed how necessary rest and restraint and quietness were in the treatment.

Dr. Bouman of Amsterdam, gave a historic review of institutions and their care, showing that over 70 hospitals for the treatment of inebriates were in operation in Germany. He gave as a result of their work that from 27 per cent to 37 per cent were permanently restored.

A great many papers were read on allied topics which brought out no new facts. Dr. Bertholet read a paper on Cirrhosis of the Testicles as peculiar to Alcoholic Drinkers, mentioning a number of cases. Heredity came in for a large amount of opinions and some statistics.

Many of the conclusions were discussed, and the opinion was stated that from 70 per cent to 80 per cent of all inebriates descended from drinking parents and grandparents. Questions of dealing with the inebriates were discussed at some length, and many theories were advanced and defended with a great deal of interest.

All the writers of papers agreed that the use of alcohol was the greatest peril confronting civilization, and every effort should be made by the state to control its growth in some way.

State Inebriate Hospitals were urged by many speakers, and educational efforts to prevent the

growth of alcoholism by teaching in public schools and by literature scattered among people everywhere were presented. The next Congress will meet at Milan, Italy, in September, 1913.

America sent twelve representatives, and only one contributed a paper, and that was on a subject about which there is some doubt as to its wide application in practical life.

This volume of proceedings, while it contains several very suggestive papers and is undoubtedly a contribution to the general subject, lacks in many respects and has a rather limited value, because many of the papers are not translated, not even an abstract of their contents is presented. One is rather startled to see that no reference is made to the work done in America, or even in England.

The discussions along elementary topics, have the sound of belated students who have no idea that anything has been done, beyond their products and country. An invitation to meet in America was given two years ago, and was voted down, and probably the same invitation will be extended at the next meeting.

A congress in this country would carry the subject far in advance of anything yet presented, and our foreign friends would realize that the alcoholic problem has been studied on a much higher plain here than elsewhere. We commend this volume which can be procured from J. Van Boekhoven, Utrecht, Holland.

SUGGESTION AND PSYCHOTHERAPY.

By George W. Jacoby, M. D., Fellow of the N. Y. Academy of Medicine, American Neurological Association, etc., etc. Chas. Scribner & Sons., Publishers, 1912.

This study of a most interesting subject condensed into 350 pages has a special value to both professional and lay readers. The author has sought to show that suggestion and psychotherapy are realities, far more literal, than the average reader can realize.

Part first is devoted to the psychology and physiology of the brain and its activity, showing its sensitiveness to impressions, and many of the phenomena that are attributed to spiritual causes, are really physical and can be explained in some measure as the result of definite conditions.

The second part indicates the reality and the dangers of psychopathic studies, particularly by persons unacquainted with the mental and physical conditions. He shows how personality of the patient and personality of the physician are requisite in determining the phenomena and that in reality it is but another phase of practical physics in the mental field.

The third section is devoted to the therapeutic means and measures that are practical and real and how far they can be used and in what direction they can act, and something of the possibilities. This takes up the quack means and measures, and explains how faulty they are in every way, and outlines the possibilities of treatment, not only in preventive, but curative measures.

The author deserves the warmest commendation for the practical way in which this subject is taken up, and the very attractive grouping of facts that are not clear in the larger text books. The publishers have given a very attractive volume and this book deserves a place in the library of every thinking man.

THE BLOOD OF THE FATHERS.

A Play in Four Acts Dealing with the Heredity and Crime Problem.

By D. Frank Lydston, M. D., Chicago, Ill.

The author is a leading surgeon in Chicago, and a man of unusual force and character. His books and writings have been contributions to every subject he has taken up, and this new effort in dramatic literature will attract a great deal of attention.

The characters are somewhat commonplace people, who do things naturally and exhibit their weakness and strength from heredity and environment, and at the same time talk very wisely and are made to have a comprehension of the situation beyond the average person.

The story deals with a doctor and persons with whom he comes in contact from high and low society. He marries strangely for one with his intellect and has various experiences which gives the author an opportunity to bring out his conception of heredity and crime and the physical basis for it.

Some of it is intensely realistic, seemingly a part of the author's personal experience. Others are formal and lack in the dramatic in-

instincts of grouping characters for sensational effects.

The author excels in exact descriptions of persons, but fails in portraying lines of conduct that seem reasonable and natural. The drama is worth reading. Critics will differ whether the author has added to his literary fame by this production or not. At all events it is an attempt to bring out the great facts of heredity and show that crime is a physical condition, governed by forces that are unknown at present.

As a contribution to the new psychology of degenerations, this will have a prominent place, and we hope the author will try again and possibly he may produce a drama that will live in the great literature of this century.

ANALYTIC CYCLOPEDIA OF PRACTICAL MEDICINE.

By C. E. Sajous, M. D., LL. D., and the Active Co-operation of One Hundred Associate Editors. Seventh Edition. Volume Two. F. A. Davis & Co., Publishers, Philadelphia, Pa.

This and Volume One have a particular value, differing from that of other books in the groupings of facts and studies, on a great variety of topics in practical medicine. In some ways it is an encyclopedia, in others a text book for the practical use of the latest facts and observations.

To the specialist there are many subjects grouped in a most available form and the editor shows unusual skill in discriminating facts of value from general theories. As an evidence of how largely alcohol has

come into medicine, there is nearly 100 references to this subject, in the two volumes.

It is to be expected that the vaccine theories would occupy a large space owing to the remarkable work of the editor and his son in this field.

The reader is greatly impressed with the breadth of the facts grouped and the wisdom displayed in keeping the most prominent truths ever in the foreground.

This book has a rare value which will be appreciated by every reader and should occupy a space in every library.

The publisher has presented a very attractive volume, which is somewhat superior to the others in type and arrangement.

Prof. Debove of Paris, presented to the Academy of Medicine, at Paris, a paper with the following title: "Alcohol, A General Economic Study; Its Bearing upon Agriculture, Commerce, Legislation, Taxation and Individual and Social Hygiene."

Prof. Clemenceau defended this pamphlet and wrote a preface to it, for general distribution. He declared that the present remedies of treating inebriety were destructive and farsical; that the state acted timidly, as if it had no power to check one of the greatest enemies of social peace and welfare.

All sorts of legislation that was timid and compromising had been tried, and the man who asserted that the state had the right and the power to wipe out the manufacture and traffic of alcohol, was regarded as a fanatic. He declared that

the public and private interest was periled to the extent that it was the duty of every patriotic citizen to join in a common effort to destroy the sale of spirits as a beverage, and break up the destructive traditions which allowed alcohol to exist and be sold to the people.

A resolution of thanks was passed and the paper and discussion produced a profound interest.

THE GOOD HEALTH MAGAZINE, edited by Dr. Kellogg of Battle Creek, is a charming little pocket publication, full of useful and most valuable facts. The editor addresses a large unknown audience. A missionary returning from Central Africa brought with him an early copy of this magazine, which for a long time was used as an amulet by a noted chief. The chief reasoned that its printed pages contained silent voices, warding off diseases and evil spirits and brought success to its owner.

The missionary persuaded him to part with it for another book which he said was more powerful. The idea of the savage had a very significant reality. The silent voices of its pages are certainly charms and forces to keep off the ills of life.

THE BATTLE CREEK SANITARIUM is the great fountain of eternal youth, or where the grand ideals of life can be realized and the obstacles overcome.

This is demonstrated literally by the hundreds of people who are coming and going all the time, learning how to live better, how to enjoy life, how to overcome disease. It is the largest and best equipped

sanitarium in America, if not in the world, and our readers can verify it, as we have done.

A physician sends us a very suggestive study of cancers, with previous histories of alcoholic excesses. Some of the cases reported are very significant, and if the facts are verifiable, they indicate a new relation not suspected before. His contention is, that alcohol either in so-called moderation, meaning small quantities at regular intervals, or alcohol used to excess at times with free intervals, predispose to the growth of cancers of various kinds. He gives many reasons which in the main turn on the low vitality and defective metabolism which follows the use of alcohol.

We mention this for the purpose of calling attention to this possible new phase of the organic causation of cancers.

In previous studies of these diseases, the fact of having used alcohol is not regarded as of any consequence, hence is rarely mentioned. This may be a cause that is overlooked and may have a good deal to do in bringing about the cancerous growth.

We take pleasure in calling attention to Horlick's Malted Milk, as one of the very few products that is invaluable both as a nutrient and remedy in neurotic cases. We have used it and recommended its use for many years, and always with the very best results.

As a food for invalids, it is unrivaled and it can be used in many different ways, always agreeable and palatable.

PSYCHANALYSIS, Its Theories and Practical Application.

By A. A. Brill, Ph. B., M. D., Chief of the Neurological Dept. of Bronx Hospital, etc., etc. Philadelphia and London. W. B. Saunders Company, 1913.

The author of this book, Dr. Brill, has rendered great service and should receive the warmest thanks from the medical public for giving an excellent translation and admirable condensation of Freud's Psychoneuroses and Psychosis. It is very evident that the author has given a much clearer conception of Freud's researches and his epoch-making studies, than the original, in German.

The author is evidently a very warm defender of Freud's theories and is able to develop them along side lines in a very satisfactory way. He has compressed in a single volume of over 300 pages, an immense amount of matter so suggestive and so full of possible applications in every day life, that the reader is astonished as well as delighted.

The chapter on the psychopathology of every day life and the one on actual neuroses and one on dreams can be re-read with profit, over and over again. Another chapter on the Only and Favorite Child in Adult Life will appeal to our readers, as it describes many conditions that have been rather obscure before.

We shall hope to give our readers a full account of this chapter in the near future. The whole subject appeals to the student of the borderline neuroses as being the best and most complete study of the pecu-

liarities which confront nearly every physician treating mental cases.

The ability to translate the work of a foreign author, particularly a German, and make his theories clear and practical is an art, which only a master of the subject can acquire, and even then, there are often grave faults and irregularities in the proportion and treatment of the topics.

In the multitude of books coming from the press on mental and nervous diseases, this is the most original and stimulating, particular along new lines, indicating an advance, which is certainly refreshing to the wearied reader.

Freud has evidently opened up a new world, and whether all his present theories will be confirmed and sustained by farther studies, is of small moment, he has evidently outlined new fields and suggested new methods of considering the phenomena of psychoses that will attract a large army of both workers and readers in the future.

The publishers as usual, have presented a very attractive book, and without any question, the reader will find this among the most helpful and attractive publications of the present time.

The Government is evidently afraid of agitation in this direction, and while Finland has twice passed bills for National Prohibition of the manufacture, importation and sale of spirits as beverages, the Czar has refused to give his consent.

Evidently the alcoholic trade has a very powerful influence in that old country.

Publisher's Announcement.

After this issue the Journal of Inebriety will drop the form of a Quarterly and become a Bi-Monthly being issued in the months of July, September, November, January, March and May of each year.

We believe that this change will be for the best interests of the subscribers, the advertisers and the publishers.

It affords us peculiar pleasure to also announce that arrangements have been made so that hereafter our pages will present the best of the articles, either entire or in abstract, read before the English and German Societies who are working along the same lines as the Society of which this Journal is the Official Organ.

By this means our readers will have a graphic resume of all that is being done both at home and abroad to stop the ravages of Alcoholism and other drug habits.

May we not have the hearty co operation of every one who reads these words to assist us in our endeavor to increase the circulation of our periodical so that many more may derive benefit and help from its perusal?

Prize Essay.

Under the auspices of The American Society for the Study of Alcohol and Other Nartotics, Dr. L. D. Mason of Brooklyn, N. Y., Vice Pres. of the society, offers a prize of \$150.00 for the best essay on the following topic: "The Biological and Physiological Relations of Alcohol to Life."

The essay must be the result of original research which shall confirm or disprove the present theories of the inherited effects of alcoholic degenerations and indicate how far the defects of parents are transmitted to the children.

Such work may be carried on in man or animals, and the results may be illustrated by drawings or photographs and must be typewritten and sent to the office of the Secretary before July, 1914.

This offer is open to students in all countries, and each essay should be accompanied by a motto and a sealed envelope containing the same, with the author's name and address.

A committee of award of which Dr. W. S. Hall, Prof. of Physiology in the Northwestern University, Chicago, Ill., is the chairman.

All inquiries should be addressed to Dr. T. D. Crothers, Hartford, Conn., Sec'y.

Physicians will find the
ORIGINAL-GENUINE

HORLICK'S
MALTED MILK

TO BE A

Valuable and excellent reconstructive in
the treatment of alcoholic patients, and
the subsequent weakness and lassitude
which follows many nervous and men-
tal diseases.

IT IS GRATEFUL AND SUSTAINING

Easily digested and assimilable, and satisfies every nutritive need
of the system.

A glassful sipped hot upon retiring is frequently of great
value as a hypnotic
inducing calm and refreshing sleep.

Always specify "HORLICK'S" Original-Genuine.

Sample sent on Request.

HORLICK'S Malted Milk Co.,

Racine, Wis. U. S. A. Slough, Bucks, England.

T
This ins



W.



Elegantly s
class of cases, th
of the physician
all these cases r
about this resul

Physicians will find the
ORIGINAL-GENUINE

HORLICK'S
MALTERED MILK

TO BE A

Valuable and excellent reconstructive in
the treatment of alcoholic patients, and
the subsequent weakness and lassitude
which follows many nervous and men-
tal diseases.

IT IS GRATEFUL AND SUSTAINING

Easily digested and assimilable, and satisfies every nutritive need
of the system.

A glassful sipped hot upon retiring is frequently of great
value as a hypnotic
inducing calm and refreshing sleep.

Always specify "HORLICK'S" Original-Genuine.

Sample sent on Request.

HORLICK'S Malted Milk Co.,

Racine, Wis. U. S. A. Slough, Bucks, England.

Antik

ST
in the treatment of he-
la grippe and its sequelae
irregular menstruation.
In neurasthenia, in mil-
ovarian, in the nervous t-
beneficial action. It is m-
ant hypnotic.

Antikamnia & Codeine
useful in affections of the
coughs, colds, etc. Most
condition preceding and

THE ANTIKAM

Antik

(FOR CO

Antikamnia Tablets



(OPPOSED TO PAIN)

STRONGLY RECOMMENDED

in the treatment of headaches, cephalalgia, hemicrania, migraine, myalgia, coryza, la grippe and its sequelæ, the lightning pains of locomotor ataxia and all pain due to irregular menstruation.

In neurasthenia, in mild hysteroid affections, and in the various neuralgias, particularly ovarian, in the nervous tremor so often seen in confirmed drunkards, this remedy has a beneficial action. It is most useful in rheumatic pains, and will be found a safe and pleasant hypnotic.

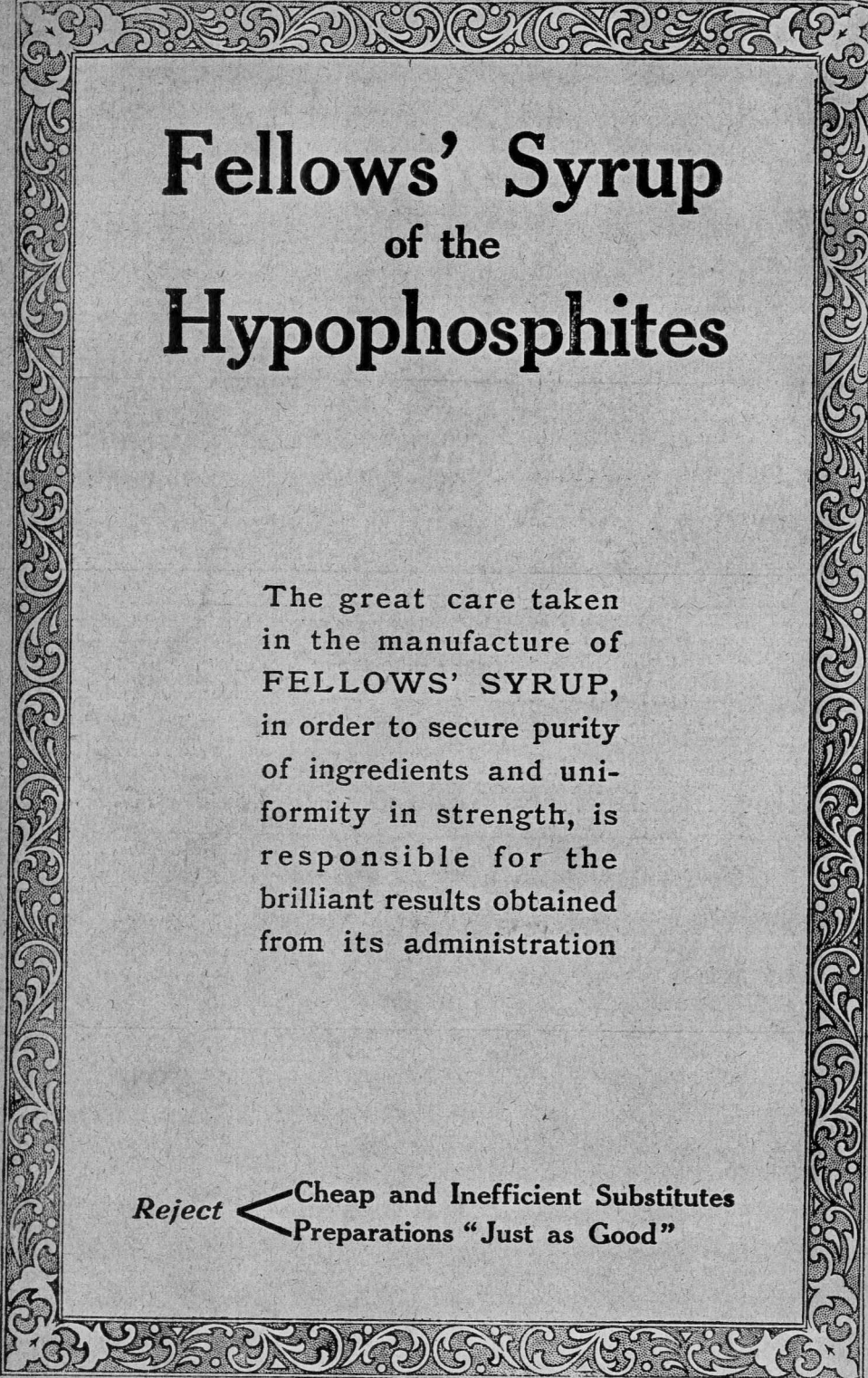
Antikamnia & Codeine Tablets present a most meritorious combination, especially useful in affections of the respiratory tract, neuroses of the larynx, la grippe, influenza, coughs, colds, etc. Most excellent for the relief of the characteristic pain and nervous condition preceding and continuing during the menstrual period.

THE ANTIKAMNIA CHEMICAL CO., St. Louis, U. S. A.

Antikamnia & Codeine Tablets



(FOR COUGHS, COLDS AND LA GRIPPE.)



Fellows' Syrup

of the

Hypophosphites

The great care taken in the manufacture of FELLOWS' SYRUP, in order to secure purity of ingredients and uniformity in strength, is responsible for the brilliant results obtained from its administration

Reject < Cheap and Inefficient Substitutes
Preparations "Just as Good"

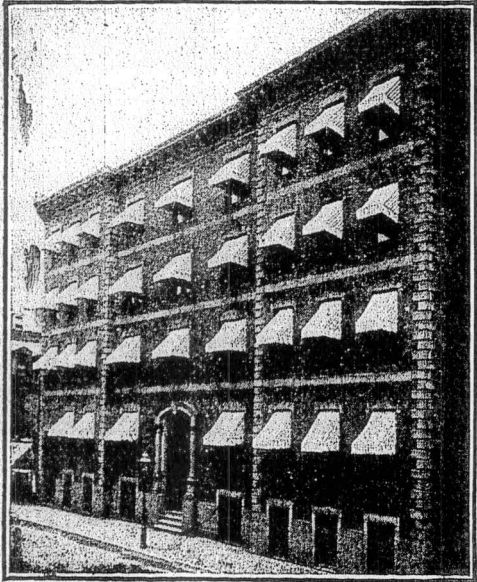
JK

The Washingtonian Home

41 Waltham Street, Boston, Mass.

A HOSPITAL FOR INEBRIATES.

This institution, founded in 1857, is the oldest of its kind in the United States.



It is conducted on a hospital plan, each patient being made the subject of special study and special treatment suited to the requirements of the case. The general plan of treatment is to build up the physical system, restoring both mind and body to a normal condition. This is accomplished by the application of Turkish, Saline and Shower Baths, Electricity, Massage, Tonics, Diet and every other means known to science, which by experience have been proved to be of value in these cases. Each case is under the direct personal care of the physician and superintendent, who resides in the house.

HON. GEO. HOLDEN TINKHAM,

PRESIDENT,

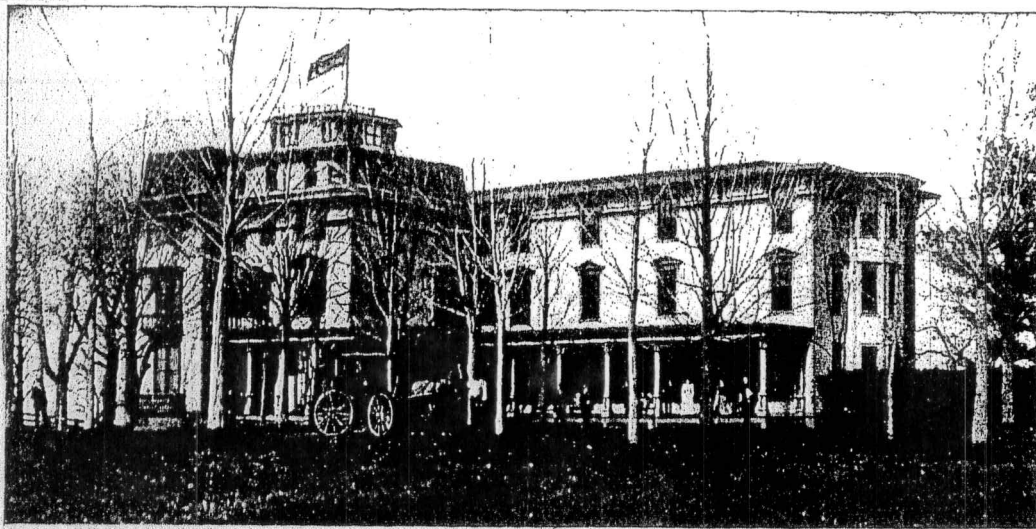
V. A. ELLSWORTH, M. D.,

SUPERINTENDENT AND PHYSICIAN.

WALNUT LODGE HOSPITAL,

HARTFORD, CONNECTICUT.

Organized In 1880 for the Special Medical Treatment of
Alcohol and Opium Inebriates.



Elegantly situated in the suburbs of the city, with every appointment and appliance for the treatment of this class of cases, including Turkish, Roman, Saline and Electric Baths. Each case comes under the direct personal care of the physician. This institution is founded on the well recognized fact that Inebriety is a disease and curable and all these cases require rest, change of thought and living, with every means known to science and experience to bring about this result. Applications and all inquiries should be addressed

T. D. CROTHERS, M. D., Supt., Walnut Lodge, HARTFORD CONN.

The Journal of Inebriety

T. D. CROTHERS, M. D., Editor

The Therapeutic Publishing Co., Inc., Publishers.

THE JOURNAL OF INEBRIETY is the first and only Journal ever published in America devoted to the study of Inebriety, Alcoholism, and the various Drug habits, from a medical standpoint.

THE JOURNAL OF INEBRIETY occupies a field that is peculiarly its own and appeals to all persons who desire to possess the scientific facts concerning the various neuroses which are due to spirit and drug taking.

THE JOURNAL OF INEBRIETY will be especially acceptable to all seekers after truth, inasmuch as it not only represents the American Society devoted to research along the lines which it covers, but is also the accredited medium for the publication of the work of the English and German Societies who are making studies in the same direction.

THE JOURNAL OF INEBRIETY should be in the hands of, and read by, every physician who desires to keep in the front rank regarding the exact knowledge of the topics which it discusses. It is our expectation that every one who is vitally interested in the best welfare of humanity will eventually become careful readers of our Journal and interested in aiding us to spread its influence.

The Subscription Price is TWO DOLLARS A YEAR IN ADVANCE.

Will you not lend your assistance by filling out and forwarding the blank below, together with the required amount.

The Therapeutic Publishing Co., Inc.,

703 Washington Street,

Dorchester District, Boston, Mass.

Gentlemen:—Enclosed please find \$ for which you may enter my name as a subscriber to The Journal of Inebriety. You may continue this subscription until it is revoked by me in writing, sending bill annually.

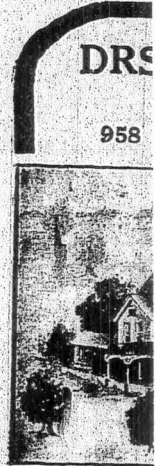
Name

Street

City or Town

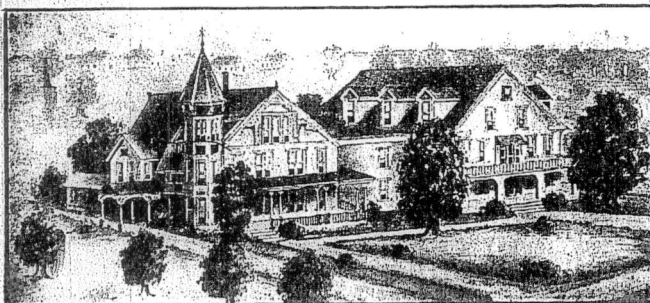
State

P. S. Kindly write your address very plainly.



**DRS. PETTEY & WALLACE'S
SANITARIUM**

958 S. Fourth Street MEMPHIS, TENN.



FOR THE
TREATMENT OF

**Alcohol and Drug Addictions
Nervous and Mental Diseases**

A quiet, home-like, private, high-class institution. Licensed. Strictly ethical. Complete equipment. New building. Best accommodations.

Resident physician and trained nurses.

Drug patients treated by Dr. Pettey's original method under his personal care.

ERGOAPIOL
(Smith)

For
**AMENORRHEA
DYSMENORRHEA
MENORRHAGIA
METRORRHAGIA
ETC.**

ERGOAPIOL (Smith) is supplied only in packages containing twenty capsules.

DOSE: One to two capsules three or four times a day. <<<

SAMPLES and LITERATURE SENT ON REQUEST.

MARTIN H. SMITH COMPANY, New York, N.Y., U.S.A.

SAN FRANCISCO OFFICE: 240 Stockton St.
Mondays, Thursdays and Saturdays,
10 a. m. to 12.

The Gardner Sanitarium
(Inc)

For Nervous and Mental Disorders, Drug and Alcoholic Addictions, Rest Cure and Recuperation.

Situated on the hills, one-half mile from the village of Belmont, in the San Mateo Valley. Climate ideal. Location quiet and healthful. Eighteen miles from San Francisco. On the S. P. R. R. (Coast Division)

A. M. Gardner, Supt.
H. G. McCleahan, Asst. Phy.
P. S. Gardner, Business Mgr.

Sanitarium
BELMONT
SAN MATEO CO.
CAL.
Tel. Main 41

SAL HEPATICA

Is especially valuable when there is torpidity of the bowels or intestinal sluggishness arising from organic derangement of the liver and kidneys.

It is the best agent for the relief of that form of costiveness that is ushered in by an attack of colic and indigestion, and not only clears away the effete and irritating matter in the alimentary tract but eliminates the semi-inspissated bile that too frequently induces the so-called "bilious" condition; at the same time an abundant secretion of normal bile is assured, thereby demonstrating its value as a liver stimulant and true cholagogue.



Write for free sample.

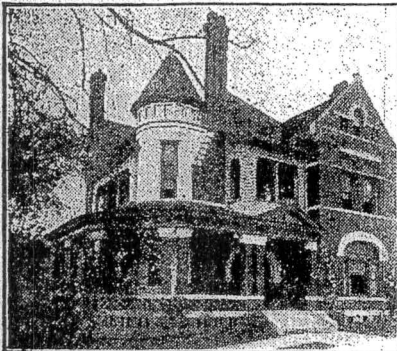
BRISTOL-MYERS CO.

277-281 Greene Avenue,
BROOKLYN, NEW YORK, U.S.A.

THE MILWAUKEE SANITARIUM, For Mental and Nervous Diseases.



Entrance West House Office and Bath House Psychopathic Hospital
 Located at Wauwatosa, Wis. (a suburb of Milwaukee) on C. M. & St. P. Ry., 2 1/2 hours from Chicago, 15 minutes from Milwaukee, 5 minutes from all cars. Two lines street cars. New Psychopathic Hospital: Continuous baths, fireproof building, separate grounds. New West House: Rooms, en suite, with private baths. New Gymnasium and Recreation Building; Physical culture, new "Zander" machines, shower baths. Modern Bath House: Hydrotherapy, Electrotherapy, Mechanotherapy. 28 acres beautiful hill, forest and lawn. Five houses. Individualized treatment. Established in 1884.
 Address RICHARD DEWEY, A. M., M. D. in Charge. Wauwatosa, Wis. HERBERT W. POWERS.
 CHICAGO OFFICE: Venetian Building Wednesdays, 11 30 to 1 o'clock, except July and August. WM. T. KRADWELL, M. D.
 TELEPHONES: Chicago—Central 2856. Milwaukee—Wauwatosa 16.



Dr. Moody's Sanitarium

EXCLUSIVELY FOR NERVOUS AND MENTAL DISEASES
 DRUG AND ALCOHOL ADDICTIONS

Treatment Modern, Scientific, and Strictly Ethical

Seven acres of beautiful shade and lawn, two main buildings 200 feet apart, and two isolated cottages, all comprising about 70 rooms with new complete steam-heating system, electric lights, hot and cold water and artesian city water supply; all the comforts and privacy of home.

Address, G. H. MOODY, M. D.

(For 6 years assistant physician to State asylums at San Antonio and Austin, Texas.)

315 Brackenbridge Avenue, San Antonio, Texas

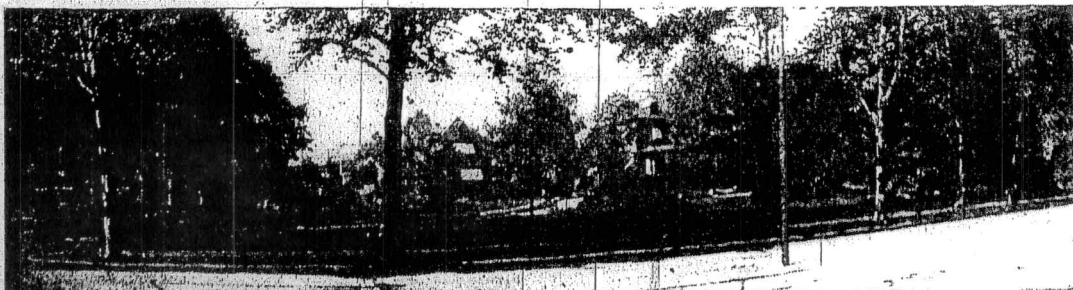
"NORWAYS'S"

Dr. Sterne's Sanatorium for Nervous Diseases

No. 1820 EAST TENTH STREET (Facing Woodruff Park)
 INDIANAPOLIS, INDIANA.

CONSULTING HOURS
 By Appointment Only from
 10 to 12 A. M., 2 to 4 P. M.

VISITING HOURS TO PATIENTS
 3 to 5 P. M.
 Telephones: old, Woodruff 1999, New, 290



It is the most practical recommendation of Elek also T P BOS

**"THE
BEST
YET"**

It is the most practical book on this subject yet printed.

It may be bought of all dealers in Electrical Apparatus; also of the

**THERAPEUTIC
PUBLISHING CO.,**

703 WASHINGTON STREET,
DORCHESTER DISTRICT

BOSTON, :: :: MASSACHUSETTS

**McIntosh's
Practical
Handbook
of
Medical
Electricity.**

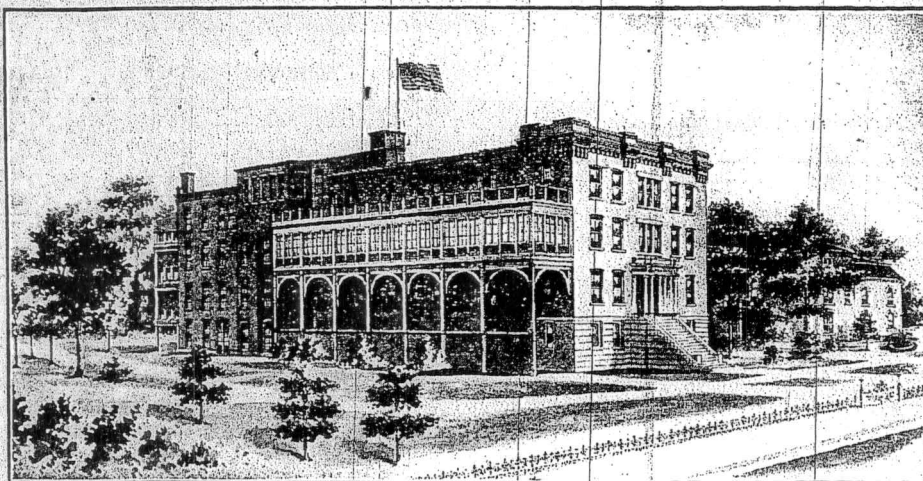
¶ This book of 450 pages, illustrated by 250 diagrams and half tones, fills the need of every user of medical electricity.

SEND FOR
A COPY

PRICE
\$3.00
NET

**"JUST
WHAT
YOU
NEED"**

NEURONHURST



DR. W. B. FLETCHER'S SANITARIUM.

For Treatment of Mental and Nervous Diseases, including Legally Committed and Voluntary Cases. Well equipped with all facilities for the care and treatment of all forms of mental and nervous diseases, inebriety, drug addiction, and those requiring recuperation and rest. Gynecological department in charge of skilled women physicians. All approved forms of Hydrotherapy, Balneoherapy, Massage, Swedish movements, etc. All forms of electrical treatments. Phototherapy. High Frequency and X-ray work. A strictly ethical institution. Correspondence and physicians invited.

For particulars and terms address DR. W. B. FLETCHER or DR. MARY A. SPINK,
Long Distance Telephone 381 1140 East Market Street, Indianapolis.

The Success or Failure

attending the use of maltose and dextrin as a carbohydrate element of an infant's diet depends upon the quality of the product used, its uniformity of composition, and certain relative proportions of maltose and dextrin.

For nearly fifty years we have persistently and consistently urged the use of maltose and dextrin—the carbohydrate content of Mellin's Food—in infant feeding, and undoubtedly the successful use of Mellin's Food in the hands of physicians during this long period is due in a large degree to the acceptance of our statements, applying specifically to Mellin's Food, regarding the superiority of these carbohydrates over all other forms of sugar.

The rapidly growing interest in this rational method of modifying milk has prompted the exploitation of products of doubtful value, the use of which is likely to be disappointing. We, therefore, again urge the employment of Mellin's Food by physicians who wish to obtain the prompt results which attend the use of a maltose and dextrin product made in a *natural* way from barley malt and wheat, and one presenting these two carbohydrates in the proper relative proportions.

Complete analysis of Mellin's Food, calorie value of quantities by weight and volume and percentage equivalents sent promptly upon request

Mellin's Food Company

Boston, Mass.

Jo

THE
medic
impor

THE
its pa
Each

THE
term "
metho

The

THE
PITTS E

Intractable Coughs and Colds

—owing their prolongation to constitutional or systemic weakness
—are usually bound to continue until the nutrition and vitality of the whole body are substantially improved. The well-known capacity of

GRAY'S GLYCERINE TONIC COMP.

to spur physiologic processes, promote functional activity and restore the nutritional tone of the whole organism, readily accounts for the benefits that promptly follow its use in all affections of the respiratory tract.

¶ When local remedies fail, or at best give but temporary relief, "Gray's" can be relied upon to so reinforce the natural protective and restorative forces of the body that even the most persistent catarrhal diseases are quickly controlled and overcome.

135 Christopher St.

THE PURDUE FREDERICK CO.

New York

The

Journal of Therapeutics and Dietetics

¶ THE JOURNAL OF THERAPEUTICS AND DIETETICS is the only medical journal in the United States which makes a specialty of these two important topics.

¶ THE JOURNAL OF THERAPEUTICS AND DIETETICS aims to fill its pages with practical instruction along the lines of its adopted specialties. Each number will be a help to every reader.

¶ THE JOURNAL OF THERAPEUTICS AND DIETETICS defines the term "Therapeutics" in such a broad, catholic spirit as to include all means and methods which may be used in restoring the normal equilibrium.

¶ The subscription price is one dollar per year.

THERAPEUTIC PUBLISHING COMPANY, BOSTON

PITTS EDWIN HOWES, M.D.

Managing Editor

The American Society for the Study of Alcohol and Other Narcotics.

ORGANIZED IN 1870.

The first scientific society in the world, for the study of alcohol and narcotics, in their etiological, physiological, therapeutic and medico-legal relations, and also the clinical aspects of the subject

The special object of this society, is to gather and formulate the facts of the disease of inebriety, and other narcomaniacs, and indicate the means of cure and prevention by every remedial means and measure known to science.

The work of this society is to compile and make available the studies by physicians in all parts of the country, and publish them in the Journal of Inebriety, the organ of this society, independent of all previous theories, and from a strictly medical point of view. All regular practitioners of medicine may become members of the society by a majority vote of the Executive Committee, accompanied with an initiation fee of \$5.00. The annual dues are \$3.00, which includes a subscription to the Journal of Inebriety for one year.

Associate members will be required to pay \$3.00 which will include the Journal of Inebriety for one year. Annual and semi-annual meetings will be held, in different cities, as arranged by the Executive Committee.

Officers of this Society for 1913:

Hon. Pres. H. O. Marcy, M. D., LL. D., Boston, Mass.
 Hon. Pres. W. S. Hall, M. D., Ph. D., Chicago, Ill.
 Pres. L. D. Mason, M. D., Brooklyn, N. Y.
 Vice Pres. T. Alex. MacNicholl, M. D., New York City.
 Vice Pres. Alfred Gordon, M. D., Philadelphia, Pa.
 Secretary, G. H. Benton, M. D., Diana, Florida.
 Cor. Sec., Treas. and Editor of the Journal, T. D. Crothers, M. D., Hartford, Conn.

All communications should be addressed to the Cor. Sec., Hartford, Conn.

Is in full ch
selection of
a diagnostic

The Do

R. M

*This Space
will be filled
Next Month.
Look for it.*

**GLYCO-HEROIN
(SMITH)**

For
Coughs
Bronchitis
Phthisis
Whooping Cough
Pneumonia
Asthma

AN ABSOLUTELY STABLE
AND UNIFORM PRODUCT
THAT HAS GAINED
WORLD-WIDE DISTINCTION
THROUGH ITS DEPENDABLE
THERAPEUTIC EFFECTS

DOSAGE:
The adult dose of
the preparation
is one teaspoonful,
repeated every two
hours or at longer
intervals, according
to the requirements of
the individual case.
For Children of ten or
more years, from one-quarter
to one-half teaspoonful.
For children of three or
more years, from five to ten drops.

FOR SAMPLES AND LITERATURE, ADDRESS:
MARTIN H. SMITH CO., NEW YORK, N.Y. U.S.A.

Announcement---

George F. Butler, A. M., M. D.

FORMERLY OF CHICAGO

Professor of Therapeutics, Chicago College of Medicine and Surgery
Author of Butler's "MATERIA MEDICA AND THERAPEUTICS"

Is in full charge of the Medical Department at Mudlavia. The announcement of the selection of such a competent man, whose personality, no less than his rare ability as a diagnostician and therapist, is universally recognized, will, we are sure, be endorsed by the Medical fraternity, whom we will faithfully serve.

The Doctor wants to hear from all his friends. Please write today.

R. Mudlavia

Treatment

MUDLAVIA,

ADDRESS
DR. GEORGE F. BUTLER,
MEDICAL DIRECTOR

KRAMER, IND.



Let the Suggestion Come From You, Doctor

Sooner or later, the no-progress patient is going to consider going away. Friends or relatives may suggest it, or the patient may have a deep desire to get away from the old scenes to some new place, where everything is different, and the entire atmosphere conducive to health recuperation.

Why not let the suggestion come from you, doctor? Suggest that your patient come to the Battle Creek Sanitarium. Here there is everything which tends to induce an early restoration to health.

By the most thorough system of examinations known, the real causes of ill health are determined. Then follows a method of health rebuilding along strictly scientific lines. Such methods as hydrotherapy, phototherapy, thermotherapy, electrotherapy, mechanotherapy, dietetics, physical culture, cold-air treatment and health-training, all under expert direction.

If you are not acquainted with the Battle Creek Sanitarium system of health reconstruction, Doctor, come here yourself and learn about it. You are welcome at any time. No charges at all are made for physicians and their families for ordinary treatments, examinations and baths. Or, if you prefer to conduct your investigations at home, send for the "Battle Creek Sanitarium System," a 215 page book, which describes the Battle Creek Sanitarium and its system in detail.

It will also give you an idea of the immensity of this great health-building organization, and enable you to appreciate how one institution can take care of 1200 patients, supplying them with the attention, conveniences and interests so essential to a speedy restoration to health.

Send for this book today. For your own convenience, as well as ours, fill out and mail us the coupon to the right.

Box 316

The Sanitarium,
Battle Creek, Mich

Please send Physician's Book to me

Name, M. D

Street No.

City State

And send your "Portfolio of Views"
(for public) to the enclosed names.

in the
lagging
irregu
In no
ovaria
benefi
ant hy
Anti
useful
cough
condit

T
A

Antikamnia Tablets

(OPPOSED TO PAIN)

STRONGLY RECOMMENDED

in the treatment of headaches, cephalalgia, hemicrania, migraine, myalgia, coryza, la grippe and its sequelæ, the lightning pains of locomotor ataxia and all pain due to irregular menstruation.

In neurasthenia, in mild hysteroid affections, and in the various neuralgias, particularly ovarian, in the nervous tremor so often seen in confirmed drunkards, this remedy has a beneficial action. It is most useful in rheumatic pains, and will be found a safe and pleasant hypnotic.

Antikamnia & Codeine Tablets present a most meritorious combination, especially useful in affections of the respiratory tract, neuroses of the larynx, la grippe, influenza, coughs, colds, etc. Most excellent for the relief of the characteristic pain and nervous condition preceding and continuing during the menstrual period.

THE ANTIKAMNIA CHEMICAL CO., St. Louis, U. S. A.

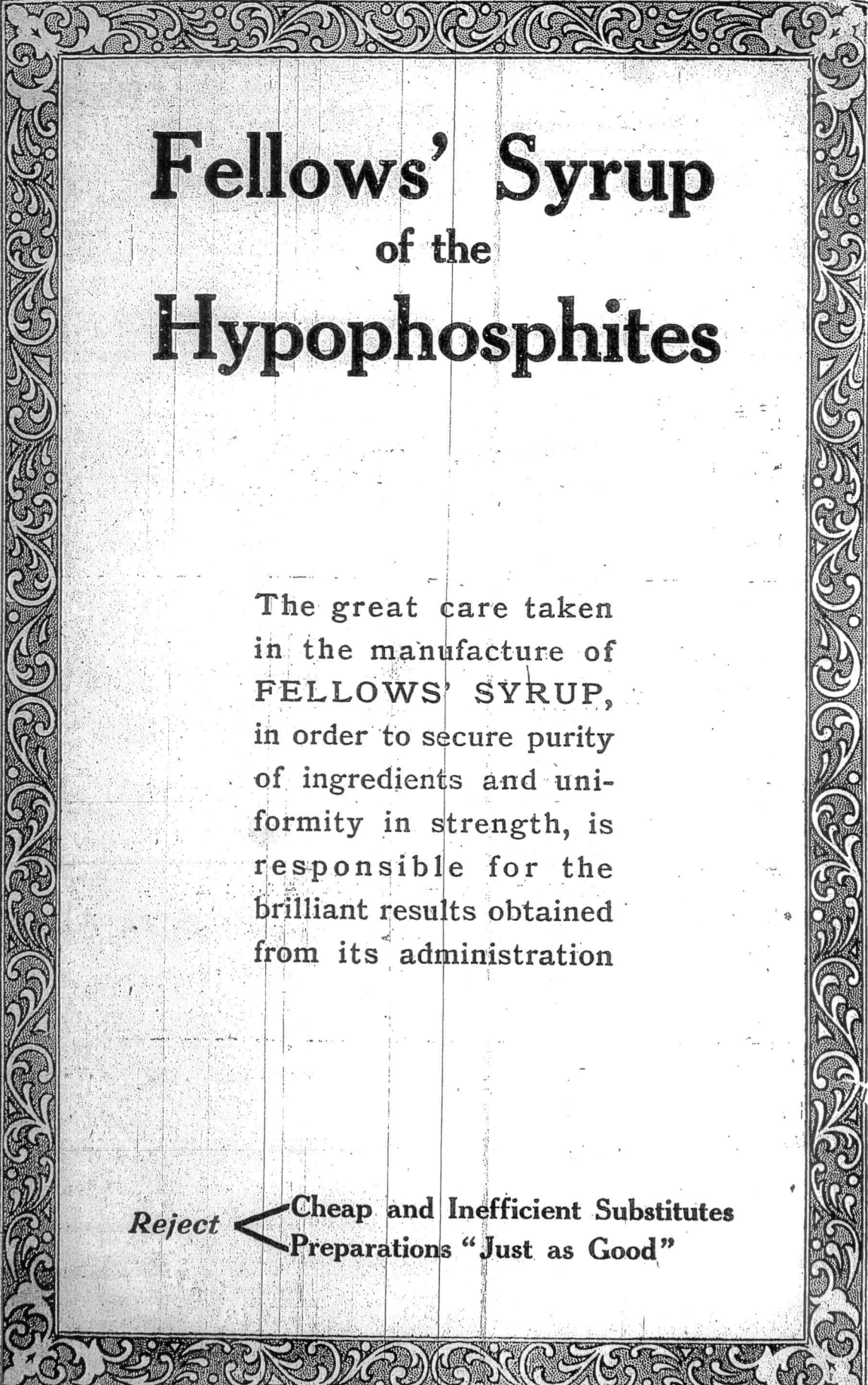
Antikamnia & Codeine Tablets

(FOR COUGHS COLDS AND LA GRIPPE)

to me

. M. D

Views"
108.




Fellows' Syrup

of the

Hypophosphites

The great care taken in the manufacture of FELLOWS' SYRUP, in order to secure purity of ingredients and uniformity in strength, is responsible for the brilliant results obtained from its administration

Reject  Cheap and Inefficient Substitutes
Preparations "Just as Good"