

Temperance Column

MODERATE DRINKING

Social Service Council of Canada Hears Condemnation by Dr. Ernest Thomas

Moderate drinking may not shorten life in itself, but it opens the way to two of the major factors which affect mortality—street accidents and venereal diseases, Dr. Ernest Thomas said in addressing the annual meeting of the Social Service Council of Canada held in the Mount Royal Hotel, Montreal. Dr. Thomas presented a report representing the consensus of informed opinion on the physiological and psychological effects of alcohol.

On the whole, the report points out, those who discuss mortality as affected by small doses of alcohol will be well advised in maintaining a strict reserve until more adequate information is available. Confidence has been placed prematurely on what has been called the "acceptance of occasional association as evidence of casualty."

The effects of moderate drinking were dealt with at some length in the report. Carefully compiled statistics showed, he said, that ability to drive an automobile is hampered by moderate drinking. The statistics, drawn up in the laboratories of the Carnegie Institute of Washington, pointed out as the effects of moderate drinking that the sensitiveness of the eye to a new object is decreased; the acuteness of vision is decreased; the adjustment of the eye to a new object is decreased, and the pursuit meter, an instrument advised in imitation of the work involved in steering a ship straight to a point on the compass while the ship sways from side to side, is decreased.

As to the effects on walking and climbing, Dr. Thomas referred to the experiments carried on by Professor Durig, of Vienna, an expert mountaineer, who found that under the effect of a small dose his expertness was temporarily sacrificed. Accustomed to moderate drinking, he first ascertained the amount of chemical change wrought in him during the climb and the time occupied when he started without having consumed any alcohol for that day. He found that he lost between twelve and fourteen per cent. of his mechanical efficiency as the result of alcohol.

Minor Changes Noted

In summing up the effects on movements of moderate drinking the report states: "Short of drunkenness, the minor changes ascribed to the smaller doses are likely to be fraught with serious consequences for the due discharge of responsibilities in all walks of practical life. Accuracy, avoidance of accidents, tactful handling of colleagues and subordinates, observance of discipline, reticence in matters of confidence, are all obviously jeopardized."

Touching another aspect of moderate drinking, the speaker claimed that the main safeguard in the moral world is in inhibitions, and the first thing to "gouge out" with 30 cubic centimeters of alcohol are inhibitions. Alcohol in small quantities is tampering with all the highest things in man's nature, he said, and very seriously tends to impoverish a

man's ability to function completely in respect to God.

Dr. Thomas also referred in his report to the claim that the matter of moderate drinking cannot be disposed of merely as a problem in hygiene. "The medical Research Council warns us that there must be a balancing of the advantageous features of what is here called its drug action against those which are undesirable, and against the risk of those wholly bad effects included under its action as a poison," he said in the report.

"The Canadian Deputy Minister of Health, in his inaugural lecture, closed by referring to the extra-hygienic considerations which must affect even his work by saying, that we cannot be content with the effort, however successful, to produce a nation of clean cats and dogs. But the appreciation of those wider relations of alcohol to human life as a whole is excluded from this memorandum. No survey, however brief, would, however, be fair, unless it recognized that here was such a background of humanism to the scientific aspects of the situation."

Chronic Alcoholism

Dealing with the graver problem of chronic alcoholism the report states that the peril of all general statements regarding alcoholism arises from the marked difference between individuals in their ability to resist the effects, either temporary or permanent, of alcohol. With most people, it says, born with a normal mental life, the use of alcohol is kept within limits. A report on certified inebriate reformatories states that upwards of sixty-two per cent. of the inmates are found to be defective or insane in a varying degree, but that the alcoholism was not the cause, but rather the herald of the oncoming insanity.

CORRESPONDENCE

South Portland, Me.

Dear Brother Trafton:

I have moved from Dexter to the above address and I would be very pleased to have my Highway sent to my present address. I am glad to say that I am still pressing on to victory, and that the Lord is blessing me wonderfully these days. Brother, don't forget me in your prayers.

Yours in Faith,

BUDD PRICE

Coronation, N. B.

Rev. P. J. Trafton:

Dear Sir: Enclosed you will find postal note for renewal of the Highway. I have been shut in all winter, not able to get out to Church. I praise the dear Lord for a full salvation which satisfies the longing of my soul.

Yours in Christian Love,

MRS. G. W. BISHOP

Beals, Maine

Dear Brother Trafton:

Enclosed you will find money order for renewal of Highway.

Glad to report victory through the blood. Having been looking through the paper saw I should remit.

Glad we have a God who answers prayer, praise His name. May He bless you in your work.

Your sister in Christ,

MRS. ALONZO L. ALLEY

Fort Fairfield, Me.

Dear Brother Trafton:

Please publish this notice in the Highway:

The quarterly meeting of District No. 1 will convene with the Church at Royalton, N. B., beginning Thursday, May 31st, and continuing over the following Sunday. Let all the churches send delegates and reports.

HOLLIS KIMBALL,

Secretary

Dear Highway:

We had with us Rev. T. W. DeLong, of West Somerville, Mass., as our evangelist from March 11th to 25th. Our congregations were fairly large and some good work was accomplished. Some few professed conversion, some were reclaimed from a backslidden state and a number were helped in Christian experience.

Brother DeLong worked hard and preached well, and no doubt more would have been accomplished had he been able to have remained longer with us.

Two young women were baptized as a result of this special effort and three united with the Church. Since, a young man who did not attend those services has professed conversion. We are settled to remain here another year if the Lord gives us sufficient strength to carry on.

Mrs. Keirstead has been quite ill, but is now improving.

Our work in general is going on fairly well. We have a good Sunday school and the week night services refreshing.

We have had much sickness among the people of our congregation this spring. Mr. and Mrs. Fisher, of North Devon, have been very sick, but are now on the road to recovery. We thank the Lord for sparing them. We are looking to the Lord for an overflowing measure of His grace for the future, and trust we may be able to accomplish more in His service. The enemy is mighty and is not forgetting to do his best to hinder the Lord's work but God is Almighty and "Will shortly bruise Satan under His feet."

Sincerely yours

I. F. KEIRSTEAD

The place God puts you in is the best place on earth—the company and surroundings notwithstanding.

Tertullian wrote: "Clothe yourself with the silk of piety, with the satin of sanctity, with the purple of modesty, so shall God himself be your suitor." Amen!

"We can only work out the salvation that God works within us."—*Heart and Life*.

Life to be worthy of a rational being must be always in progression; we must always purpose to do more or better in past times.—*Dr. Johnson*.

"My spark may grow greater by kindling my brother's taper, and God may be glorified in us both."—*Jeremy Taylor*.

"Our spiritual conflicts are among our choicest blessings, and our great adversary is used to train us for his ultimate defeat."—*Heart and Life*.

Power is developed by resistance.—*Heart and Life*.