

## Moderation or Total Abstinence

Mt. Vernon, Iowa, December 1, 1904. To the Editor of Harper's Weekly. Sir: For many years I have been a constant reader and admirer of your excellent paper, but I have sometimes wondered if the position that you have taken as advocate for the moderate use of alcoholic beverages is tenable. The effects of alcohol upon the human body both in moderation and in excess, have in recent years been carefully investigated by competent men of various countries, and their contributions to our knowledge of the subject have shed much light upon the problem. The writer recalls that about twenty years ago the New York Legislature passed an act that required the effects of alcohol and other narcotics upon the human organism to be taught in the schools. Other states followed New York's example, and the consequence was that the authors and publishers of text-books in their haste to comply with the requirement often sacrificed accuracy and fell into many exaggerations. A reaction from such teaching was inevitable. But in the past few years, the subject has been approached and investigated in a more judicial spirit. The conclusions reached can generally be accepted as reliable. Among the more recent works on physiological chemistry, that of G. Bunge, a professor in the University of Bale, Switzerland, is widely used and recognized as a standard. In his section on alcohol, he does not simply give his own views and the results of his own investigations, but he includes the work that has been done on the subject in England, the United States, Belgium, France, Germany, Austria and other countries. The conclusions arrived at by all these investigations are al-

most diametrically opposite to the ideas you have advanced in defence of moderate drinking. It is shown that what seems to be the stimulating action on body and mind that the moderate drinker experiences is due to the paralysis of the nerve centers. Also to this paralysis are due the feeling of warmth. Alcohol does not improve digestion but retards it. All the evidence tends to show the uselessness and the harmfulness of the beverage even in moderation. Another authority, A. Baer, by collecting a large mass of evidence, shows that soldiers are able to do better service in every climate when entirely deprived of the use of alcohol. It is admitted that alcoholic drinks diminish the metabolic processes,—the breaking down of the tissues; but this breaking down is natural and desirable, as it is the source of all our energy.

It can hardly be proved that moderate drinkers continue to use intoxicants in moderation. Unlike the ordinary foods and drinks, alcohol creates a progressive appetite for itself, and the tendency is to use such liquors in excess. Moderate drinking, therefore, is exceedingly dangerous, and with such risk the very doubtful advantages which you claim for it are not commensurate. Bunge states as a hard fact "that from seventy to eighty per cent of crime and from ten to forty per cent of the suicides in civilized countries are due to alcohol. A benefactor of the race and a powerful factor in the education of civilized communities, as every great paper is, should you not now advocate a policy of total abstinence as strongly as you have advocated that of moderation? I am, sir,

NICHOLAS KNIGHT.

### The Wise Judge

Representative Dinsmore of Arkansas tells of a rural justice of the peace in that state who was approached by a man desiring a divorce. The justice was in a quandary. Calling the bailiff to his side, he whispered: "What's the law on this p'int?" "You can't do it," was the reply. "It's out of your jurisdiction." The husband, observing the consultation between the two officials, anxiously interjected: "I'm willin' to pay well; got the money right here in this sock!" At this the justice assumed his gravest judicial air. Adjusting his spectacles, he said: "You know'd before you came here that 'twartn' for me to separate husband and wife; and yet you not only take up the valuable time of this here court with yo' talkin', but you actually propose to bribe me with money! Now, how much have you got in that sock?" "Bout six dollars and a half, yo' honah." "All right! Then I fine you \$5 for bribery and \$1.50 for takin' up my time with a case out'er my jurisdiction, and may the Lord have mercy on your soul!"—Collier's Weekly.

### Favorite Authors

Senator Hoar, rather against his will, once found himself at a sort of literary reception. Members of reading clubs, Browning societies and similar earnest

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To accommodate delegates to the annual conventions of National Live Stock and Wool Growers Associations in Denver, the Union Pacific has put in effect a round trip rate of one fare plus \$2.00 to Denver, Colorado Springs, or Pueblo. Tickets on sale January 7, 8, and 9, with final return limit January 31st, 1905. Inquire of any Union Pacific agent or E. B. Slosson, Gen'l Agent.

folk were thick about him. The senator bore up well for some time, but was finally forced to seek relief in his famous bunch of keys. About this time a lady of the gusher variety resolutely cornered him and began to "talk literature."

"Oh, senator," she chirruped, "how I dote on Rossetti. Browning, of course, I love, and, in prose, Walter Pater, but always I find myself returning to Dante Gabriel Rossetti. Tell me, senator, who is your favorite author?" "Bill Nye," came the answer with a quick twirl of the keys.—Saturday Evening Post.

### "Who and Why"

The New York World offered a prize for the best letter from a native telling who he or she would rather be and why.

This won the prize: "I would be Hetty Green, the richest woman in the world. So I could open doors with golden keys—ease heartaches, relieve distress. I would fill theater boxes with tired clerks, automobiles with wornout mothers and give them daily rides, fill my summer home with those not able to bear the heated city, give receptions at my city home to ladies and gentlemen who maintain large families, and treat them with the courtesy extended to a society belle. I would fill this world with happiness, for God never meant that a few should own it.

"MRS. N. M. HAWTHORNE, "256 West 38th St., New York City."

### Last Pair of Cowhide Boots

With the coming retirement of Senator Cockrell of Missouri will go the last pair of cowhide boots from the senate. When he first took his seat twenty-nine years ago, he wore this antebellum footgear, and he still clings to it. In the earlier period of his senatorial career the Missourian's general appearance suggested the typical Un-

cle Sam. He wore cowhide boots. He wore chin whiskers. He wore faded broadcloth made up in frock coat effects. His vest was cut low and partly unbuttoned. It exposed a snowy expanse of frilled linen. His trousers were baggy and just a bit short. He wore a black string tie or none at all. Senator Cockrell was tall, broad-shouldered, but a gaunt, lean man. He stoops a little when he walks, and bends his head forward, with a hand spread fan-shape behind his ear, when he desires to listen.—Kansas City Journal.

### Why He Prefers The Mountains

Charles Emory Smith, who was the American ambassador at the court of St. Petersburg before he was called to sit in Mr. McKinley's cabinet as postmaster general, was discussing the other day the more purely personal side of the czar—it was apropos of the birth of the long hoped for son and heir.

"Nicholas is really a hard-worked man," said Mr. Smith, "but he is not so ruled by others as some reports make him out to be. He can, for instance, take a vacation now and then, and he does." Then he added with a quizzical smile: "But he always goes to the mountains; never to the sea shore."

"Why is that?" asked the unwary one. "He doesn't like the serf," came the reply.—The Criterion.

### Entirely Too Narrow

At the international peace congress in Boston, Mrs. Belva A. Lockwood pointed out the selfishness of those who would not help to right the wrongs of foreigners, on the ground that charity begins at home.

"Such persons," said Mrs. Lockwood, "are like an old woman who lived in Lima while I was a student there.

"This old woman was absent-minded. One Sunday morning she walked into church, took a front seat and joined in the service vigorously. Then the collection basket was passed to her, and, putting a coin in it, she looked about. "She looked about, her mind cleared, and an expression of amazement overspread her face.

"She got up. She hurried down the aisle. She overtook the man with the collection basket.

"I'm in the wrong church," she whispered, and, taking out the coin she had put in, she hurried forth."—New York Tribune.

### Do Honors Pay?

Small wonder that Attorney General Moody, with a salary of \$8,000, enlarges on the inequalities of the fee system,

when one of his subordinates, United States District Attorney Burnett of the southern district of New York, draws an average of \$61,000 a year in salary and legitimate fees.—Boston Herald.

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