

Grit.

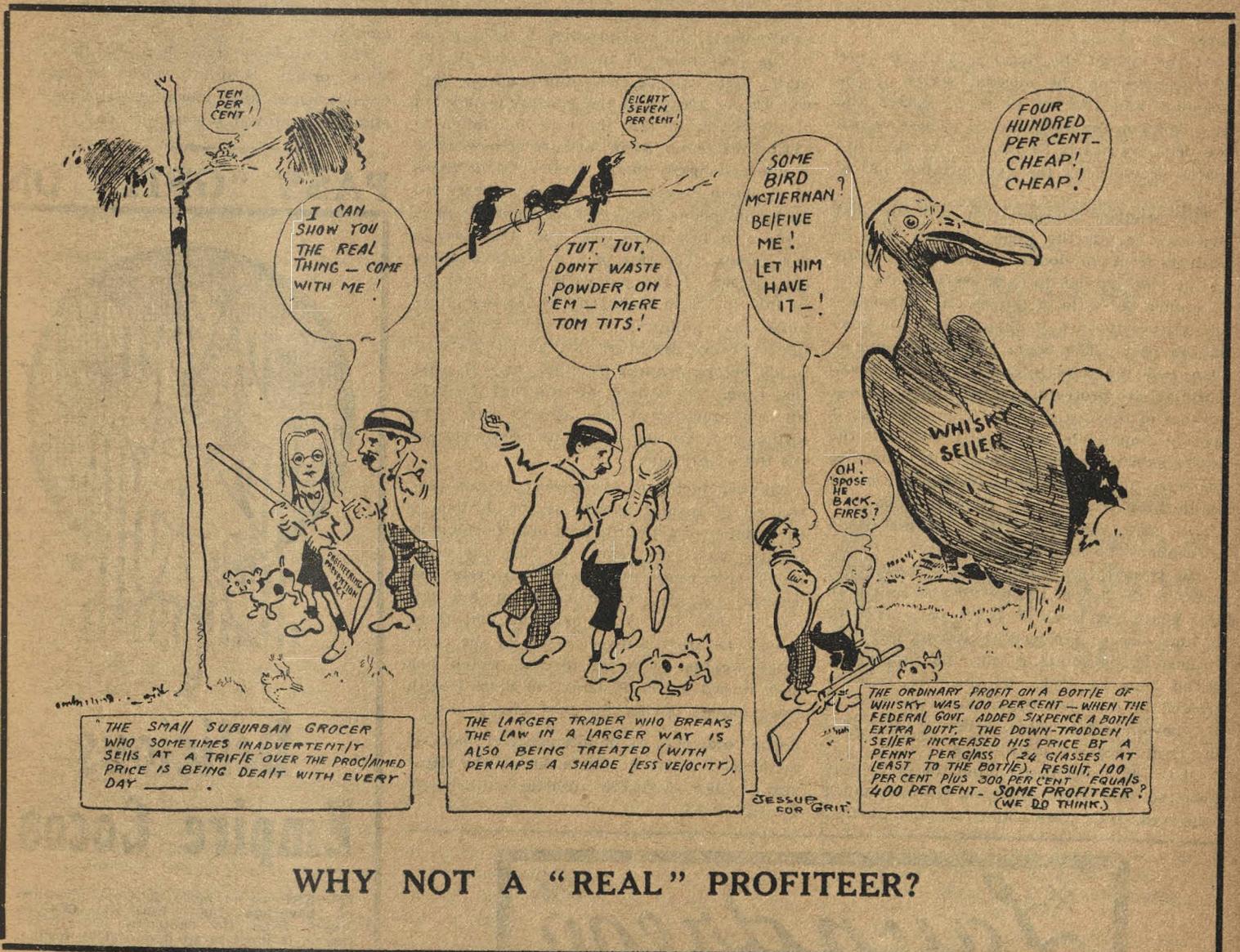
A JOURNAL OF NATIONAL EFFICIENCY AND PROHIBITION

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WHY NOT A "REAL" PROFITEER?

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Prohibition Lessening Insanity.

Albany, N.Y., April 1.—The State hospitals for the insane have been severely handicapped during the past year by the shortage of physicians, nurses and attendants, according to the annual report of the State Hospital Commission submitted to the Legislature.

At the end of the fiscal year there were 67 vacancies on the medical staffs of the hospitals and 1288 vacancies of nurses and attendants on the ward service. These vacant positions are nearly 30 per cent. of the total places provided by the appropriation bill of 1920.

The pending appropriation bill for 1921 proposes to cut the ratio of physicians to patients from one doctor to each 150 patients as therefore, to one to each 200 patients, and to reduce the ratio of nurses and attendants to patients to 1 to 10 instead of 1 to 8, as in the past. The State Hospital Commission and the superintendent of the State hospitals are protesting to the financial committees of the Legislature. They say that it will be impossible to properly care for the patients in their charge, many of whom are helpless, and that the high standards of medical and nursing care for which the New York State hospitals have become noted throughout the country will suffer.

The report gives a clear idea of how enormous is the job of caring for the insane in this State. A total of 49,376 patients with mental disease received treatment in institutions in the State during the fiscal year ended June 30, 1920. Of these 46,112 were treated in the civil State hospitals, 1811 in the hospitals for criminal insane, and 1647 in private licensed institutions.

Of the 4216 discharges from the civil State hospitals 1673 were recovered, 835 were much improved, 1039 were improved, and 91 dis-

charged as not insane. The total number discharged benefited by treatment was 3643. The recovery rate based on first admissions was 25.5 per cent., and on all admissions exclusive of transfers, 19.8 per cent.

The statistics compiled by the Commission indicate that real progress is being made in the prevention of mental disease in the State. The rate of first admissions in 1917 was 69 per 100,000 of the general population of the State; in 1920 the rate had fallen to 63.3. This reduction in the rate of new cases is due principally to the decline in the cases of alcoholic insanity. In 1917 there were 594 first admissions diagnosed as alcoholic psychoses; in 1920 there were only 122 cases in this group. The rate of new alcoholic cases per 100,000 of the population fell from 6.0 in 1917 to 122 in 1920. Of the 122 new alcoholic cases admitted to the civil State hospitals during the year, 75 reached the hospitals before January 16, 1920, and 47 after that time. These data indicate that the Prohibition amendment has already had some influence in cutting down the admissions to the State hospitals.

Another factor of importance in the prevention of mental disease is the decline in the number of syphilitic first admissions during the past two years. In 1918 the combined new cases of general paralysis and cerebral syphilis numbered 962; in 1919, 906, and in 1920, 874. It is probable that these reductions are the direct result of the campaign against venereal disease which has been waged by the Federal and State Health Departments during the past two years.

The total cost of maintenance of patients in the civil State hospitals during the fiscal year was 11,484,329 dollars.—"Rochester Times," U.S.A.

A PINT OF RUM.

YOUNG MAN'S RASH BET.

As a result of drinking a pint of rum for a wager, a young man, Harold William Chapman, is now suffering a slow and painful recovery from an illness which for a time it was feared would be fatal.

Chapman was in a hotel at Wolloongabba (Queensland), and when the discussion turned on drinking feats he accepted a companion's bet that he, Chapman, could not drink a pint of rum. He drained a pewter, and leaving the hotel soon afterwards, walked to the opposite side of the street and sat down on a seat.

Constable Newman, who was on duty in the vicinity, noticed that Chapman was in a dazed condition. He walked over, and Chapman fell off the seat on to the footpath unconscious.

The ambulance took him to the Mater Misericordiae Hospital, where he regained consciousness next morning. His condition slightly improved during the day.

PASS "GRIT" ON



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DRUNKENNESS PRACTICALLY NON-EXISTENT IN U.S.A. AND CANADA.

DR. MORRIS MILLER OF TASMANIA INTERVIEWED.

"Prohibition has come to stay in U.S.A. and Canada; a considerable amount of drinking is possible at present among the well-to-do because of their well-stocked cellars, but that supply is rapidly diminishing; the majority of the thirsty, however, have neither the money nor the opportunity to slake their thirst and dolefully agree that they must submit to the inevitable."

So spoke Dr. Morris Miller, of the University of Tasmania, in an interview with a member of the Alliance staff on his return from an extended visit to America. Dr. Miller, who arrived in Sydney from Vancouver on the Niagara, has been making investigations into the splendid work done in America by the National Committee for Mental Hygiene.

Dr. Miller was asked what relation excessive drinking had to the problem of the mental defective, the interviewer quoting the fact that in 1918 in no less than 171 cases intemperance was quoted as a cause of insanity among the patients of the N.S.W. asylums.

The doctor replied that over-indulgence in alcoholic beverages was a decided factor in all work among mental defectives.

"Not only do we find intemperance a pre-disposing or exciting cause of insanity, as in the cases you quote—it is also an effect. That is, while a lot of people are mentally defective because they drink, a lot of others drink because they are mentally defective; they are weak-willed and unable to withstand the temptation to drink; and being weak-willed the reaction after drinking is attended with very grave results. In any case, whether as cause or effect, the work among mental defectives would be made considerably lighter if the bar-rooms, the open temptation to drink, were all closed. Unquestionably the task of the National Committee on Mental Hygiene, both in the United States and in Canada, has been made easier by Prohibition. A dry law for Australia would have a similar effect on our work here."

"What about drunkenness in Prohibition America?" asked the interviewer.

"Drunkenness is practically non-existent," replied the learned doctor. "I travelled right across the continent, stopping at New York, Toronto, Winnipeg, Chicago and San Francisco, and really I didn't see a single drunken man in all my travels."

perpetuate this heathen myth by the use of alcoholic wine as a symbol of what they reverence as most pure and holy at the Sacrament, to the bewilderment of the heathen and to the confusion of the simple."

The churches with their sacramental use of alcohol, and with their ministers who fear to offend their "moderate" parishioners, and who make little effort to dispel the criminal ignorance of the people at large on the alcohol question, are largely to blame for the state of things to-day.

I would suggest that in every issue of "Grit" you should advertise very prominently—

(1) "With One Voice," by R. B. S. Hammond, for those who want to know about

(2) "Alcohol and the Human Body," by Horseley and Strange, for those who want a Prohibition in practice;

most interesting, scientific and historic treatment of alcohol;

(3) "The Bible and Wine," by Ferrar Fenton, for those who have any doubts as to the Bible's verdict.

Oh, dimes and dollars! Oh, dollars and dimes!
Life is a struggle in these hard times.
Frantic financing wrecks caste and class,
Soon we'll be living on leaves and grass!
Wages increase, but we wince, you bet.
When we consider the goods we get.
But the goods are as good as the cash, be sure,
When buying Woods' Great Peppermint Cure.

ABSTINENCE PAYS.

The eightieth annual report of the United Kingdom Temperance and General Provident Institution is just to hand. It shows that during 1920 the percentage of actual claims in the temperance section was 62.2 of the expected, while in the general section it was 66.6. During the five years, 1916-1920, the claims in the temperance section were 62.1 of the expected, and in the general section 71.8. For 1921 the Society guarantees a bonus on whole life policies of 27/- per £100 on the amount assured in the temperance and 25/- in the general section.

STATE HOTELS FAIL.

NOT ENOUGH CIVILITY.

Darwin, 28/5/21.

The "Government Gazette" to-day calls for tenders for the lease or purchase of all the State hotels.

The reversion to private enterprise is welcomed by even local Socialists, who recognise that it is impossible for the Government to run business concerns which need civility and attention.

HOTELS TO GO.

The Licenses Reduction Board is calling upon 31 hotelkeepers in the Bathurst district to show cause why their licenses should not be cancelled. It is likely that the Board will decide to close about eight hotels.

WORTH KNOWING.

To the Editor, "Grit."

Sir,—As one who is keenly interested in the drink question may I offer a suggestion?

There are a number of people in our churches and, unfortunately, in our pulpits also, who are so constituted intellectually that they can actually quote the Bible in support of moderate drinking.

Why do you not tackle this phase of the question? I have had difficulty in getting literature on the subject, but have now found an entirely satisfactory and complete exposition in "The Bible and Wine," by Ferrar Fenton.

To take one point from this book: "In Leviticus x., 9, we find alcoholic drink absolutely and finally forbidden to the Jewish priests during religious observances. Yet we find many church leaders saying that the Great High Priest (who came to fulfil the whole law) used alcoholic wine in the religious observance of the Passover, and they



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Phones: General Offices, City 157; Organising and Public Meeting Dept., City 8944.

FIELD DAY FIXTURES.

SUNDAY, JUNE 19th.

- 11 a.m.: Mayfield Methodist.
7 p.m.: St. John's, Newcastle.
Mr. Francis Wilson.
11 a.m.: St. Andrew's Presbyterian, Newcastle.
7 p.m.: Hamilton Presbyterian.
Rev. H. Allen Job.
11 a.m. St. Anedrw's Presbyterian, Newcastle.
7 p.m.: Hamilton Methodist.
Rev. Fred C. Middleton.
11 a.m.: Killingworth Methodist.
3 p.m.: Wakefield Methodist.
7 p.m.: West Wallsend Methodist.
Mr. Thos. E. Shonk.
11 a.m.: Stockton Methodist.
5.15 p.m.: Men's Shelter, Scott-street, Newcastle.
7 p.m.: Stockton Presbyterian.
Mr. W. D. B. Creagh.
11 a.m.: Park-street Methodist, Merewether.
7 p.m.: Junction Methodist, Merewether.
Mr. R. J. C. Butler.
11 a.m.: Tighe's Hill Methodist.
7 p.m.: Newcastle Congregational.
Mr. A. J. Fisher.
7 p.m.: Stockton Anglican.
Canon Ritchie.
7 p.m.: Newcastle Baptist Tabernacle.
Rev. J. J. Willings.
3 p.m.: Islington Park.
Messrs. Wilson and Butler.

SATURDAY, JUNE 18th, 8 p.m.

- Open-air Meeting: Brown-street, Newcastle.
Messrs. Middleton and Butler.
Open-air Meeting: Stockton.
Mr. W. D. B. Creagh.
Open-air Meeting: Hamilton.
Messrs. Wilson and Job.
Open-air Meeting: West Maitland.
Mr. Shonk.

MONDAY, JUNE 20th.

- 1.10 p.m.: Open-air, Post Office Corner, Newcastle.
Rev. R. B. S. Hammond and others.
3 p.m.: Women Workers' Meeting, Brown-street Hall.
Rev. R. B. S. Hammond.
6 p.m.: Reception Tea, C.M.M. Social Hall.

- 8 p.m.: Parish Hall, Mayfield.
Rev. R. B. S. Hammond.
8 p.m.: Congregational Church, Lambton.
Mr. Francis Wilson.
8 p.m.: Methodist Church, Junction.
Mr. Fred C. Middleton.
8 p.m.: Bethel, Carrington.
Mr. Thos. E. Shonk.
8 p.m.: Presbyterian Church, Stockton.
Mr. W. D. B. Creagh.
8 p.m.: Mosquito Island.
Mr. A. J. Fisher.

TUESDAY, JUNE 21st.

- 11 a.m.: Ministers' Conference.
1 p.m.: Business Men's Lunch.
3 p.m.: Women's Meeting, C.M.M. Hall.
Rev. R. B. S. Hammond.
8 p.m.: Mechanics' Institute, Hamilton.
Rev. R. B. S. Hammond.
12 noon: Moore College, Newtown.
Mr. H. Allen Job.
Also Workshop Meetings and Industrial Conference.

FRIDAY, JUNE 24th.

- 8 p.m.: Open-air Meeting, Newcomen-street, Newcastle.

SATURDAY, JUNE 25th.

- 8 p.m. Open-Air Meetings, Brown-street, Newcastle, Adamstown, and Wallsend.

SUNDAY, JUNE 26th.

- 11 a.m.: Charlestown Methodist.
Mr. Francis Wilson.
11 a.m.: New Lambton Lay Methodist.
Rev. F. C. Middleton.
11 a.m.: Islington Congregational.
Mr. T. E. Shonk.
11 a.m.: Boolaroo Anglican.
Mr. W. D. B. Creagh.
11 a.m.: Maryville Presbyterian.
Mr. R. J. C. Butler.
3 p.m.: Belmont Methodist.
Mr. Francis Wilson.
3 p.m.: Men's Meeting, C.M.M.
Mr. Middleton.
3 p.m.: Cardiff Methodist.
Mr. W. B. D. Creagh.
3 p.m.: Islington Park.
Messrs. Shonk and Butler.
7 p.m.: Adamstown Methodist.
Mr. Wilson.
7 p.m.: C.M.M.
Rev. F. C. Middleton.
7 p.m.: Dudley Methodist.
Mr. W. D. B. Creagh.
7 p.m.: East Mayfield Methodist.
Mr. T. E. Shonk.
7 p.m.: Lambton Congregational.
Mr. R. J. C. Butler.

TUESDAY, JUNE 28th.

- 8 p.m.: Kitchener Hall, Adamstown.
Mr. F. Wilson.
8 p.m.: C.M.M., Newcastle (Central Rally).
Mr. Middleton.

THE GROWING ARMY.

The inspiration of a great reform is touching the people of our State. At every meeting this is seen. Every address finds a response. Friends are coming in from every quarter—some of them bringing a surprise as great as the encouragement. Apathy—the nightmare of every reformer—is gradually

being removed. The process is slow—very slow in some instances! But the wonderful results of Prohibition are gradually and surely catching the imagination of people. The thing is impressing itself as so very real: it cannot be overlooked. Men and women are once again linking up for work. Our position is stronger than ever. It is likely to be even more effective as a political force before the year is out.

Miss Lucas, of the Congregational Women's Propaganda Committee, has already organised five bands of women workers in as many districts. The efforts of this committee are likely to be a big factor.

Mrs. Ross, a capable worker, has gone to the Goulburn district as organiser. There is a fine starting place there, and with the help of the local committee some good educational work will be done.

NEWCASTLE CAMPAIGN.

One of our biggest efforts is to be put forth in Newcastle during the next fortnight. The programme, given above, covers nearly every field of propaganda. A preliminary campaign amongst young people is being carried out this week by Mr. Fisher, who finishes on Monday at Mosquito Island. Arrangements have been made for thirty-two Church services, ten public meetings, eleven open-air meetings, and about fifteen other meetings. These are going to reach a wide constituency, and should leave a big impression on public opinion.

Y.P. DEPARTMENT.

READ THIS:

"If you sow in the hearts of our boys and girls the seeds of sobriety and train them in Temperance during the period between 14 and 21 there will not be much subsequent danger. We are all creatures of habit, and once it is formed it is as easy to keep a good habit as a bad one. The whole question is one of education, and if we educate the people in the disastrous effects of alcoholic drinks, and teach them that alcohol is essentially a poison to body and mind, there will be no trouble in making them live a temperate life."—From "Workers' Own," January, 1921.

JUST WHAT YOU WANT!

We have just printed a leaflet consisting of twelve popular choruses, being temperance songs.
(Continued on page 12.)

When a man is rescued from evil you save a unit; but when a child is prevented from evil you save a multiplication table.

If this strikes you, then send along to
THE AUSTRALASIAN WHITE CROSS LEAGUE,
56 ELIZABETH STREET,
SYDNEY,
And ask for a Report of work done and literature for yourself and your children.

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Alcohol and the Public Health.

AN ADDRESS DELIVERED BY DR. PURDY, CITY HEALTH OFFICER, SYDNEY.

"It behoves us in Australia, who have an interest in Australian nationhood and desire to see her upon a par with other nations who are putting their house in order, so as to improve their commercial and industrial position, to solve this problem. The only possible solution which will make for absolute safety of Australia, although it means a small sacrifice to a minority of the community, is absolute and total Prohibition."—Dr. Purdy.

In response to the invitation of the Rev. R. B. S. Hammond, about 80 business men and His Grace the Archbishop of Sydney, Dr. Arthur, Mr. Stuart-Robertson, M.L.A., and the Hon. Arthur Griffith met Dr. Purdy at lunch on May 31. Dr. Purdy, who has had war experience in South Africa as well as during the Great War, is not only Health Officer of the City of Sydney, but President of the Health Society of N.S.W. The doctor said:

The importance of the study of alcohol and its effects from an economic, social and public health point of view cannot be exaggerated. In both the great English-speaking countries—Great Britain and the United States—valuable data have been recently collected and recommendations made with regard to the alcohol problem. Thus we have the valuable report of the President's Home Commission issued by President Roosevelt in 1909, and the report of the Inter-Departmental Committee on Physical Deterioration presented to the English Parliament in 1904, and the more recent booklet issued in 1918 by the Advisory Committee of the Central Control Board (Liquor Traffic), which may be said to be the first authoritative, impartial, scientific statement summarising exact knowledge re the action of alcohol on the human system.

This Committee, representative of leading lights in medicine and science, under the chairmanship of Lord D'Abernon, may be said to have formed a unanimous impartial opinion, guided by scientific inquiry after separating what is true knowledge from surmise, conjecture or popular belief.

After expressing the fact that no subject has suffered more from over-statement and from excessive violence, both of opinion and language, they cautiously drew the following conclusions:

(a) That the main action of alcohol (apart

from the effects of its continued excessive use) is confined to the nervous system.

(b) That alcohol is narcotic rather than stimulant in action.

(c) That its nutritional value is strictly limited.

(d) That its habitual use as an aid to work is physiologically unsound; and

(e) That the ordinary use of alcohol should not only be moderate, but should also be limited to the consumption of beverages of adequate dilution, taken at sufficient intervals of time to prevent a persistent deleterious action on the tissues.

ALCOHOL AS A FOOD.

Although scientifically alcohol is a food within strict meaning of the term in so far as the body can use it as a fuel or source of energy, but as such it has its limitation in so far that the fuel must be burnt up at once and cannot be stored for future use.

Professor Attwater states:

"The most healthful food is that which is best fitted to the wants of the user; the cheapest food is that which furnishes the largest amount of nutriment at the least cost; and the best food is that which is both healthful and cheapest."

Thus alcohol, although scientifically a food, can be practically ruled out of court as being both dear and dangerous as such, owing to the other attributes which unfortunately it possesses.

ACTION OF ALCOHOL NARCOTIC AND NOT STIMULANT.

The secret of the charm of alcohol and its well-nigh universal attraction for the human race is its creation of careless well-being or bodily and mental comfort. The appearance of excitement is not due to any stimulant action of the alcohol itself, but due to the fact that action of alcohol on the nervous system is essentially sedative.

The so-called stimulating effect is purely illusory and is due to the narcotic influence of the drug. It dulls the drinker's perception to unpleasant positions in himself and his surroundings, and may make him feel better, more efficient, and stronger than he really is.

The effects which are usually interpreted by the drinker, if not by those about him, as evidence of stimulation, are really narcotic, resulting from the removal of the control exercised by the higher nervous centres, a control which enables the individual to weigh his words and acts, and renders him self-

critical and solicitous as to the impression he is making on other people.

One of the chief physiological effects of alcohol is that it dilates the peripheral blood vessels, which explains its somewhat paradoxical action. Alcohol really tends to anaesthetise rather than stimulate the brain.

By dilating the blood vessels of the brain it may so flush the brain that intellectual activity is temporarily increased before the anaesthetic effects manifest themselves. Thackeray remarked "that he got some of his best thoughts when driving home from dining out with his skin full of wine." This embodied a physiological truth. It was his skin which was full of wine, for alcohol dilates the surface blood vessels and those of the brain, but by the time he arrived home it is probable that the anaesthetic effects of the alcohol would have begun to exert themselves and the thoughts would have fled.

Professor Hutchison states: "By flushing the brain with blood alcohol may produce temporary excitement and aid the imagination, but it ends by dulling the edge of the intellect, and is unfavorable to sustained mental work.

Alcohol is sometimes taken to "keep out the cold." Never was there a greater mistake from a physiological point of view. The flushing of the skin with blood produces a feeling of warmth, but more heat is given off by radiation than alcohol produces, so that the net result is to lower the temperature. Arctic explorers found this out years ago.

This effect of alcohol is sometimes used in the treatment of fevers. In health the paralysis of the heat-regulating mechanism which alcohol induces may be fatal. Persons who are frozen to death are frequently found to have been intoxicated when overtaken by cold. Alcohol is a poison whenever the preparation of alcohol circulating in the blood is greater than the cells can decompose. Intoxication is really a condition of cell paralysis. The expression, "paralytic drunk," is physiologically or pathologically a correct one.

The habitual consumption of alcohol in quantities, although insufficient to produce evident intoxication, may be beyond the oxidising power of the cells, and may play havoc with the health and constitution of an individual. As a result of chronic alcoholism the brain undergoes degenerative changes. It is recognised that the habitual alcoholic

(Continued on page 7.)

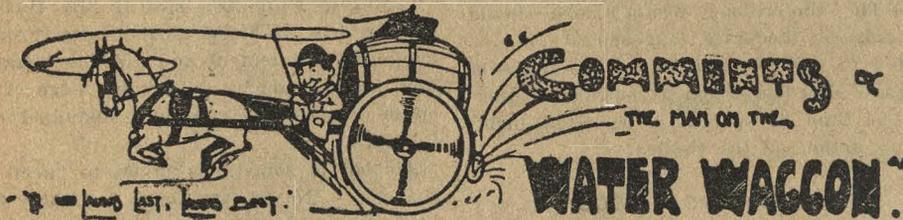
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Polly put the Kettle on and we'll all
have
TEA
GRIFFITHS BROS.
Special Afternoon



During the late war Mr. Lloyd George, Prime Minister of the United Kingdom, said: "We are fighting Germany, Austria, and Drink; and the greatest of these is Drink!" He called upon the British workman to give alcohol the go-by; he pointed out the impossibility of the Empire's conquering Germany if the Empire's sinews were weakened by the greater enemy within her gates. And the British workman responded. Had it not been so, we should perhaps have lost the war; at all events, victory would have been far longer delayed. Much of the delay that did actually put off victory till November 11, 1918, was due directly to dislocation of industrial organisation, caused by alcohol remaining supreme war lord in alliance with the enemy Powers. It was not till Britain conquered alcohol and the general hypnosis that is alcohol's permanent chief of staff following after and consolidating all alcohol's victories, that Britain could turn her undiverted energies to the conquest of Germany. It will not be till Australia conquers alcohol that she will be able to solve the problems, industrial and social, that so per-

plex and bewilder us to-day. And why? To attempt a cure without cutting to the root of the matter is as hopeless and as silly a business as mopping up a floor without first turning off the tap at the sink. Cut out the drink and you'll have cleared a space for grappling with these other problems, whose source and feeding ground is the brewery and the bar.

Returned soldiers of intelligence and observance, of the type of Sir Charles Rosenthal, who have visited and have observed other countries and the causes of their success, failure, or only partial success, tell us straightly that no returned soldier can fully develop either his own or his country's resources as they should be developed so long as alcohol continues to remain supreme.

There can be no question that alcohol is actually supreme. The brewer rules the country. If not, why is it always his vote and his money that politicians of all parties are so eager to consult before every election? "Conciliate the brewer and his henchman, the publican" has for too long been the watchword of our precious politicians. We

must see to it that every politician, whatever his party, is brought up against a new watchword: "Conciliate us, the people, the wives and children of wrecked victims of alcohol, us, the people, whose industries are stagnant with drink-clogged wheels; us, the people, whose servants you are, not the brewers whom we, the people, whom you are supposed to represent, abhor as our known enemy." But until the people are organised their will cannot but remain ineffective; until they are organised, the brewer must continue to triumph over the "democracy" of a so-called free people.

But, remember, Prohibition is coming. In thirty-nine years the population of New South Wales has increased by 1,205,878 people. Our manufactures have increased rather more in proportion; and our public-houses might be expected to have kept pace. But have they? What is the actual position? Thirty-nine years ago, when the Prohibition movement first started, there was one pub to every 264 people; but to-day, as the direct result of Prohibition enthusiasm, work, and prayer, it takes 743 people to keep a single public-house going. Oh, yes, Prohibition's coming all right. The mills of God may grind slowly, but they grind exceeding small. The present population of New South Wales is 1,998,670. Out of that number it takes 743 to keep one pub going; but soon, very soon, according to God's time-table, the whole of that 1,998,670 is going to keep all the public-houses going, going hard, right into the Pacific—to be cleansed by the waters of God!

Even members of Parliament, even some of those precious politicians I have just referred to, are behind the movement, the national movement, for Prohibition. There are, and there always have been, great politicians like Mr. Loxton, Mr. Bruntnell, Mr. Hoskins, and several more, who have been Prohibitionists first and politicians afterwards. We do not, of course, refer to them. They are more than mere politicians whose soul is in their seat—their Parliamentary seat—and whose god is the ballot-box. They measure up to the title of "statesman," one who thinks and acts for the State and not for a mere policy. But these others are finding how advisable, how necessary, as a mere matter of policy, to "get in" with the people by talking like genuine Prohibitionists. They do not want to be "left." They do not want to be among the also-rans; they do not want to be found—if I may change the metaphor—backing the wrong horse. And they take very good care not to back horses that aren't going to win. Oh, yes, Prohibition's coming all right! Are we downhearted? Certainly not.

I SAW YOUR AD. IN "GRIT"
If you say to me, "I saw your ad. in 'Grit,' or send someone, and business results, I will pay 'Grit' 20 per cent. of the commission.
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8 Doors below school.

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DIRECT FURNISHER **549 George Street, SYDNEY**

Direct "Factory to Family" Prices.

Guaranteed Qualities.

All Orders delivered free to Rail or Wharf, Sydney.

Alcohol and the Public Health—

(Continued from page 5.)

undergoes a paralysis of the moral perceptions, more especially a loss of the sense of truth.

Alcoholism is a common cause of fatty degeneration as well as moral atrophy. It conduces to certain forms of diabetes, and frequently is the basis of gout by interference with metabolism.

Chronic kidney and liver disease is sometimes due to the irritant action of undecomposed alcohol bringing about changes in structure.

Experiments have been made to show how much alcohol can be oxidised in the body so that none is left to exercise injury on the tissues:

With brandy or whisky, 2 fluid ounces, or one glass; port, sherry and other strong wines, 5 ounces, or 2½ glasses. Claret, hock, champagne, and other weaker wines, 10 ounces, or one tumblerful. Bottled beer, 20 ounces, or one pint, are the amounts completely oxidisable in one day by the average adult.

The question of personal peculiarity or idiosyncrasy, however, must be considered. Some people burn up alcohol quicker than others. Another point is the form in which alcohol is taken. It is less dangerous in a diluted than in a concentrated form. The danger is the flooding of the system with an amount at one time beyond the capacity of the cells to oxidise.

Professor Hutchison concludes his thesis on alcohol in health thus:

"Alcohol is an unnecessary article of diet in complete health, although if used within the limits already indicated, it cannot be said to be harmful, and may even indeed be beneficial; for as Matthew Arnold said: 'Wine used in moderation seems to add to the agreeableness of life—for adults, at any rate—and whatever adds to the agreeableness of life adds to its resources and power.'"

The following is claimed to fairly represent contemporary medical opinion:

1. A man in good health does not require alcohol, and is probably better without it. Its occasional use will do him no harm; its habitual use, even in moderate quantities, may and often does induce disease gradually.

2. There are a large number of persons in modern society to whom alcohol, even in moderate quantity, is a positive poison.

3. In all conditions of the system characterised by weakness of the circulation, the daily use of alcohol in small quantity is likely to be beneficial, at all events for a time.

In conditions just short of health—in old age, overwork and fatigue, any beneficial effects of alcohol are traced entirely to its

influence on digestion, and hence it should, if taken at all, only be taken at meals.

IN DISEASE.

In fever it is claimed that alcohol is of use in lowering temperature and calming the brain. It may also check somewhat tissue waste. Of recent years, however, alcohol is being less and less prescribed. In the London Temperance Hospital, where in 1904 I was house surgeon under Sir Wm. Collins and Dr. Bolton Fenwick, it was never prescribed at all except in certain cases of typhoid and pneumonia when in extremes, and then only in the form of rectified spirit. The results at the London Temperance Hospital are as good as at any hospital in London, and better than in some.

ALCOHOL AS A CAUSATIVE FACTOR IN DISEASE.

Whilst as the mortality from so-called preventable diseases has markedly declined in the last two decades, the death rate from Bright's disease, heart disease, apoplexy, and pneumonia have increased in most English-speaking countries. It is believed that the increasing consumption of alcohol may be a factor in the prevalence of these diseases, as also in the increase of insanity and nervous diseases.

Alcohol increases the susceptibility to disease.

Professor Metchnikoff has shown that alcohol lowers the resistance of the white corpuscles of the blood, the natural defenders of the body.

Every physician knows that alcohol not only predisposes to tuberculosis, pneumonia, typhoid, and other infectious diseases, but also that these diseases are more fatal or run a more severe course in alcoholic subjects.

It is also claimed that there is a distinct relationship between the incidence of alcoholism, insanity, venereal disease, and crime.

CAUSES OF INTEMPERANCE.

Professor Kraepelin, one of the first European authorities on insanity, in discussing this question states in his work, "Alcohol and Youth": "The blacksmith offers as an excuse exposure to heat, the liveryman exposure to cold, the masons and bricklayers plead outdoor exposure, the miller blames the dust, the sailor the fog, another his wife, and still others business reverses."

He concludes that the very diversity of causes assigned shows that none will stand the test of scrutiny. It is admitted, however, that dust-producing occupations are predisposing factors. It is also pointed out that the lack of suitable conveniences for workmen on construction work drives some

of them to the public houses where the social element is conducive to excesses.

Among the causes stated by 171 prisoners in the Washington workhouse were "bad companions, dusty employments, long hours of work, especially at night, exposure to cold and wet, work in hotel and bottling establishments, given toddy, beer, etc., as children four years old and upwards, death of relatives and troubles."

POVERTY AND DRINK.

There is some diversity of opinion as to whether poverty causes drink. Thus Professor Lieby in 1860 declared: "Alcoholism is not the cause, but the result of distress. It is the exception to the rule for a well-nourished individual to become a drunkard."

Friedrich Engel states; "Seduction and every possible temptation combine to produce the drink habit. Ardent spirits at present constitute the workingman's only source of pleasure. He returns weary and exhausted from his work to a damp, gloomy and unattractive home, devoid of all the ordinary comforts of life; he is sadly in need of good cheer and encouragement; his body weakened by improper food and exposure to bad air demands some form of stimulant. He wants to meet his friends, and resorts to the saloon as the only place to gratify his longings. Under such circumstances drunkenness ceases to be a vice." On the other hand you have the Hon. John Burns speaking of "Poverty and Drink," saying: "The theory, dogmatically asserted, that poverty causes drink is rudely shaken by the fact that the drink expenditure per middle and upper class family who have the means, is two and a half times greater than that of the working-class family, although the effect is less apparent. But the strongest answer is the statistical fact that as wages rise general drunkenness follows, insanity increases and criminal disorder due to drink keeps pace with all these."

In Germany Wurm maintains that higher wages have created a greater demand for the less harmful but more expensive beverages, like wine and beer. In all trades where there have been reductions in the working hours alcoholism has diminished, because the men have an opportunity to enjoy nobler pursuits than to sit around in common saloons.

When we turn to the report of the Inter-Departmental Committee on Physical Deterioration, we find in the summary of recommendations under Alcoholism: "The Committee believe that more may be done to check the degeneration resulting from 'drink' by bringing home to men and women the fatal effects of alcohol on physical efficiency than by expatiating on the moral

(Continued on Page 10.)

JUST A MOMENT !

ANSWER THIS QUESTION:—

As Reaney loses quite a number of intolerant patients through being a Prohibitionist, and considering he gives such excellent value and service to his patrons don't you think you might just wend your way to

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ROURNVILLE LOCOA

A personal chat with my readers

A CHEERY WORD.

We humans are hard to understand with our likes and dislikes, our prejudices and unreason. Did you ever wonder why it was you would only accept what you want from some folk and that the very same thing is not what you want if supplied by someone else? Did you ever wonder why it was you decided it was only what you wanted when supplied by some special person? A letter of sympathy from one person is greeted with an impatient grunt, and a less kindly letter from some on else will set you singing inside. Are we all like that? I believe we are more or less. It is good to remember if we have to put up with people we are not interested in—it is equally true that people who are not interested in us also have to put up with us.

What is the remedy? Well, the only way is the slow, slow process of cultivating the spirit of appreciation, while remembering we always get more than we deserve. We need also to force ourselves to an interest in others, for self-forgetfulness is great gain.

Suppose we try it like this:

More than fame and more than money
Is the comment kind and sunny,
And the hearty warm approval of a friend;
For it gives to life a saviour,
And it makes you stronger, braver,
And it gives you heart and courage to the end.

If he earns your praise, bestow it;
If you like him, let him know it;
Let the words of true encouragement be said,
Do not wait till life is over,
And he's underneath the clover,
For he cannot read his tombstone when he's dead.

Many thanks to the friend
who sent these lines of
HIS OTHER CHANCE. Edgar A. Guest's with a ten-shilling note:

He was down and out, and his pluck was gone,
And he said to me in a gloomy way:
"I've wasted my chances, one by one,
And I'm just no good, as the people say.
Nothing ahead, and my dreams all dust,
Though there was something I might have been,
But I wasn't game, and I broke my trust,
And I wasn't straight and I wasn't clean."

"You're pretty low down," says I to him,
"But nobody's holding you there, my friend.
Life is a stream where men sink or swim,
And the drifters come to a sorry end:
But there's two of you living and breathing still—

The fellow you are, and he's tough to see,
And another chap, if you've got the will,
The man that you still have a chance to be."

He laughed with scorn. "Is there two of me?

I thought I'd murdered the other one.
I once knew a chap that I hoped to be,
And he was decent, but now he's gone."

"Well," says I, "it may seem to you
That life has little of joy in store,
But there's always something you still can do,
And there's never a man but can try once more.

"There are always two till the end of time—
The fellow we are and the future man.
The Lord never meant you should cease to clumb,
And you can get up if you think you can.
The fellow you are is a sorry sight,
But you need not go drifting out to sea.
Get hold of yourself and travel right;
There's a fellow you've still got a chance to be."

A GIFT OF GOD.

I expect you are met with the argument that alcohol is one of the gifts of God to man, and that it is, therefore, blasphemy for us not to use it, and unchristian to try and prohibit its use. Dr. C. W. Saleby, the great Eugenist, says: "If you are, I think there is a pretty obvious reply; if the imbeciles who say that because God made alcohol man ought to drink it would apply their own argument on their own persons to petrol, I should have great pleasure in attending their funeral."

WHAT THE DAILY PAPERS SAY.

His Grace the Archbishop of Sydney in the "Diocesan Magazine," writing of the Home Mission Society Festival held in the Sydney Town Hall, says:

"The only pity was that an important section of the press failed to give us the consideration that they often render to other religious organisations of smaller numbers and less influence. It may be due to our modesty in not paying sufficient attention to publicity, or it may be because it is assumed that we are always so vigorous and successful that nothing need be said about it. Whichever be the alternative, it is a compliment; but, at the same time, I rather regret that the common life was not strengthened by an adequate notice of our doings."

There may be other reasons. Did the speakers say anything of "news value"? Did they show the press any consideration by providing typewritten copies of it? Did those who complain at the absence of report ever express appreciation when a report was given? Reporters are very human after all, and can stand a little appreciation once in a while, like the rest of us. It keeps them from becoming sour. For some months the "Daily Telegraph" has printed each Monday

GRIT

A JOURNAL OF
NATIONAL EFFICIENCY
AND PROHIBITION

"Grit, clear Grit."—A pure Americanism, standing for Pluck, or Energy, or Industry, or all three. References probably had to the sandstones used for grindstones—the more grit they contain the better they wear.

SUBSCRIPTIONS.

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SYDNEY, THURSDAY, JUNE 16, 1921.

a column of what is said in the churches. This is of immense value, this counts for much more than a new church, this is a donation of great magnitude, and yet the Church, both individually and collectively, has not bothered to express appreciation or acknowledge the very real value of the service rendered the cause of religion. When we do more promptly what we ought to do by way of helping the press, it is more than possible that the press will do more readily what we think they ought to do.

The fifteenth bound volume of a year of "Grit" is now ready. There is only a limited number. Will those who wish a copy please let me know as soon as possible? The price is 15/- per volume, post free. This is the actual cost price.

THE EDITOR.

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Fighting Liquor Licenses.

PREVENTION IS BETTER THAN CURE.

(By E. GILBERT.)

The results for the month of May have been very satisfactory in every way. Wholesale spirit merchants' licenses (which for the most part are applied for by grocers) have not been so difficult to oppose as we believed them to be. Mr. Clegg is to be congratulated on the way he has handled the cases, some of which were extremely difficult, made so by the nature of evidence that was offered by the opposing side. Still, in the face of all we were able to win outright more than 75 per cent. of cases that were taken. That alone speaks well for the conducting of cases by Mr. Clegg.

Several irregularities have come to light, mainly in our last case from Mascot, that being an application for a colonial wine license by L. Ramsay, grocer. The difference between grocers selling by "bottle licenses" and in the ordinary way is nil. In this case this point was tried to see whether it would work. Fortunately for us, the scheme was brought to light. The applicant and another canvassed the district with the intention of getting their petition of a "bare majority." They were successful in this, but only under a misrepresentation did they succeed.

DECEPTION UNMASKED.

They told the people that the license was in reality a grocer's bottle license. The result was that some people would sooner support a license of this sort than support a license that sold by the glass. They weren't told that after a short time the man who was applying for the license could dispense altogether with his grocery business, and carry on the business of the wine saloon. Such facts as these ought to be made known publicly to save any wrong impression that might be taken by the public.

Another point was that although three persons collected names for this petition, only one man signed a declaration that these names were bone fide. This man, in his declaration, included names of the other petitions which he did not see signed, hence

the petitions were really informal while the man has laid himself open for making a false declaration. It will be interesting to learn the Bench's decision, which has been deferred.

UNCONVINCING WITNESSES.

One point that has been fairly pronounced during the hearing of these cases is that the several witnesses brought in support of the application in the cases have almost unanimously stated that they can, and have, been getting their liquor without any inconvenience from other hotels, practically asserting that the additional license in the district would not be necessary, or even a convenience.

The mere fact that the proposed premises are situated in the vicinity of a place of worship is a real substantial point in our favor.

The localities for which these licenses have been applied for are pretty evenly distributed. For instance, we have had licenses to oppose from Chatswood, Naremburn, Greenwich, Lane Cove, and Neutral Bay. Note the order. Then, on this side, we have the City, Broadway (Glebe), Haberfield, and Five Dock. Again, Coogee, Edgecliff, and probably two cases at Kensington. Even as far out as Cronulla and Bankstown they are striving their hardest to procure their licenses. Croydon is also implicated in this struggle, although the chance of a license being granted there is very small.

The liquor people are to be "congratulated" on the determined stand they make, and they do fight hard. That they try to "arrange" these applications can be seen by the way the applications have come in. But they make one big mistake. While they try to "arrange" the applications, the applicants try to do likewise with the evidence of witnesses, with the result that in many cases the evidence is either extremely conflicting, or it gives the impression that the witnesses have been schooled in this department.

CASES HELD DURING MAY, 1921.

- 10/5/'21.—Leslie Thomas Colley, Neutral Bay—Refused.
- Thomas Phillpots, Greenwich—Refused.
- 18/5/'21.—George A. Johnston, Edgecliff—Refused.
- James James, Neutral Bay—Refused.
- Edgar A. Commerford, Coogee—Refused.
- Peter Taylor, Lane Cove—Refused.
- 26/5/'21.—Benjamin E. Taylor, Naremburn Refused.
- 31/5/'21.—Leslie Ramsay, Mascot, colonial wine license—Awaiting decision.
- 5/5/'21.—Charles Harbey Best, City, removal of colonial wine license from George-street, City, to 10A City-road—Granted (appeal lodged).
- 18/5/'21.—Tasman J. Ward, Cronulla, wholesale spirit merchants' license—Granted (appeal lodged).
- John Herbert Thompson, Chatswood, wholesale spirit merchants' license—Granted (appeal lodged).

Note.—This month shows that out of eleven cases the results were: 8 refused, 3 granted and appeals lodged.

Cases for hearing during June (list not complete) are as follows:

- 7/6/'21.—John Charles Walker, Sans Souci, Application for a club license for the St. George Motor Boat Club.
- 2/6/'21.—Thomas Druitt, Reservoir-street, City. Application for a wholesale merchants' license for rooms rented at Fuerth and Nalls at the above address. Heard 2/6/'21. No appearance—case struck out.
- 15/6/'21.—Lord Bros., Haberfield and Five Dock. Application for spirit merchants' license at both shops.
- 15/'21.—Mrs. Forsyth, Croydon.—Application for wholesale spirit merchants' license.
- 16/6/'21.—Thomas McCaskie, Leichhardt. Application for a whole spirit merchants' license.

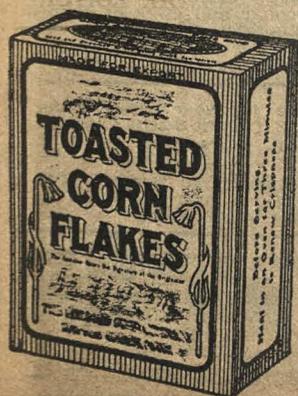
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Alcohol and the Public Health—

(Continued from page 7.)

wickedness of drinking. To this end they advocate the systematic, practical training of teachers to enable them to give rational instruction in schools on the laws of health, including the demonstration of the physical evils caused by drinking. At the same time the Committee cannot lose sight of the enormous improvement which has been effected in some countries, and might be effected in this country, by wise legislation. The evidence given before the Committee was of great interest. Mr. McAdam Eccles and Dr. Robert Jones were witnesses elected by a conference of different temperance societies. Reference was made to an increase of drinking among women. "It is true, as was pointed out, that history affords instances of drunken nations whose vitality does not seem to have been greatly interfered with, but this is assumed to have been the case because mothers of the race were sober, and the conclusion is stated that 'if the mother as well as the father is given to drink, the progeny will deteriorate in every way, and the future of the race is imperilled.'"

Dr. Jones stated: "Alcohol perverts the moral nature, affects the judgment, and impairs the memory. It moreover especially affects the motor system and creates an enormous loss to the community through destroying the productiveness of the skilled craftsman."

Both Mr. Eccles and Dr. Jones testified to the vulnerability of alcoholic persons to syphilis and tuberculosis and to their general liability to all forms of what, in common parlance, are called inflammatory disorders; such persons also suffer much longer from the effects of any malady, thus involving their dependents in prolonged privation.

As a result of the evidence laid before them, the Committee was convinced that the abuse of alcoholic stimulants is a most potent and deadly agent of physical deterioration.

Every step gained towards the solution of the housing problem is something won for sobriety.

Direct proof was forthcoming of men, who had been addicted to alcohol, passing into better surroundings, with the result that they realised the fact and found it a help to them in struggling against their weakness.

The provision of properly selected and carefully prepared food ranks next in value, and to this end there is much room for training of a socially educative character among girls and the younger generation of women.

The Committee was favorably impressed with the operations of such associations as Lord Grey's in transforming the public house into a place where suitable food is as readily procurable as beer.

The effects of physical training on young men show that such convince them that in abstinence is to be sought the source of muscular vigor and dexterity.

(Continued on Page 16.)

£27 A HEAD PER YEAR.

Darwin has the highest per capita drink bill in the world, viz., £27 per head.

Confirmation has been received of a statement telegraphed from Darwin that it is the intention of the Commonwealth Government to relinquish the control of hotels in the Northern Territory. The Acting-Prime Minister (Sir Joseph Cook) said he did not know precisely what action the Minister for Home and Territories (Mr. Poynton) intended taking in the matter, but it had been before the Cabinet some time ago, when the decision was arrived at that something must be done to put an end to the growing loss on the venture.

"The hotels have been run at a loss for the past year," added Sir Joseph Cook, "and steps are now being taken to prevent a continuance of this."

The Secretary to the Department of Home and Territories (Mr. Maclaren) said that in future hotels now controlled by the Commonwealth in the Northern Territory would be conducted by private individuals. The conditions of sale or lease were to be advertised immediately.

Before Mr. Poynton left for Darwin at the beginning of last month he stated that one of the objects of his visit was to inquire closely into the conditions affecting the State hotels. Since they were taken over by the Commonwealth several years ago there has been a steady diminution of revenue, and expenses have increased out of all proportion to the receipts. The Federal Auditor-General stated in his last report that in September, 1920, a letter was received from the Home and Territories Department to the effect that £487/5/3 was owing by the Government Supervisor of Hotels, and that repeated requests to that officer to pay the amount were without success, the supervisor stating that he was not in possession of the necessary money to meet the account. A special officer was sent to the Territory by Mr. Poynton to make full inquiry into this and other matters, but his report has never been published.

100 p.c. DRUNK.

"Alex.": Brown arrived home from the lodge the other night showing 100 p.c. saturation. In fact, he soliloquently remarked several times, "Brown, I nefer sheen you so (hic) tight before." He crept into bed beside his slumbering wife and carefully turned his whisky-laden breath towards the wall. Then, just as he was congratulating himself that Mrs. B. would never know his condition, an icy voice fractured the silence. "Brown," it said, "you needn't turn over—you're drunk right through."—"Bulletin."

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DRASTIC PRICE REDUCTIONS
QUICKLY EFFECT HUGE CLEARAGE.



Bargains in Maids' and Children's Wear.

- G19.—Children's Saxe, Brown, or Navy Flannelette Frocks, facings and belt of contrast color. Lengths, 16, 18, 20, 22, 24 ins. Usual Price, 4/6, 4/11. **SALE PRICE** 3/11
- G18.—Girls' Pretty Tricolour Frocks, sailor collar and waist finished colored stitching, pleated skirt, in colors of Saxe, Navy, or Brown. Lengths 30 33 36 39 ins. Usual Price 21/- 22/6 24/6 25/6 **SALE PRICE** 13/11 14/11 15/11 16/11
- G17.—Girls' Coat Frocks, in V. Rose, Fawn, or French Grey Gabardine, deep yoke effect, inverted pleats at foot. Lengths 24 27 30 33 36 ins. Usual Price, 14/6, 15/6, 15/11, 16/11, 17/11 **Sale Price**, 10/6, 10/11, 11/6, 12/3, 12/11
- G16.—Good Quality School Frocks, in light ground striped flannelette, box pleats from yoke, belt of self. Lengths 24 27 33 ins. Usual Price 9/6 9/11 11/6 **SALE PRICE**... 7/6 7/11 8/9

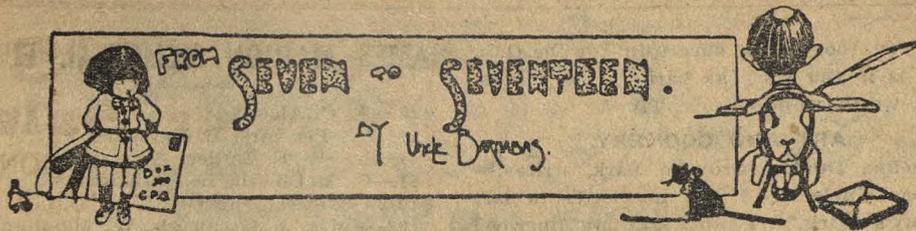
COATS REDUCED.

- G11.—Girls' Cotton Gabardine Raincoats, in Dark Brown only, large collar and belt. Lengths 33 36 39 42 ins. Usual Price 26/6 29/6 32/6 35/- **SALE PRICES** 18/6 19/11 21/6 23/6
- G12.—Children's and Maids' Rubber Lined Macintosh Coats, closed to neck as required, belt at waist. Lengths 36 39 42 ins. Usual Price 27/6 28/6 34/6 **SALE PRICES** 19/11 21/- 25/6
- G13.—Maids' Good Quality Tweed Coats, single-breasted, open or fasten to neck, neat collar and cuffs of striped plushette. Lengths 39, 42, 45 ins. Usual Price, 65/- **SALE PRICE** 38/6

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All boys and girls between the age of seven and seventeen are invited to join the family of Uncle B. Write only on one side of the paper. Send your photo as soon as convenient. Send the date of your birthday. There is no fee to pay. Uncle B.'s birthday is celebrated in April each year by a picnic, to which he invites all his Ne's and Ni's. If you do not write for three months you are a "scallywag." Address all letters to Uncle B., Box 390, G.P.O., Sydney.

MY MUMMY.

My mummy is the nicest one
'At ever lived wiz folks—
She lets you have the mostest fun
An' laffs at all your jokes.

I got an ole maid auntie, too—
The worst you ever saw—
Her eyes 'ist bore you thro' an' thro'—
She ain't a bit like ma!

She, 'ist as slim as slim can be;
An' when you want to slide
Down on ze balusters, why she
Says 'at "she's horrified!"

She ain't as nice as Uncle Ben,
What says 'at little boys
Won't never grow to be big men
Unless they're fond of noise.

But muvver's nicer zan 'em all—
She calls you "precious lamb";
An' lets you roll your rounder ball—
An' spreads your bread wiz jam!

An' when you're bad she 'ist looks sad—
You fink she's doin' to cry,
An' when she don't you're awful glad
An' den you're dood—oh, my!

At night she takes ze softest hand
An' lays it on your head,
An' says, "Be off to bye-bye land,"
An' tucks you up—in bed!

An' sometimes when I says my prayers
An' stars above me shine,
I tells God 'at I know He loves
Dis dear mamma of mine.

R. L. JAMIESON.

THE 'PLANE.

Nea Tuck, "Yarragee," Moruya, writes:—
Dear Uncle B.,—I hope my name isn't on the scallywag list, but if it is will you please cross it off? A seaplane, piloted by Captain Adre Lang, lit upon the water near our wharf. Because of the unfavorable winds prevailing during Friday and Saturday, Captain Lang was not anxious to indulge in passenger flights. The 'plane, after leaving its anchorage, gathered pace until it reached a speed of 57 miles an hour; then, after rising in the air, flew towards the ocean. It rose 1000 feet in the air. The return of the 'plane was anxiously awaited for by 100 spectators. It left Moruya at 4 p.m. and arrived at Eden in one hour. Well, Uncle,

I will now close, with love to all my "Grit" cousins, not forgetting yourself.

(Dear Nea,—I am glad to be able to say that you are not on the scallywag list; but be careful. Thanks for letter.—Uncle T.)

GOOD RESOLUTIONS.

Clarice Taylor, New Lambton, writes:—

Dear Uncle B.,—I hope you have not put me on the scallywag list. It is only about two weeks since we had a day-school picnic at Speer's Point. We had a lovely time, and there were some splendid prizes; we had 72 prizes altogether. For our Sunday school picnic I collected £1/2/9, and all those who collected over £1 got a nice book. My father has a variety of flowers—dahlias, roses, carnations, and bouvardias. We have had a lot of rain these last few days and everything is looking nice and green. Our school started to-day after having one week's holiday, and I am going to try to improve in all my lessons, as I want to be a good scholar so that I can take my place in company as I grow older. I must close now, with love to all my Ne's and Ni's, not forgetting Uncle B.

(Dear Clarice,—I admire your resolutions, and I hope you will keep them. Your efforts for the Sunday school were fine.—Uncle T.)

GOOD WORK.

Grace Lipscombe, "Nevelleton," Normanhurst, writes:—

Dear Uncle B.,—Am I a scallywag? I have lost count, but I feel sure it must be about three months since I last wrote. I have much home work every night; it takes up most of my time. It is a wet Sunday night, and I am staying home from church, so I will write a letter to you. We were all very sorry to read of Mr. Marion's sudden death. We have had my little niece staying with us. She is just beginning to talk and is very funny. Do you like "Barnaby Rudge," Uncle? We have it for our English text book at school, and I like it very much. One of my brothers is in Dunedin. He went for a walking tour during the holidays to Milford Sound and the famous Sutherland Falls. He sent us some snapshots. We went to Woy Woy a few Saturdays ago and had a good day's fishing. Last Saturday dad and one of my brothers took me to the Show. It was very interesting. One of the men was thrown from his horse in one of the hunts. I did not like to see that. We held a garden fete in aid of our church a few weeks ago. I helped at the work stall; we made about £30. Then we had a small concert at night, at which we made about £5. Our garden looks very pretty now, as we have a great deal of Michaelmas daisies out. My brother passed the intermediate examination last year. With love to all "Grit" cousins and yourself.

(Dear Grace,—Your efforts for the church are grand. Yes, I, to, have enjoyed the book. System will enable you to write regularly. No scallywag yet.—Uncle T.)

"QUITE RIGHT."

Ethel Green, Dural, writes:—

Dear Uncle B.,—It has been raining for a couple of days now, and it is raining hard now. I wish it would stop; the garden is quite boggy. My little sister started school yesterday, and she likes it. On Good Friday we went down to Anangrove and had a very enjoyable time. Mr. Job was here about a fortnight ago and was speaking on Prohibition, and I think that if so many other places have got Prohibition Australia ought to get it, too. We have a lot of tomatoes ripe now and a few passion fruit; I like pulling passion fruit. Well, Uncle, can you tell me the date on which your picnic is celebrated, please? I must close now, with love to you and all "Grit" cousins, and wish-nig "Grit" every success.

(Dear Ethel,—Thanks for your letter. I am fully of your opinion regarding Prohibition. There is a lot of work to do yet for all of us.—Uncle T.)

"TRYING HARD."

Ken Taylor, Pymble, writes:—

Dear Uncle B.,—I saw my last letter in "Grit" a few days ago. I like the High School fairly well. We broke up for the holidays, but I am not going away. I'm trying to keep off the scallywag list as much as possible. We had our Foreign Missionary Service up at Turramurra last week, and it was real good. It was sad about Mr. Marion dying. It will be a great blow to the Prohibitionists, won't it? There's no news, so I will have to close, with much love to all "Grit" cousins and yourself.

(Dear Ken,—While you are regular in your letters and keep a growing interest in all that "Grit" stands for, you need have no fear of the ogre "scallywag."—Uncle T.)

A GOOD HOLIDAY.

Errol Hill, Kempsey, writes:—

Dear Uncle B.,—I told you of our pet duck called Daddles. On Tuesday morning he had his breakfast with the others, but in the evening he was gone. We hunted down in the valley and round about the sheds, but nowhere can we find him. We are in fifth class at school. We went to the West Kempsey Show on March 17. During the day we went to the merry-go-round and had a ride on it. Next we went to the

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building where the school exhibits were kept. There were very nice maps and drawings. There were cakes of all kinds, and looking at them made us feel quite hungry, so we had to hurry off to get our dinner. Next we went to the ring where there were jumping contests. My favorite was a creamy horse which was the winner of the hunters' hurdles. With love to all your "Grit" cousins and yourself.

Keith Hill, Kempsey, writes:—

Dear Uncle B.,—We spent the Easter holidays at my uncle's, and while we were there we played a lot of cricket. One day we went to Taree, and another day we took the round drive, and enjoyed the trips very much. We had to leave at half-past three on Monday morning to catch the train for Kempsey. As it had been raining for some days, and was still raining, the road was very bad, and the car skidded very much. We would rather have stayed until Tuesday, only mother thought it would be better to open school on the correct date. When we got to Kempsey we found the roads were not as bad as we expected. Have you ever read "The Man of the House"? I think it is a very nice book, and it shows plainly the evils of strong drink. Mother is going to give me "St. Tom and the Dragon" for my next birthday. With love to you and all "Grit" cousins.

(Dear Errol and Keith,—Your letters show that you spent a very pleasant and profitable holiday, for which I, too, am glad. I think mother was right. Nothing like getting in early to school—that is the way prizes are won.—Uncle T.)

A NEW NI.

Zillah Dunlop, Croydon Park, writes:—

Dear Uncle B.,—Will you kindly accept me as one of your "Grit" Ni's? I was eleven years old on September 13, and I go to the Presbyterian Church. I am in 6th class at school, and will be going for the Q.C. examination this year. My sister Thelma went for it last year, and passed. Everyone in our family who went for it passed, so I hope I do. Thelma has been writing you for a good while, and so has Allan; but he has left off. He goes to work now at Garden Island. I have been going to write for a good time, but this is about the only chance I have had. My father takes "Grit," and every week I read the contents of pages 11 and 12, of which I am very interested in. I have a little canary. It is yellow on the top and it has a green breast. It used to have some mates—two little yellow ones—but somehow they got out of the cage, and my little one is left all alone; but it is none the worse for that, for it sings away in the cage all day, and is as happy as can be. I have not much more news, only that the weather is very rainy. People are wondering when it is going to stop. I don't know when I am going to get my photo taken, but I do not suppose you will have to wait long. I will close now, with love to all "Grit" cousins and yourself.

(Dear Zillah,—I have much pleasure in accepting you as a "Grit" Ni. I feel sure

that you, too, will be successful for the Q.C., that is if you work as hard as the others. It is worth while.—Uncle T.)

ART AND COOKERY.

Thelma Dunlop, Croydon Park, writes:—

Dear Uncle B.,—I saw my letter in last Friday's "Grit." I am still at Burwood school, and I think it is a very nice school. The lessons I like best are art and cookery, although I like my other lessons. My sister is enclosing a letter in with mine. She has been going to write for ever so long, and at last she has started. Our Easter holidays are only just over a week now. I did not go to the Show this year, but on Easter Monday I went to Bronte and had a very pleasant day. Although I enjoyed my holidays I was very glad to get back to school. It has been awfully wet lately, and it is very dull having to have our dinner in school, and not being able to go out to have a game; but it is looking a bit brighter now. I am joining basket-ball this season instead of vigero. The baby is growing lately. She is nearly ten months old now, and weighs 21½ lbs. With love to all "Grit" family.

(Dear Thelma,—Very pleased to hear from you again, and also to note that art and cookery are your choice—both are excellent and lead to fame and happiness. Don't forget to get baby to write as soon as it is able.—Uncle T.)

New South Wales Alliance—

(Continued from page 4.)

ance words set to well-known airs, such as "Tipperary," "Long, Long Trail," "Three Blind Mice," "Abe, My Boy," etc. They are just the thing for a children's meeting, Band of Hope, Lodge, etc. Cost only 1/- per 100. Get a supply and teach the children to lift their temperance enthusiasm on a wave of song.

If you wish some for Sunday services, get a supply of hymn-sheets, 2/6 per 100, including fourteen Prohibition hymns set to well-known tunes from Sankey's books.

WHAT OTHERS ARE DOING.

Woolloomooloo City Mission has an active Band of Hope. Last Tuesday we attended, and were interested in seeing the splendid audience and hearing the children recite "Ten Temperance Tommies."

Erskineville Church of Christ has started a Society. Over 100 attended the first night, when an interesting programme was presented.

New Societies are being started by the Waverley Baptist and Gerringong Church of England.

For your meetings sets of lantern slides are being prepared. They include temperance recitations, stories, fairy tales, travel talks, cartoons, and songs, etc. A new plan is also being prepared, namely, the use of the phonograph for temperance teaching. Write in for full particulars to the Y.P. Department, N.S.W. Alliance, 321 Pitt-street, Sydney.

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£5.—A. C. Alcorn.
£1/7/-.—Per Mrs. L. Drysdale.
£1/1/-.—R. B. Butler.
£1.—G. McDowell, L. Hathaway.
10/6.—Misses Wheatley.
10/-.—Mrs. J. Cavanagh, W. Manning, H. A. Horton.
5/-.—Alfred Bush, Drummoyne Friend.
2/6.—J. H. Goddard, Miss Shaw, Drummoyne Friend.
2/-.—H. W. Brown.

"GRIT" SUBSCRIPTIONS.

Received to 9/6/21, and where not mentioned the amount received is 10/-:—T. Nankervis, 16/5/22; W. C. Kerslake, 30/5/22; Boulder Mech. Institute, 16/5/22; L. J. Todd, 30/6/22; W. Walsh, 18/5/22; A. Fredin, 15/4/22; A. D. Trevaske, 30/5/22; Mrs. N. Flowers, 15/8/21; R. Hamilton, 16/5/22; A. Johnson, 2/5/22; E. A. Trevitt, 1/5/22; Mrs. Melvin, 2s. 6d., 20/10/21; B. Enright, 9/6/22; Mrs. Simpson, 30/4/22.

The following are paid to 30/12/21:—Miss E. J. Currell, 5s.; H. S. Ranford, 25s. 6d.; Mrs. G. Hunter; W. Morice (N.Z.), 12/-.

ST. ELMO HOSTEL.

About a year ago the Y.W.C.A. opened "St. Elmo," in Dalley-street, Waverley, as a hostel for ex-war service women who were coming from England to settle in Australia. Recently it was found that this branch of the Association's work could be dealt with better at the headquarters in Liverpool-street. The decision to do so left "St. Elmo" available for use as a home for girls who are either working in the city or passing through and needing temporary accommodation. In this connection it is proving a great boon. That it should be widely heard of is the wish of the Association, and we have pleasure in commending it to the notice of readers of "Grit." Up to the present over 600 have stayed at the hostel. Write to the Secretary, or 'phone Wav. 81.

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THE STATESMAN.

The statesman throws his shoulders back and straightens out his tie, And says, "My friends, unless it rains the weather will be dry."

And when this thought into our brains has precolated through,

We common people nod our heads and loudly cry, "How true!"

The statesman blows his massive nose and clears his august throat,

And says, "The ship will never sink so long as it's afloat."

Whereat we roll our solemn eyes, applaud with main and might,

And slap each other on the back, the while we say, "He's right!"

The statesman waxes stern and warm, his drone becomes a roar,

He yells, "I say to you, my friends, that two and two make four!"

And thereupon our doubts dissolve, our fears are put to rout,

And we agree that here's a man who knows what he's about.

SOME YOUNG IDEAS.

Teacher: "Where was the Declaration of Independence signed?"

Bright Pupil: "At the bottom, mum."

Teacher: "Do you know the population of New York?"

"Not all of them, ma'am; we've only lived here two years."

Teacher: "Swarms of flies descended upon the Egyptians, but there were no flies on the children of Israel."

Smart Boy: "There ain't now, either."

THE RETORT SNAPPY.

"I wouldn't be a fool if I were you!"

"That's the only sensible thing you've said during this discussion. If you were I you certainly wouldn't be a fool."

IMPORTANT DETAIL OMITTED.

In a recent film one of the characters is skinned alive. The realism is rather marred by not representing him as a taxpayer.

HIS PREFERENCE.

Waiter: "By the way, Sir, that steak you ordered—how would like to have it?"

Patient Customer: "Very much, indeed!"

A TENSE SITUATION.

Fortune Teller: "You wish to know about your future husband?"

Customer: "No; I wish to know about the past of my present husband for future use."

NO CART ALONG.

The girl walked briskly into the store and dropped her bag on the counter. "Give me a chicken," she said.

"Do you want a pullet?" the storekeeper asked.

"No," the girl replied. "I wanta carry it."

ANYTHING TO OBLIGE.

The constable of a New England village, a man of exceeding good nature, found it necessary to lock up three tramps who had strayed into his jurisdiction. Shortly after the arrest he was met by the Mayor of the village, who, observing the constable hurrying down the main street, asked,

"Where are you going, constable,"

"Oh," exclaimed the constable, "the three tramps I just locked up want to play bridge, and I'm out hunting for a fourth!"

LOOKED POSSIBLE TO HIM.

The judge looked over at the prisoner and said: "You are privileged to challenge any member of the jury now being empannelled."

Hogan brightened. "Well, thin," he said, "yer Honor, O'll foight the shmall mon wid wan eye, in the corner there forminst ye."

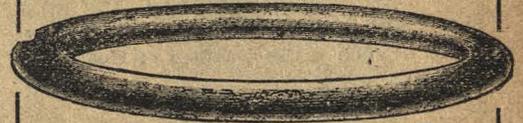
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Mary, your kitchen is a picture!

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**"As many as are led by the Spirit of God, they are the sons of God."
—Rom. 8, 14.**

SUNDAY.

"Suffer little children to come unto me . . .
for of such is the kingdom of Heaven."
—Matt., 19, 14.

* * *

WHAT MAKES HEAVEN?

"Not its jewelled walls and pearl gates and streets of golden pavement and sea of glass and river crystal; but its blessed obedience, its sweet holiness, its universal and unbroken accord with the Divine will, and its spirit of love. Heaven can never be entered by any in whose hearts the spirit of Heaven is not first found. Heaven must be in us, or we can never enter its gates. We are prepared for Heaven, made meet for the inheritance of the saints, therefore, just in the measure in which we have learned to do God's will here on earth, as it is done by angels and saints in that home of Divine glory."—"In Green Pastures."

MONDAY.

"Upon this rock I will build My church."
—Matt., 16, 18.

* * *

OUR CHURCH.

What sort of a church would our church be,
If every member were just like me?
Better or worse would our church be
If every member were just like me?

Were every member of our church to be
Just such a member as Christ would see,
What changes would come to you and me,
And the gain of our church—what would
that be?

TUESDAY.

"Be kind to one another."—Eph., 4, 32.

* * *

TO-DAY IS YOURS.

To-day is our own; let us use it for thoughtful kindness and sympathy. Let the hours as they pass from morning to evening have help in them for others. It may be only a crumb that we have to give; a helping hand for the moment; a cheery word of encouragement as we pass on, a bright look, or a kindly smile. Let us give it lovingly and heartily. For according to our use or neglect of the opportunity placed within our power now, will the morrow, whether here or hereafter, bring us a harvest of gladness, or of vain and sad regrets.

WEDNESDAY.

"I give myself unto prayer."—Psl., 109, 4.

* * *

PRAYER.

The weary ones had rest, the sad had joy
That day, and wondered "how"
A ploughman singing at his work had prayed,
"Lord, help them now."

Away in foreign lands they wondered "how"
Their simple word had power.

At home the Christians, two or three, had me
At home the Christians, two or three, had met

To pray an hour!

Yes, we are always wondering, wondering
"how,"

Because we do not see
Someone, unknown, perhaps, and far away,
On bended knee.

—E.M.N.

THURSDAY.

"Shall come forth: they that have done good,
unto the resurrection of life."—John, 5, 29.

* * *

A DESIRABLE EPITAPH.

Do good and leave behind you a monument
of virtue, that the storm of time can never
destroy. Write your name by kindness, love
and mercy on the hearts of the hundreds
you come in contact with year after year,

and you will never be forgotten. No, your
name, your deeds, will be legible on the
hearts you leave behind. Good deeds will
shine as bright on the earth as the stars
of heaven.

FRIDAY.

"The seed is the Word of God."—Luke, 8, 11.

* * *

ONLY!

Only a seed—but it chanced to fall
In a little cleft of a city wall,
And, taking root, grew bravely up,
Till a tiny blossom crowned its top!

Only a thought—but the work it wrought
Could never by pen or tongue be taught,
For it ran through a life, like a thread of gold,
And the life bore fruit a hundredfold.

Only a word—but 'twas spoken in love,
With a whispered prayer to the Lord above,
And the angels in heaven rejoiced once more
For a new-born son "entered in by the door"!

SATURDAY.

"He that hath the Son hath life."
—I. John, 5, 12.

* * *

Life has been defined as a going to the
Father. Death means reaching the Father.
It is not departure but arrival, not sleep but
waking. For life to those who live like
Christ is not a funeral procession. It is a
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entry at the last in God's own chariot is the
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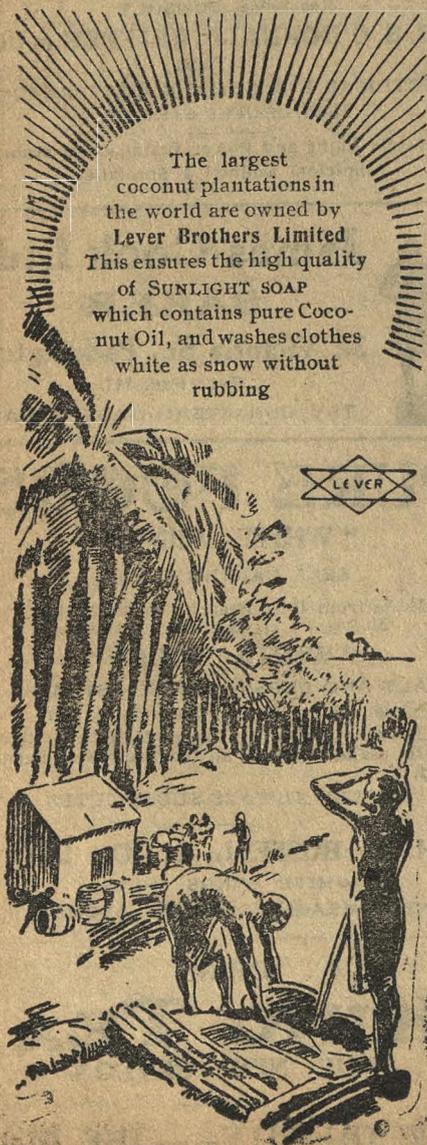
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A Tragic End

A Timely Warning to Mothers and Daughters of Australia.

Extracts from two letters received by Paul C. Brown, Field Secretary of the California C.E. Union, from a girl who was about to take her own life, and who did commit suicide a few days later.

She had seen an article in the "Christian Endeavor World," accompanied by the picture of Mr. Brown, and so wrote to him begging the privilege of reaching the ears of the young people of California through him. —(Editor.)



Oakland, Cal., March 21.

Dear Sir: * * * I am going to write you a long, long letter and tell you something that no one knows yet, and when I am thru I am going to start down the last slide that stops in the centre of Hell itself. * * * The real reason for my confession will be very evident before I close this, my last letter on earth. I am going to write plainly. I am going to tell you my life's story. I am going to tell you some of the heartache, the agony, the anguish that we suffer. I am going to warn mothers about their daughters. I am going to put into your hands something that will speak in letters of blood from the very gates of Hell itself. I am going to try to save some other soul from this Hell with my last breath. This very paper is bought with the price from money I would have spent for liquor. I am going to take you, as it were, and have you stand with me on the rim of Hell and look down among the souls of girls who have lost their balance. I want you to see the agony, the anguish, the despair; I want you to hear the souls cry out in despair—and then I charge you to tell this story wherever possible, warn all young people you meet not to wander from their Savior * * * The only safe thing for young people to do is to keep close to their Lord. Tell them in no uncertain notes the inexpressible agony, remorse, anguish that may become theirs if they do not keep close to their Lord.

* * * When you get this I will be non-existent, Mr. Brown, and there will be no one to mourn, no one to care, no one to weep or miss me, but if I can save one soul by exposing my life, perhaps I may not have lived in vain, after all.

My parents were "Christians," but love did not rule the home. Church appearances were adhered to, but the week day life was a sham. My mother did not tell me the vital facts of life, the purity, the divine purpose in my body. * * * My mother thought ignorance was innocence, and left me unwarned. Oh, if mothers only believed in the pureness, the majestic sweetness of motherhood, and then watched their babies with an eagle eye, and would talk these things over in a right way. If some mother could only hear the moan of this little girl of 19 years in my room now. Oh, if my mother had only told me what it meant to be a girl! I am not speaking now of the girls who know what they are doing, but are forced to it by money troubles. I am only speaking of those who LEARN life's lessons, who feel Nature's call to mate because of too much freedom with the boys of their own set, the card parties, the dances, skating rinks, etc., where their emotions are aroused, and they do not see the danger rocks.

Oh, where is your Christ? Is He a stone image, is He an idol? Is there not real joy enough in religion to make the young people happy without these things? Oh, when will the church people get close enough to their Savior, so that they can feel His heart of love beating and find in Him their pleasure?

Yes, Mr. Brown, I once knew the sweetness of loving Him, but now the gates of Hell are closing behind me, and I am HERE because of a dance given in a Church parlor. I did not know it was wrong to let a young man take me for a walk alone. I was only 14. I learned that night the sweetness of being kissed. It was only a matter of six days from that day before I had taken the first step down and nothing happened, no one knew; then again and again and then a scandal, and I was sent from home disgraced, yet was I to blame for my ignorance?

Once upon a time I gave my heart to Jesus Christ and loved Him, but now—what a change! Even after my fall I did not sink very low. I rallied because of my Savior's love and tried to be good. I studied and studied, and wanted to fit myself to warn girls. Finally I met and loved the son of a Minister. My story was repeated with this exception—he did not play fair. From that time I went the pace. * * *

My case now is hopeless, but there are many young girls who have not yet taken the first step. If those who profess to know Christ would only live as if they knew Him. Oh, I know it is not His fault that I am here—it is not His fault! Oh, you people who profess Christ, oh, hear me calling from the very gates of Hell, live Him, tell others of Him, keep close to Him! Tell the young people that the world and all its pleasures are only traps for their feet. Oh, the heartache, the sorrow away from your Lord Jesus! Hear me, once pure as you are, with outstretched arms, with tears in my eyes, warning you of the broken hearts, the pain and mental suffering, the sleepless nights, if you leave your Savior. The world may glisten and invite you, but it is all sham. Christ is all that is worth while. The world turns to brass and gall when it has lured you away, and then laughs at your emptied, seared soul. It is not necessary that you go the depths of sin to feel its sorrow and anguish.

* * * Monday will see me out of this world forever, unmissed, unloved, unmourned. Oh, that someone really cared, that God could reach me now and help. * * * Well, here goes, this is the last good-bye—remember the souls of the young people you meet, and, oh, warn them before it is too late.

A heart-broken, lost soul, bound for Hell.

Second Letter Received About One Week Later.

San Francisco, March 24.

Dear Mr. Brown:

This letter, Mr. Brown, will be sent to you one week later, one week after I am dead, for to-night I cease to exist. I am leaving this with friends to be sent one week from now. My object? To speak to you as tho from the grave, and that what I say will be the more impressive.

I have not always been degraded. I once knew the peace and joy of a surrendered life and good society. People of refinement and education were my friends; but the pleasures of the world allured, the dances, the cards, the wine, and I was swept off my feet into the swirling waters of sin and suffering, and now—suicide. I've met many poor deluded girls and some boys who had had Church training and Christian parents, and yet, there they were in sin. Why?—Mainly because, according to their own words, the Churches had failed to live and preach Jesus Christ. The members of their own families were professors but not possessors of the Lord Jesus as a living reality.

Mr. Paul Brown, this to you is my very last word. I am going to tell why I am to kill myself * * * I am a prospective mother.

The only "decent" thing left me is to put myself out of the way.

A LOST SOUL.

Note.—From various sources we have been able to learn of the tragic end of this poor, unfortunate girl. She did not kill herself as soon as she intended according to her letter. Her last day in San Francisco was spent in the back end of a saloon trying to persuade some of her old associates in the evil life to give themselves to Christ. She did win three. Then she went to Seattle, hunted up the "father" of her unborn babe, and killed herself while in his house.

PAUL C. BROWN.

Taken from "The Lure of the Dance"

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Alcohol and the Public Health—

(Continued from Page 10.)

The systematic training of teachers in the laws of health, and rational instruction in schools, embracing, but not confined to, an explanation of the effects of alcohol on the system, would do much to prepare the way for the comprehension and appreciation of more direct temperance instruction which, to be effective, must be given at a later age.

The figures put before the Physical Deterioration Committee showing the increase of consumption of spirits in France and Belgium since 1830, and coincidentally deaths and suicides, lunacy and common crimes, and notably, as for France, a definite increase of the percentage of conscripts refused as unfit for service. Thus whilst in 1830 the consumption of spirits was 2.2 litres per head, in 1895, it had risen to 32 litres.

Diagrams re Norway and Sweden, illustrating the reverse, showed that after wise legislation the consumption of drink had steadily decreased. Besides a diminution in crimes, suicides and deaths from alcoholism and syphilitic diseases, the percentage of conscripts refused has steadily been reduced, showing an elevation in the standard constitution of the people.

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Thus in Sweden the consumption of spirits in 1830 was 46 litres and in 1890 six litres per head. The percentage of rejection of conscripts in 1845 was 34.46, and in 1885 19.61.

The total amount of money devoted to the purchase of alcohol in New South Wales last year was £10,251,000, equivalent to an expenditure of £5/2/7 per head of population, equal to two-thirds of the total revenue of the whole railway and tramway system, and one-third of the total expenditure of the State.

In the British Isles the expenditure on drink is worse, proportionately, being nearly 50 per cent. greater than the traffic receipts of the whole railway system, including both goods and passengers; more than double the expenditure on bread, and more than equal to the expenditure on meat.

Before the war it was approximately equal to the total revenue of the United Kingdom, and more than eight times the total amount required for interest on the national debt.

The Government Statistician, referring to the noticeable increase in the consumption of drink last year, stated that the bill was the

highest on record, and gives as the reason the return of the soldiers from overseas and the general increase in the wages among the community.

The one pleasing fact is the reduced consumption of imported spirits and beer and an increased consumption of local beer and wine, making the average consumption approximate that of 1913.

When one realises, however, that quadruple as much per capita is spent for drink as is spent on public instruction in New South Wales, and that the indirect cost from sickness, loss of employment, and general misery is beyond estimate, there is small wonder that a strong section of the public is fighting the evil. The drink problem is easily the foremost question of the day, placing even the support of a navy or army in the shade.

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