

National Temperance Study Course

SOME ILLUSIONS ABOUT ALCOHOL

(Intermediate-senior lesson)

There is a story in the Bible that tells how Jacob deceived his father Isaac, and obtained from him the blessing which was intended for his brother, Esau. The father was old and blind, and could not easily recognize those who came to visit him. Jacob took advantage of that situation and appeared before his father claiming to be Esau. Knowing that Jacob had a smooth skin and that Esau's skin was hairy, the father, who apparently was a bit suspicious, asked the son to come close that he might feel his skin. Jacob, however, was prepared. He had dressed in his brother's clothing, and had put the skin of a kid on his hands, arms and neck. After feeling his skin, Isaac said, "The voice is Jacob's voice, but the hands are the hands of Esau."

There is much about the alcohol traffic that reminds us of this ancient story of deception. There are certain statements and beliefs about alcohol, and which are used as reasons or excuses for some people's drinking habits.

These features of the traffic are often called illusions. (The dictionary defines an illusion as a deceptive statement or belief.) For the sake of getting our thinking straight on the problem, let us examine a few of these deceptive statements and beliefs about alcohol, and which are used as reasons or excuses for some people's drinking habits.

1. Alcohol, a Stimulant or Depressant?

It was for a long time believed that alcohol was a stimulant, that if a person was under a heavy strain or for some reason needed a quick pick-up, alcohol was the answer. It is easy to see how this view might arise. People who have been drinking are often gay and exuberant. Frequently they become more aggressive than usual, wanting to assert themselves and to argue, often getting into fights. It may appear as if the alcohol has given them more courage and energy. But this is not the case. What has happened is that ordinary controls have been relaxed. If a dog is unleashed, it may chase cats, or hens, or get into a fight. But the unleashing hasn't increased the animal's chasing and fighting powers, it has merely set them free from control exercised by the leash.

It is much the same with human beings who come under the influence of alcohol. We all have certain aggressive and quarrelsome tendencies, but usually these are held under control or are directed into constructive channels. Instead of the leash as in the case of the dog, our lower impulses are held in check by our religious beliefs, our early training, and our desire to be accepted members of a society.

Now, when the first effects of alcohol even in small amounts is to dull or depress the higher centres of the brain, through which these restraints are exercised. It has this effect because it is an anaesthetic, having a drug action much like ether. Students of chemistry might be interested in looking up the formulae for the two substances, and noticing how similar they are. Alcohol, then, is a depressant not a stimulant. The idea of its being a stimulant is an illusion—a deceptive idea.

2. Does Alcohol Increase Bodily Temperature?

As alcohol enters the body, it gives rise to a "feeling of bodily warmth." This feeling is misleading, and has led to the false idea that alcohol is a defense against cold and exposure.

This sense of warmth comes not from increased heat production in the body, but increased warmth of the skin, because of the enlargement of the surface blood vessels caused by the alcohol. This in turn leads to a loss of bodily heat much like heat escapes from a house if the house is not insulated. This is the reason why alcoholic drink used to be given as a medicine to reduce certain cases of fever, before better medicines were developed for the purpose. A low temperature is particularly dangerous when one is exposed to cold, or in a weakened condition, when it may result in chills and pneumonia.

Where endurance is called for, and resistance to cold is needed, the presence of alcohol in the body is actually harmful. A British authority has summed up the matter in this way: "Arctic explorers are forbidden the use of alcohol by leaders of their expeditions because it causes a loss of heat which is especially dangerous in cold climates, and because it lessens strength and endurance."

3. Is Alcohol a Food?

Advertisers of some kinds of alcoholic drinks use descriptions usually associated with food, trying apparently to give the impression that alcohol deserves a place on our list of good foods, because of its nutritive value. This, too, is a misleading view.

While beverage alcohol is burned in the body and thus energy, it contains none of the vitamins and minerals so necessary to health and growth. In fact drinkers are particularly susceptible to certain diseases simply because they are not getting enough of the right kind of food.

Alcohol is not even a good source of energy. It cannot be stored for future use as can be done with fat and carbohydrates. In addition, it cannot be used to give extra energy so often needed in running, playing games, or doing muscular work. When a person takes vigorous exercise, the body can burn or oxidize carbohydrates four to ten times faster than normally to provide the extra energy needed. This it cannot do with alcohol; there is little increase in burning even during strenuous exertion.

There is another count against alcohol as a food, and that is that it interferes with the body's use of other foods. If alcohol is present in the body along with other food materials, the body will burn up the alcohol first. If enough energy is provided in this way for the body's needs, other proper foods are left unused. A person may therefore feel as if he were being well fed, when as a matter of fact he is suffering from lack of proper nourishment.

4. Men of Distinction

A series of advertisements financed by the liquor industry has appeared in a number of popular magazines featuring men drink-

ing alcohol, and using the caption "Men of Distinction." The propaganda was designed in a subtle way to create the impression that the two factors, the distinction and the alcohol, belong together. Now, no doubt, there are distinguished persons who drink but it is just as true that there are many distinguished persons who don't drink. The attempt to link the two together and thereby to suggest that the distinction was due to the drinking is misleading.

One form of the Westminster Catechism asks the question "What man?" Then it gives this answer: "Man is the child of God whom He created to know Him, to love and serve Him, and to enjoy his favour and fellowship." It is that which gives man distinction and it can scarcely be claimed that alcohol assists in realizing that purpose!

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2. Tell in your own words what it is that gives mankind the most dignified place in creation. How does alcohol affect this dignity (distinction)? Value 10 marks.

(Junior Lesson)

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Mr. Criticism was a rather serious-minded person, with a strong sense of duty and of the conduct, manners and general behaviour which were to be expected from a firm of such standing as Self, Limited. Wherever Mr. Self went, there went Mr. Criticism at his elbow, noticing everything, and always ready with a whispered word of advice, encouragement or warning. Mr. Self relied on his good judgement in everything, and as a result the firm of Self, Limited, was held in great respect wherever it was known.

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go. There's just one little fault: you're too goody-goody and polite; could not your secretary turn up a few stories a little more highly flavoured?"

"Mr. Self! Mr. Self!" cried Mr. Criticism. "You'll be ashamed by tomorrow morning of lowering yourself like this."

Mr. Intoxicants kicked Mr. Criticism violently under the table. "Will you be quiet, you stupid!" he hissed.

"Miss Memory has some swear words and a few nasty bits of gossip and some secrets in the note-book that's locked up in that box she always carries about with her," said Mr. Self. "I'll tell her to get out the swear words and the gossip."

"Never mind about the key!" said Mr. Intoxicants, seizing the box. With one wrench he pulled off the lid and out fell the carefully guarded book.

"There you are, Self!" cried he. "Now see if you can't make every-one sit up!"

There was no doubt about it, Mr. Self did make them "sit up." He used the bad language, he told all the nasty bits of gossip. But even the longest parties come to an end, and Mr. Self got home somehow.

When Mr. Self awakened he found Miss Memory and Mr. Criticism with faces as long and dismal as could be.

"Hello!" he cried. "What's the matter?"

"Matter!" echoed Mr. Criticism; "the disgraceful way you behaved last night! I did my best to check you, but how could I get your attention when you let Intoxicants slip in between us?"

"I did not notice he had done that," said Mr. Self.

"No one ever does," said Mr. Criticism, "but it is what always happens when anyone makes

extract of a gland within the body.

Adjusting the patient to his environment is best done by the family physician who knows the patient and his background. He knows how the patient meets stress and problems and can thus help him to "calm down." The family physician can help correct or remove any physical conditions such as infection.

Protecting the heart, bloodvessels and other organs from the effects of too much thyroid hormone is best done by mental and physical rest.

Suppressing or lessening the amount of thyroid hormone being manufactured by the thyroid gland is by use of iodine, X-rays, and surgery.

When surgery is not advisable, X-ray treatment over 9 months or a year gives excellent results. Surgery gives immediate results.

ROLLO BAY WEST SCHOOL

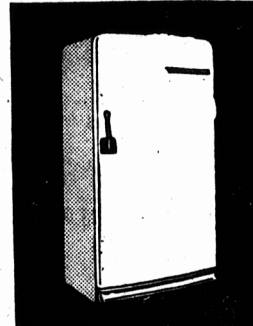
- Honor roll for September is as follows:
- Grade IX.—1. Louise Wood.
 - Grade VIII.—1. Catherine MacKinnon.
 - Grade VII.—1. Eleanor MacKinnon; 2. Douglas Wood; 3. Elaine MacPhee.
 - Grade V.—1. Bobby Wood; 2. Billy MacEwen.
 - Grade III.—1. Dwight MacEwen; 2. Alva Townshend.
 - Grade I. A.—1. Isobel MacKinnon.
 - Grade I. B.—1. David MacDonaid.

Highest average in the Senior Grades—Catherine MacKinnon, 85%.

Highest average in the Intermediate Grades—Eleanor MacKinnon, 86%.

Highest average in the Junior Grades—Dwight MacEwen, 84%.

Elaine MacKinnon—Teacher.



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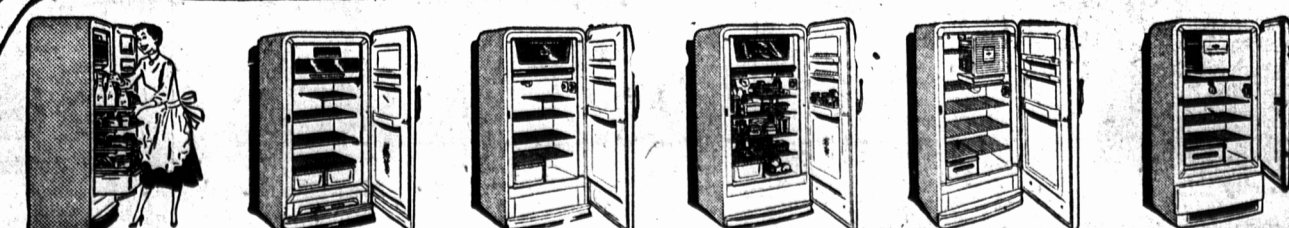
Automatic Defrosting at a Low, Low Price!

- Full-Width Super-Freezer Chest!
- Porcelain Interior!
- Roll-to-You Shelf!
- 2 big, roomy Hydrators!
- Powered by Meter-Miser!



Only Frigidaire gives you a 1953 nine cubic foot refrigerator with completely automatic defrosting at the price you can buy this Master Model MS-90! It's another outstanding example of the low prices made possible by Frigidaire's huge new production facilities at Scarborough, Ontario.

See all the Frigidaire Refrigerators at your Frigidaire Dealer's



MODEL DE-104. Storage space 10.6 cu. ft. All shelves roll out all the way. Full-width low temperature freezer, holds 27 lbs. frozen foods. Cycle-matic self-defrosting. Two Hydrators. Door shelves.

MODEL DE-78. Capacity 9 cu. ft. Food Freezer holds 43.8 lbs. frozen foods. Aluminum shelves. One Roll-to-You shelf. Cycle-matic self-defrosting. Two big Hydrators. Door shelves.

MODEL MS-86. Storage space 8.6 cu. ft. Super-Freezer Chest holds 41.5 lbs. frozen foods. Two removable half-shelves. Hydrator holds 12 1/2 quarts. Full-width Chill Drawer. Door shelves.

MODEL MS-88. Capacity 8.6 cu. ft. Super-Freezer Chest holds 41.5 lbs. frozen foods. Four full-width shelves; one removable half-shelf. Hydrator holds 12 1/2 quarts. Door shelves.

MODEL AS-81. Capacity 6.1 cu. ft. Ideal for limited kitchen space. Super-Freezer Chest holds 15.9 lbs. frozen foods. Full-width shelves. Cold storage Tray. Large Hydrator.

Liberal trade-in allowance, low down payment, easy terms

R. T. Holman Ltd.

Simpsons - Sears

SUMMERSIDE and CHARLOTTETOWN

129 KENT STREET

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CHARLOTTETOWN



With Coupon
LARGE -- FREE
GIANT 39c

- SUGAR, 10 lbs. 89c
- BROKEN PEKOE TEA, lb. 63c
- COFFEE, 1 lb. bag \$1.05
- PERFECTION MILK, 6 tins 89c
- SUPER SUDS, 2 pkgs. 69c