

National Temperance Study Course

INTERMEDIATE-SENIOR LESSONS
Lesson Four—November 2nd
ALCOHOL AND HEALTH

What is the effect on one's health of the continued drinking of alcohol? With the time of so many trained personnel, as well as such large sums of money, being devoted to the improvement of the nation's health, it is not surprising that attention has been given to this problem of alcohol. The problem has become more acute in recent years as the feeling has grown that our survival, or the survival of our way of life, may depend upon the development of a vigorous and healthy nation.

Insurance companies which take a financial risk each time they insure a person, have been particularly concerned about the comparative risk involved in insuring total abstainers on the one hand, and users of alcohol on the other. They fix their rates on the basis of the risk involved. Should the two groups pay equal rates, should the one pay more than the other?

Recently there was completed an extensive study by a group of insurance companies of the drinking habits and death rate of a large number of persons whom they had insured. Forty-three companies combined in the study, which was continued over a period of twenty-three years and involved two million policy-holders. It was found that the death rate before 70 years of age was for moderate drinkers 186 for every 100 deaths among non-drinkers. For heavy drinkers the rate was considerably higher. This is in line with the findings of medical and other authorities. Before the close of the last century, William Ewart Gladstone, Prime Minister of Great Britain, pointed out that alcohol's victims exceeded those of war, pestilence and famine put together. Today we classify it with such killers as cancer, tuberculosis, and heart disease. Dr. Haven Emerson, Professor of Public Health Administration at Columbia University, says, "We have learned that alcohol commonly used today causes more diseases, disability and death than any other cause of ill-health which is in the power of the individual to prevent and avoid."

And the late Dr. Mayo added his testimony, "When ten persons start to drink, the number die early, three become addicts, and three live in spite of it." The close relationship between alcohol consumption and the impairment of health is in part due to the nutritional and dietary defects brought about by the continued drinking of liquor. The human body requires an adequate and balanced supply of food to remain in good health. We have learned much in recent years about the basic food requirements. We need a few thousand calories per day, the number depending upon amount of energy we use up in doing the particular kind of work in which we are engaged; and we need besides certain vitamins and minerals. Now alcohol is rich in calories, but contains no vitamins nor minerals. A drinker may get one-half or more of his needed calories through alcohol, and with the addition of a few carbohydrates feel that he is well fed. Actually he is starving himself, for he is becoming deficient in the necessary vitamins and minerals. The dietary deficiency tends to be increased as he substitutes alcohol for food, for as one eats less food than normal over a period of time one's appetite declines. It is apparently this deficiency in the diet of the heavy drinker over a period of time that causes the degeneration of the nerve fibres which so often takes place. Besides, when one's physical condition comes to be in

What does it mean that our bodies are the temple of God, and what implications and responsibility does it involve?

Questions

1. How is it that so many persons addicted to alcohol suffer from diseases that are caused by faulty diet?
2. In what ways is industry affected by alcohol consumption?

JUNIOR LESSON
Lesson Four—November 2nd
JACK AND JANE LEARN HOW GOOD FOOD IS DESTROYED
By RUTH LUCAS SMITH

"It's not really fair," said Jane. "You know, Mother, our class at school are having a sale of Home Cooking and Candy to raise money for our Christmas gifts to the children of Europe, and the boys are to make the candy and the girls do the home cooking."

"What's not fair about that?" asked Mother.

"Well, I just love making candy, but what can I bake for the table except a cake," replied Jane, "and everyone is going to make a cake."

"How would you like to have a lesson in bread making?" asked Mother. "Buns and homemade

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The Neighbors

By George Clark

"She walks two blocks out of her way to cross here, and he doesn't even know she's on earth."

bread always sell quickly." And your taste so good, too. Mother. That would be wonderful. Maybe it's not so bad after all. I can hardly wait to tell Shirley.

"When is the sale to be?" asked Mother.

"Next Saturday in the vacant store up town. It's to be there from two until two-thirty with Shirley and Ethel, and there are to be three boys also. We could have the buns ready by that time, couldn't we, Mother?"

"Oh yes; if we set them first thing in the morning they will be buns from noon," said Mother.

"Mother, you're wonderful. All my worries are over now. I think I'll go over to Shirley's. O.K.?"

"Yes; that will be all right," answered Mother.

Jane passed Jack coming in as she left. "Hi, Mum, called Jack. 'Am I ever lucky? I know how to make two kinds of candies, and the boys were given the candy table at the sale on Saturday. The worst part about my job is that we have to fix up some candy cups and boxes. Have we any paper cups from our picnic last summer?" he asked.

"We might have some on the top shelf of the cupboard. You get the kitchen stool and climb up and investigate," suggested Mother. Jack did, and he found just what he needed; so he was happy. "All right," said Mother. "Get the paper cups and list: two pounds of brown sugar and a tin of corn syrup. We have enough of everything else in the house, I think. You had better make your candy on Friday night because Jane will bake on Saturday morning."

"There is held from time to time an Industrial Conference on Alcoholism. At the first of these conferences held a few years ago in Chicago, it was pointed out that industry lost millions of dollars a year due to alcoholism. This is not surprising when we think of the way in which alcohol causes a deterioration of human performance.

Peakes and And Vicinity

Mr. Aeneas Brazel was a business visitor to Rollo Bay October 27th.

Mr. Joseph Mooney was a visitor to Charlottetown on October 25th on business.

Mr. John T. Valley, teacher at Peake's Road, was a business visitor to Charlottetown October 25.

Miss Ruth Donnelly, St. Patrick's Road, spent the weekend of October 25th with her aunt, Mrs. Walter Currie, Charlottetown.

Mr. Harold Dunn was a business visitor to Charlottetown October 24th.

Mr. and Mrs. Joseph Myers and family were visitors to Charlottetown October 26th, guests of Mr. and Mrs. Ralph Jefferies.

Miss Mary MacDonald was a recent visitor to Stanhope Road, guest of her aunt, Mrs. Elmer McQuaid.

Miss Betty Campbell, Martinvale, is spending a few days visiting friends and relatives on St. Patrick's Road.

Mr. and Mrs. Edward Tanton, Charlottetown, were recent visitors to Peakes, guests of Mr. and Mrs.

L. B. Hughes and family.

Mr. and Mrs. Garth Birt, Covehead, were visitors to St. Patrick's Road October 26th, guests of Mrs. Birt's parents, Mr. and Mrs. J. Edwin Birt.

Mr. and Mrs. Ralph Grant were visitors to Charlottetown October 26, visiting their daughter, Pearl, who is a student at Notre Dame Convent.

Mr. and Mrs. Ivan Hughes and family, Charlottetown, were visitors to Peakes October 22, guests of Mr. and Mrs. L. B. Hughes and family.

Mrs. Marian Smith, Head of Hillsboro, is spending a few days with her sister, Mrs. Daniel Trainor, St. Patrick's Road.

Mr. and Mrs. Smith O'Brien, Morell, were visitors to St. Patrick's Road October 26th, guests of Mr. and Mrs. John Trainor and family.

Master Leo and Urble Bradley, St. Teresa, were recent visitors to Charlottetown, guests of their sister, Mrs. James MacDonald, and Mr. MacDonald.

Miss Myrlyn Grant celebrated her seventh birthday October 26, when she entertained several of her little friends at her home.

The many friends of Mrs. Louis Clarkin, Peake's Road, regret to learn that she is a patient in the Charlottetown Hospital, and all

are wishing her a speedy recovery.

Miss Teresa Handrahan, teacher at Mt. Stewart, spent the weekend of October 25th with her parents, Mr. and Mrs. Michael Handrahan, St. Patrick's Road.

Mr. and Mrs. William Connelly, Charlottetown, were visitors to St. Patrick's Road October 26, guests of Mrs. Connelly's sister, Mrs. John Trainor, and Mr. Trainor.

The many friends of Mr. Henry Clarkin are pleased to see him around again. Mr. Clarkin had been confined to the house with sore back for the last ten days.

Mrs. Lauretta Devine was a visitor to Charlottetown October 25, guest of her daughter, Mrs. Carl McKenna, and Mr. McKenna. Accompanying Mrs. Devine were her son Gerard, Mrs. Doucette, and Miss Eileen Anstie.

"Mr. and Mrs. B. L. Birt and family returned to their home in Halifax on October 27 after spending a short vacation with Mr. Birt's parents, Mr. and Mrs. J. Edwin Birt, St. Patrick's Road. —B.U.

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