

Communications---Selections
THE GREAT DESTROYER
 BY
Hon. Richmond Pearson Hobson
ALCOHOL IN HISTORY

History is a record of a sad procession of world tragedies. Nations and empires in turn have risen to greatness only to fall. Before the deathblow was struck from without the evidence shows in every case the ravages of a titanic destroyer within, under whose operations the vitality and strength of the nation were submerged in a general degeneracy.

For centuries the world's philosophers and historians have looked on appalled, overwhelmed. Only in the last few years has science taken up the question. Following her rigid method, under which nature and life have slowly yielded up their secrets, science has at last cleared up the mystery and identified the Great Destroyer as alcoholic poisoning.

The Discovery.

The discovery, like most great discoveries, came about almost by accident. During the Boer war it was found that the average Englishman did not measure up to the standards of recruiting and the average soldier in the field manifested a low plane of vitality and endurance. Parliament, alarmed by the disastrous consequences, instituted an investigation. The commission appointed brought in a finding that alcoholic poisoning was the great cause of the national degeneracy. The investigations of the commission have been supplanted by investigations of scientific bodies and individual scientists, all arriving at the same conclusion. As a consequence, the British government has placarded the streets of a hundred cities with billboards setting forth the destructive and degenerating nature of alcohol and appealing to the people in the name of the nation to desist from drinking alcoholic beverage. Under efforts directed by the government the British army is fast becoming an army of total abstainers.

The governments of continental Europe followed the lead of the British government. The French government has placarded France with appeals to the people, attributing the decline of the birth rate and increase in the death rate to widespread use of alcoholic beverage. The experience of the German government has been the same. The German emperor has clearly stated that leadership in war and in peace will be held by the nation that roots out alcohol. He has undertaken to eliminate even the drinking of beer, so far as possible, from the German army and navy.

In the summer of 1909 an international conference on alcoholism was held in London, to which most of the great nations sent scientific men or delegates. Comparing the results of investigation made in all parts of the world, finding that these results agreed, representative medical leaders of the conference drew up a report in the form of a statement defining the nature of alcohol as follows:

The Nature of Alcohol.

Exact laboratory, clinical and pathological research has demonstrated that alcohol is a dehydrating, protoplasmic poison, and its use as a beverage is destructive and degenerating to the human organism. Its effects upon the cells and tissues of the body are depressive narcotic, an anaesthetic. Therefore, therapeutically, its use should be limited and restricted in the same way as the use of other poisonous drugs.

It is to be noted that the inves-

tigation has been conclusive. The question has passed beyond the experimental stage, beyond the stage of theory, and is a demonstration that is final, like the demonstration that the world is round and not flat.

Alcohol a Poison.

The last word of science, after exact research of all the domains, is that alcohol is poison. It has been found to be a hydrocarbon of the formula C₂H₆O, that is produced by the process of fermentation, and is the toxin, or liquid excretion or waste product, of the yeast or ferment germ. According to the universal law of biology that the toxin of one form of life is a poison to all forms of life of a higher order, alcohol, the toxin of the low yeast germ, is a protoplasmic poison to all life, whether plant, animal or man, and to all the living tissues and organs.

Alcohol Has No Food Value.

It is necessary to surrender the old idea, so widespread, that alcohol in small quantities has a food value, that its temperate use has any benefits. The experience of the railroads has led over 39 great railroads to forbid the use of alcoholic beverage among their employees. While the men thought they were being fortified, experience proved the contrary. Science has supplemented experience by actual and accurate measurements. If a man drinks one glass of beer, the day on which he drinks it his general efficiency will be lowered on an average of 8 per cent. If he takes three glasses of beer a day, or the equivalent in light wine, for 12 days, his efficiency at the end of the 12 days will be lowered from 25 per cent to 40 per cent, depending upon the temperament of the man and the nature of the work. In doing mathematical work, like book keeping, the loss of efficiency goes above the 40 per cent limit; in memorizing the loss goes up as high as 75 per cent. Thus the most moderate and temperate drinking is harmful. No matter in what quantity taken alcohol remains a poison.

Alcohol a Narcotic, Not a Stimulant.

In like manner it is necessary to surrender the old idea that alcohol is a stimulant and has medicinal value as such, for it has been found to be narcotic. What is thought to be stimulation is in reality a condition where the higher centers of co-ordination and control are more affected by the narcotic and, under the paralytic effect, turn loose the lower activities. The real effect throughout is depressive, and all the ideas of medicinal value attaching to alcohol must be abandoned.

Snake Bite Fallacy—Consumption Fallacy.

The old idea that alcohol is good for a snake bite, mad dog bite, or other forms of poisoning must give way, for experiment has shown that in such cases alcohol not only does no good, but actually hinders and even prevents other treatment from being effective. Two men bitten at the same time on the streets of Paris by the same mad dog were treated at the same hospital. One speedily recovered. The other was not susceptible to treatment and died. Though not inebriated and not a heavy drinker, but only a temperate regular drinker, it was found that the alcohol in his system prevented all treatments from taking effect.

The old idea that alcohol is good for those threatened with lung troubles must be abandoned. Accurate records show that deaths from lung trouble are directly in proportion to the average amount of alcohol consumed. In one province of France, where the consumption of alcohol is 12.5 liters per capita per year, the deaths from consumption are 32.8 per 10,000 per year, while in a similar province where the consumption of alcohol is 36.4 liters per capita, the deaths from consumption are 109.8 per 10,000. With regard to drinking alcoholic beverages what applies to consumption applies to pneumonia and other diseases of the lungs, like grippe, pleurisy, colds and the like. What applies to the disease of the lungs applies in a general way to the diseases of the stomach and intestines, diseases of the kidneys and bladder, diseases of the liver, diseases of the heart and blood vessels, diseases of the nervous system and the brain, diseases of the blood; diseases of the bones, muscles and tissues.

The alcoholic toxin not only has poisoning effect of its own in every case, but in addition, through lowered vitality, the organs and tissues are opened to attack from other sources.

(To be continued.)

107,692 MILES "ON TIME."

Fast mail train No. 15, leaving Chicago at 9:30 p. m. daily, via the Burlington route, arrived at the transfer at Council Bluffs exactly "on time" every day from April 1 to July 18, inclusive—109 consecutive days. The distance from Chicago to the transfer is 194 miles, so that during that time this train ran 53,846 miles or more than twice the distance around the world without even a minute's delay in arriving at its terminal, notwithstanding the fact that it was quite frequently held for mail in Chicago.

The Burlington fast mail train No. 7 leaving Chicago at 2:49 a. m. also carries mail and the Chicago newspapers. During the above-mentioned period of 109 consecutive days, its departure was also frequently delayed, yet this train ran the same distance (53,846 miles) and beat its own schedule.

Both trains have been in service for many years—as the Burlington has carried the trans-continental mail for twenty-seven years, having met every demand of the post office department.

The timing of trains on schedule time is one of the first obligations a railroad owes to its patrons. Such punctuality in transportation is of tremendous importance to the commercial and social life of the country thus served. It not only reflects the wonderful physical condition of the Burlington roadway and equipment, but the very high character of the entire organization, as well.

It does take some time to spray cows, but it is time well expended. Saying nothing about the comfort of the cows, there will be a real money return for the work you lay out.

Saw off the handle of an old broom and use it to brush your horse with after you have been over him with a comb and brush of the regular kind. Be careful how you handle this in the stall the first time, however, lest the horse may be scared by it.

If sows are expected to raise a fall litter it is best to wean the spring pigs at from eight to ten weeks old.

When ham or smoked tongue has been boiled, try plunging it in cold water as soon as removed from the fire; this will make the skin come off easily and smoothly.

WOMAN ATTAINS
AGE OF 111 YEARS
Has Laughed Ninety Years Old,
and Has Lived Under
25 Presidents—11
Decades.

Charlotte Observer.

Atlanta, Ga., July 23.—Mrs. Mary Trawick Porter, aged 111 years, a real daughter of the American revolution, a woman who has lived in three centuries, when stirring events were making the history of nations, has just been located in an humble cabin in Bartow county, Georgia. Her sole companions are her daughter, Miss Mary Proctor, aged 90, and two great-great-grand children, descendants of another daughter, all who are left of six generations of her family.

Mrs. Proctor was born in Wake county, North Carolina. She is the daughter of Kiley Trawick, who left North Carolina about 1800 and later moved to Alabama, where Mary was married to Hiram Proctor when she was 19 years of age. She was Proctor's third wife. Her husband was a veteran of two wars, the revolution and the war of 1812.

On a bed of straw, constituting a mattress so thin that the rough plank slats can be seen, this daughter of the revolution lies, her form emaciated, skin wrinkled and almost a skeleton. Her aged daughter, never tiring of her feeble efforts to give her mother every possible comfort, administers to her wants and tills the soil in a small cotton and garden patch nearby. The meager profits derived from this labor she adds to the \$12 a month pension Mrs. Proctor receives for the services her husband rendered in the war of 1812.

She was born but a few years after George Washington was elected president. George Washington was the only president who served before Mrs. Proctor became a native of North Carolina. She has lived under the administration of twenty-five presidents, including John Adams and William Taft.

Until a year ago, when her mind became so enfeebled, Mrs. Proctor would tell her great-great-grand children of the epoch-making incidents in eleven decades over which her life has spanned. Her stories were vivid kaleidoscopic pictures, treating of her personal knowledge of the early stages of the history of her own land.

The morning of her life she spent in the eighteenth century, when the United States government had just been established; the afternoon in the nineteenth century when brother fought against brother in the civil strife of 1861 and now in the twentieth she hears of the discussion of world wide peace movements, of long journeys by air ships, in striking contrast to the methods of travel when she was a girl and the modern method of doing a thousand things in as many different ways so foreign to those employed a hundred years ago, when she was eleven years old.

A movement has been started in Atlanta during the past few days to raise funds that will be sufficient to care for the two old women the rest of their lives.

It is always best to get the little pigs eating crushed grain or whole oats as quickly as possible.

When starting to wean a litter, take the largest pigs away first.

The man who is governed by a good wife is well and wisely ruled.

In making cake with fruit in it beef suet and butter, half and half, is better than all butter. I have known lard and beef suet to give good results.

Big Reduction of
MILLINERY

What pattern hats we have left are going at Sacrifice Prices, as our patrons know we never believe in carrying over Old Goods.

We are also showing a pretty line of Newest Mid-Summer Millinery.

Always a Pleasure to SHOW YOU

MISS SILER

EMORY & HENRY COLLEGE

A school with a great history---Thoroughly up-to-date. Well equipped laboratories. Famous Literary Societies. Health and morals unsurpassed.

For catalogue and book of views, address,
CHAS. C. WEAVER, President,
 Emory, Va.

WEAVERVILLE COLLEGE

Weaverville, N. C.

For Young Men and Young Women
 In the Well Known Climate of Western N. C. nine miles from the city of Asheville.
 Excellent Faculty, Fine Discipline, Strong Course of Study, Moderate Charges. Musical Advantages First Class. Splendid Moral Atmosphere. Catalogue Free on Request.

Next Session Opens August 16, 1911
O. S. DEAN, President

Peerless Fashion Store

Exclusive Outfitters for Ladies, Misses and Children

Ready-to-Wear Apparel

51 Patton Avenue, Asheville, N. C.

We extend this invitation to the Ladies of Waynesville and Surrounding country, also to its visitors to make our Store your meeting place when in Asheville---Our Telephone, Resting Place, Check Parcel, &c., all at your disposal FREE.

Peerless Fashion Store

BINGHAM, Asheville, N. C., has prepared **BOYS** for College and for **CHRISTIAN** Citizenship for 18 years and **ALONE** in the U. S., offers a **FREE ROUND TRIP TICKET** from anywhere within 1500 miles to any parent who, on inspection, is not convinced that its pairs of **ONE STORY** brick rooms, separated by a parapet **FIRE WALL**, are the **BEST** for Health, Sanitation, Ventilation and safety against **FIRE**. 1793 Send for Catalogue or come and see. **COL. R. BINGHAM, Sup't., R. F. D. No. 103 1912**

THE WAYNESVILLE COTRIER,
 1.00 per year