

**The health view of temperance : a lecture given at a meeting of the
Women's Union Church of England Temperance Society, Westminster / by
Florence Stacpoole.**

Contributors

Stacpoole, Florence.

Women's Union Church of England Temperance Society (Westminster)
University of Glasgow. Library

Publication/Creation

London : Allman & Son (Ltd.), [between 1800 and 1899?]

Persistent URL

<https://wellcomecollection.org/works/k38p9y66>

Provider

University of Glasgow

License and attribution

This material has been provided by This material has been provided by The University of Glasgow Library. The original may be consulted at The University of Glasgow Library. where the originals may be consulted. This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>





Digitized by the Internet Archive
in 2015

<https://archive.org/details/b21483644>

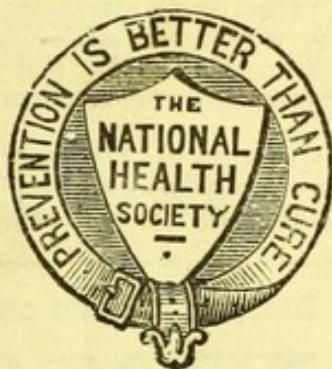
9

THE HEALTH VIEW OF TEMPERANCE.

A LECTURE GIVEN AT A MEETING OF THE WOMEN'S
UNION CHURCH OF ENGLAND TEMPERANCE
SOCIETY, WESTMINSTER.

BY
FLORENCE STACPOOLE,

LECTURER TO THE NATIONAL HEALTH SOCIETY,
DIPLOMÉE OF THE LONDON OBSTETRICAL SOCIETY;
AUTHOR OF
OUR BABIES AND HOW TO TAKE CARE OF THEM, 'A TALK WITH
YOUNG MOTHERS,' ETC.



London :
ALLMAN & SON (LTD.), 67, NEW OXFORD STREET, W.C.
AND SOLD BY
THE NATIONAL HEALTH SOCIETY, 53, BERNERS STREET, W.

c

1

Once Used Always Used.

In cases of Fever and other infectious ailments, and for
all Disinfecting and Purifying purposes,

USE ONLY

REGISTERED

'SANITAS'

TRADE MARK

DISINFECTANTS,

FLUIDS, POWDER, AND SOAPS.

'S A N I T A S'

Is Fragrant, Non-Poisonous, and does not Stain.

"Sanitas" in all its varied preparations in shape and form may
find daily applications in every household.—*Dictionary of Domestic*
Medicine, by SPENCER THOMSON, M.D., and J. C. STEELE, M.D.

"The "Sanitas" Preparations are excellent, and I use them in
my own house."

(SIR) CHARLES A. CAMERON, M.D., F.R.C.S.I.,
Vice-President College of Surgeons, Ireland.
Medical Officer of Health for Dublin.

Pamphlet and Diary combined on application.

THE SANITAS Co., Ltd.,

BETHNAL GREEN, LONDON E.

THE HEALTH VIEW OF TEMPERANCE.

'To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.'—REV. ii. 7.

THERE are four ways of looking at the subject of drinking alcoholic liquors (which we must remember include beer, stout, porter, wine, and cider, as well as rum, whisky, gin, and brandy). We can look at it :

- I. As a sin.
- II. As a disease.
- III. As a cause of disease, poverty, crime, and death.
- IV. As a mistake.

It is this fourth way—as a *mistake*—that I want particularly to look at here, because I feel sure that it is from a mistaken idea of the value of alcoholic liquors as good for the health that many people take them, or at all events begin to take them, at all.

It will be well, however, first, just to take a rapid glance at the other three ways of looking at this subject.

I. AS A SIN.

I suppose, no one who believes in the Bible will deny that *drunkenness* is a sin.

St. Paul, in Galatians v. 21, places it with *murder* and other horrible sins. 'They,' he says, 'which do such things shall not inherit the kingdom of God.' Could any words be plainer ?

But without drunkenness, very moderate drinking *may* be a sin. In this way. If men or women have to deny their children enough good milk to nourish them properly because they don't choose to deny themselves their glass of beer, or spirits ; or if, because they must have some

drink every day, they have themselves to go without the warm clothing or strong boots which would protect their bodies from cold and keep them from illness, is it not true that such drinking (though without ever causing them to get drunk) is a sin?

If men or women can spend five or six pounds upon a dozen of champagne for their own enjoyment, and never give a farthing to help the sick poor who are perishing around them; though they may drink their wine in company with highly respectable people, who would be shocked at the mere sight of a drunken man—can they be said to commit no sin?

II. AS A DISEASE.

We *must* look on some people's love of drink as a *disease*. Poor creatures! the sins of the fathers have fallen upon the children. It is known too well in these days, that a *tendency to drink* may be inherited to the third and fourth generation, just as surely as a tendency to consumption, cancer, or insanity. *Fathers and mothers, the dreadful disease known as the drink crave* may be handed on from *you* to *your children*; and if it is, well indeed would it have been for them if they had never been born.

III. AS A CAUSE OF DISEASE, POVERTY, CRIME AND DEATH.

It seems like trying to cram the ocean into a nutshell, to mention this view of drinking in a few lines, but enough *can* be said in a few words to open before us a fearful panorama of what is caused in this Christian country every day by alcoholic drink alone.

These few words are the opinions of men who have far better opportunities for judging in this matter than any ordinary people can have. They are not special Temperance advocates. They merely state *facts* which they have had brought before them in their professional lives. 'An ounce of fact,' it has well been said, 'is worth a ton of talk.'

First, as to

Drink as a Cause of Disease.

Sir Andrew Clark, Physician to the Queen—Physician also of the London Hospital—has spoken these remarkable words: ‘I walked through my wards, and I asked myself this question: How many of these cases are due to natural and unavoidable causes, and how many are due to alcohol? Now, remember what I said at the beginning of these informal remarks. I do not desire to make out a *strong* case. I am speaking solemnly and carefully in the presence of truth, and I tell you I am considerably within the mark when I say to you, that going the round of my hospital wards to-day, seven out of every ten there owed their ill-health to alcohol.’

No words of mine ought to be added to words from an authority like this. They are too awful to require comment. I can only say that I could fill *hundreds* of pages like these with quotations from eminent medical men of the day, exactly to the same effect.

Now as to

Drink as a Cause of Poverty.

Here it is, of course, quite impossible to get any approach to numbers as we can do to some extent in the other cases. No human being could make any true calculation of how much of the terrible poverty of our country is caused by drink and drunkenness, because people can hush up their private affairs and hide the causes of their want. Such things it is not possible to register as we can register disease and death.

Canon Farrar says, that if England became a temperate country, two-thirds of our *asylums* and two-thirds of our *workhouses* could be closed. He has studied the subject from life, and speaks with authority; and when we remember that the drink bill of the British nation comes to *one hundred and fifty millions a year*, we can easily understand this.

Drink as a Cause of Crime.

We can to some extent measure this. In one year in England alone between eight and nine hundred thousand arrests are made for drunkenness and horrible drunken assaults.

The Lord Chief Justice of England said, not long ago,

words just as remarkable, from the crime point of view, as Sir Andrew Clark's are from the disease point of view. 'But for drink,' he said, 'we might shut up nine out of ten of our gaols.' And Baron Huddleston, after long years of experience, said that nineteen-twentieths of the crime that came before him was connected with drink. Field-Marshal Lord Napier has given equally strong evidence with regard to the offences of soldiers. 'All, practically, have their origin in drunkenness,' he said. 'Of eighteen thousand men under my command in India, the total abstainers had no crimes. The Temperance men had practically none. The whole body of crime was among the non-abstainers.'

Drink as a Cause of Death.

We have figures to go upon here, too, and they are appalling.

Dr. Norman Kerr, who has made the subject of drink a life-study, places the number of *deaths from drink* which occur every year in the United Kingdom at *forty thousand!* In his most valuable book on 'Inebriety,' which everyone who has the cause of Temperance at heart would do well to study, he describes carefully how he has arrived at these appalling numbers. It would take too much space to quote here how he did it, but he has laid this estimate of the English death-roll from drink before several scientific and learned societies, who have pronounced it to be 'moderate,' and 'within the truth.' He also states in this book that Dr. Wakley, M.P., late editor of the *Lancet*, and Coroner for Middlesex, attributed 900 out of 1,500 inquests held by him yearly to be due to 'hard-drinking,' and he (the coroner) believed that from 10,000 to 15,000 persons died every year from drink in London, on whom no inquest was held! 'Taking London as one-tenth of the population of the United Kingdom, this would give,' adds Dr. Kerr, '100,000 deaths from alcoholic indulgence over the country.'

To anyone who has not thought seriously of this question before, this mass of 'hard facts' from the experiences of such different men will indeed be appalling.

We have now briefly looked at the subject of drinking from three points of view; the rest of this little book I want to devote to considering the question of

IV. DRINKING AS A MISTAKE.

What I say here is chiefly said to *women*, for two reasons ; firstly, because I believe that more women than men are led into 'taking too much,' as it is called, by beginning with the belief that intoxicating drinks are *good for the health, nourishing, strengthening*, and so on ; and secondly, because I am sorry to say that an awful fact has come to light of late years.

That fact is, *that drunkenness among women is fearfully on the increase.*

This fact is conclusively proved by the numbers of female arrests for drunkenness. In London in 1879 there were 5,673 such arrests ; the numbers *rise steadily* year by year till in 1887 they reach 9,764. In all or very nearly all the large towns in England there is the same tale told. In Liverpool in one year lately there were in one large prison *more* women than men committed for crimes in which drinking formed a part. The House of Lords Report views the matter so seriously that it speaks of the growth of female intemperance on a scale so vast, and at a rate of progression so rapid, as to constitute a new reproach and danger.

God grant that this little book, though it be but a faint whisper through such a terrible storm of evil, may yet be loud enough to reach the ear of even one sister who is in danger from this horrible curse, and win her back to the kingdom of God.

Now the first thing that leads many women on the path to the ruin caused by drink, is the mistaken idea that alcoholic drinks are *strengthening*. They think that because such things are *stimulating* they are *strengthening*, and will do them good. There is a great difference between stimulation and strength. You give a horse a cut with the whip, he goes much faster ; you have *stimulated* him. You give the fire a good poking, you have *stimulated* it, and it burns much brighter. Have you *strengthened* either ? You can easily prove whether you have or not by the fact that if you went on beating the horse or poking the fire, with no other kind of nourishment, the one would die, and the other go out. Just so with the body under the effect of stimulation.

There is daily expended in the human body, even when

it is *at rest*, an enormous amount of *energy*. It has been calculated that the energy used in twenty-four hours by the muscles in breathing and in the making of animal heat would be enough to lift a man's body nearly eight miles into the air! But it all goes on so quietly that we do not notice it. If we could stand all day in finely balanced scales we should find that the body is constantly losing and gaining weight as food is being taken, and breath and loss is going from the body. The tissues of the body are always wasting; every breath gives forth waste. Now, anything we eat or drink must be able to supply or repair the energy, or must be able to build up the tissues. If it does not it is of no use.

Alcoholic drink *does give* energy, but it *does not* give the material that repairs or *builds up*. There are four 'elements,' as they are called, which must be in all foods that are to give energy and make substance. They are carbon, hydrogen, oxygen, and nitrogen. Now alcohol contains *no* nitrogen. Consequently it *is not a food*. It will act like a whip to the body, or a poker to the fire. After taking it the heart will beat faster and more energy be expended by the blood flowing quicker *for a time*, but because it causes *no repair* the body becomes actually weaker afterwards through the *extra* effort that has been called forth without any corresponding repairing material being supplied.

This fact has been very clearly proved by experiment.

The late Dr. Parkes, Military Professor of Hygiene, wished to make a fair experiment of the value of spirits as a help in keeping up bodily strength while doing heavy work. Three soldiers agreed to be experimented on. They were Sergeant-Major Don, Private P. Holtz, and Private W. Hutchins. The experiment was to last for a week. They were to take marches in heavy marching order, carrying a total weight of 51 lb. each. They marched over twenty miles a day; taking eight and a half hours to do it in. They had the usual amount of food, and each man had rum on two days (not on two following days), meat extract on two days, and coffee on two days. The work was very hard. On the first day one man fainted. The Sergeant-Major suffered very much, but they all kept the experiment up to the end.

They were asked to give their candid opinion as to

which of the three drinks was best for such work. These are their own words.

Sergeant-Major Don said : 'The meat extract is the best to march on ; more strength is given by it ; about this I have not the slightest doubt. After the extract I prefer the coffee, and I put the rum last for marching.'

Private Holtz said : 'I prefer the meat extract ; it gave me more strength. As regards the coffee, I would put it before the rum, as the effect of the rum went off in two miles, and I felt better after the coffee than after the rum.'

Private Hutchins said : 'I prefer the meat extract ; it certainly gave me more strength for marching. It does not put a spurt into you for a few miles, but has a lasting effect. . . . I prefer the coffee to the rum because it quenched thirst, and also the rum at the end of a couple of miles left you as bad as before, or even worse, while the coffee had no effect of that kind. After taking rum I felt as if I could have jumped a five-barred gate, but at the end of a mile and a half my feet were dragging like lead.'

Dr. Parkes tried many similar experiments ; Sir Andrew Clark relates one of them in these words : 'He (Dr. Parkes) got a number of soldiers of the same age and of the same type of constitution, living under the same circumstances, eating the same food, breathing the same atmosphere—he did this that the experiment might be fair. And he divided the soldiers into two gangs—an alcoholic gang, and a non-alcoholic gang—and he engaged these two gangs in certain works for which they were to be paid extra. He watched these gangs and took the result of their work, and it turned out that the alcoholic gang went far ahead at first. They had buckets of beer by their side, and as they got a little tired they took beer, and the non-alcoholic gang were in an hour or two left nowhere ; but he waited and watched, and as the experiment went on, the energies of the beer-drinkers speedily began to flag, and, do what they would, before the end of the day the non-alcoholic gang had left them far behind.

'When this had gone on for some days the alcoholic gang begged that they might get into the non-alcoholic gang that they might earn a little more money ; but Dr. Parkes, in order to make the experiment clinching

and conclusive, transposed the gangs. He made the alcoholic gang the non-alcoholic gang and *vice versâ*, the men being very willing to lend themselves to the experiment, and the results were exactly the same. The alcoholic gang beat the others at the starting, and failed utterly towards the end of the day.

‘This is the most conclusive, and, I think, by far the most crucial experiment that I know of upon the question of the relation of alcohol to work. With this I will set aside this question by saying, from personal experience, and from experiments most carefully conducted over large bodies of men, it is capable of proof beyond all possibility of question that *alcohol, in ordinary circumstances, not only does not help work, but is a serious hinderer of work.*’

In just this way Lord Wolseley and Sir F. Roberts, two of England’s greatest generals, have proved that men in *all* climates and doing *all* kinds of work, *do it better* without drink than with it. I have not space to quote their testimony, but it is well known. Railway contractors in the South, commanders of Arctic expeditions in the North, *all give the same evidence.* Spirits, beer, and such drinks injure the body and enfeeble it for work. Can anything be stronger evidence that it is not strengthening?

There is an old saying : ‘What is sauce for the goose is sauce for the gander ;’ and it comes in here very aptly. If all this evidence shows that *men* can do better work and have better health without alcoholic drinks, it shows that it must be just the same for *women* ; simply because such drinks make sudden energy but supply no waste. Now there is one popular delusion among women which does much mischief, and that is, that a woman who is suckling *must* take stout, beer, etc. ; frequently it is thought that they *must* take spirits. A well-known doctor (Dr. Guy, who wrote so much on public health) once said, ‘There is a strange vitality about great errors.’ *This* error of the necessity of alcoholic drink for nursing mothers is the most sturdy of all the errors connected with the health of women. I will give an extract from Dr. Kerr’s book. If *his* experience and advice are disregarded, there would be no use in giving anyone else’s.

‘Alcohol, absorbed into the circulation, has a marked effect on the life-blood of the body.* The blood cor-

* Remember that a mother’s *milk* is secreted from her *blood*.

puscles, whose vitality is so necessary to health, are contracted and shrivelled up and prematurely decay, and by this means the due purification of the blood is prevented, which; in addition to the deposit of free fatty globules, impoverishes the whole vital fluid, and thus weakens and poisons every organ and tissue in the system.

‘It is through the agency of the vitiated blood of the mother that a large percentage of the mortality of infants is directly and indirectly caused by drinking. I have known half a glass of whisky taken by a nursing mother give rise in a few hours to the most alarming symptoms in an infant who ultimately made a very narrow recovery, and I have frequently had occasion to examine the bodies of infants whose deaths were clearly traceable to the direct effects of the alcohol imbibed at the maternal breast, the mother all the while unconscious of any possible mischief to her little darling from her own so-called “moderate” drinking. Many medical men have recorded instances where beer and porter were the sole causes of infantile diarrhœa, convulsions, and wasting sickness, and I have again and again been enabled to put an effectual stop to the disease and emaciation of infants at the breast, by prescription of non-alcoholic diet to the mother, or of unalcoholized and innocent artificial food to the child.

‘The every-day prescription of “nourishing stout” to nursing mothers is not scientific medicine, but is the grossest quackery, and is but too often productive of the most lamentable results to both mother and child, and the resort to alcoholic beverages in such circumstances is a practice no longer to be tolerated in an educated and civilized community. Where the child’s natural food is deficient in quantity, oatmeal gruel or porridge, cow’s milk, farinaceous food, and good beefsteaks will accomplish all that is desired, but all the alcohol in the world will never add a drop to the store of *real* milk. It will only dilute, adulterate and poison the previous scanty supply. Most distressing cases have come under my own observation where the lowest depths of drunken degradation have been reached by women brought up as abstainers, whose first introduction to the “madding bowl” was reluctantly forced upon them by the unfounded

plea that alcohol was imperatively demanded to support the constitution under the continuous drain arising from the nursing of strong and hungry children. For the mother and for the infant there is no nutriment in alcohol.'

These are serious words to mothers ; the more widely they are known the better, so that the insane delusion that stout and beer make *good milk* for the child may be valued for what it is worth. Such things may make an increase of fluid for the moment, but, as Dr. Kerr says, 'it is not real milk ;' it is poisonous. Some women never, or hardly ever, nurse their babies without taking a glass of stout first. They should remember that when they do this the result will not be *good milk* to the child. The case, then, lies in a nutshell. The mother who can't nurse without such a stimulus is shown by nature that she *is not fit to nurse*. If she cannot take eggs, milk, rice puddings, 'good beef-steaks,' etc, and from such *real food* get proper nourishment for her child, she ought *for the child's sake*, as well as her own, *to give up nursing* and feed the child with a bottle. If she does not, she is laying the *sure* foundation in her infant of a *bad constitution*, and she is very probably also sowing in it the first seeds of that terrible disease the *drink crave*.

Some people think beer helps them to digest their food. There is in beer a very small quantity of a substance called *diastase*, which helps to digest farinaceous food ; but as a digestive, a very small quantity of one of the malt extracts, or maltine, will be *of far more* use, will not contain the injurious alcohol, and will cost ever so much less money in the end. In fact, by taking a little malt extract during nursing, instead of beer, porter, or stout, a mother may *actually* save as much money as will dress her baby, besides doing it and herself more good.

Of the *nourishing* qualities of beer, of which so many people are fond of talking, we may judge when we know that the great chemist, Baron Liebig, said, 'Nine quarts of the best ale contain as much nourishment as would lie on the point of a table-knife.' He was able to *analyse* and *prove*, as so many of the people who drink and talk are not—therefore his word is the most worthy of belief.

It may be asked, Is alcohol, then, of *no use at all* ? The answer given by the large majority of doctors, physicians,

and chemists is this. It is of no use as a food, it is of no use as a nourishment, but it is often of great value *as a medicine*.

This is its true use, that for which it was given its place in the world. Taken only by the doctor's orders, *honestly* under the doctor's prescription only, *honestly* only in the *quantities* prescribed by him, and it may in certain cases be valuable. Remember that alcohol is a *poison*, but poisons have their place among medicines. Strychnine, opium, arsenic, and other strong poisons, if given by people who understand their use, are *curative medicines*. Just so is alcohol.

In Dr. Tanner's 'Memoranda on Poisons,' he mentions the following facts: 'Two wineglassfuls of brandy proved fatal to a boy, seven years old, in thirty hours. Dr. Taylor mentions the case of a man who drank two bottles of port wine (containing 11 ounces of alcohol) in less than two hours. He speedily became intoxicated and utterly helpless, never rallied, and died from congestion of the brain and lungs. Another man who swallowed a bottle of gin for a wager, died in half an hour, although much of the spirit was removed by the stomach-pump.' These cases are only instances of thousands which prove alcohol to be as fatal a poison as any of those of which people stand in so much fear, only in wine, beer, etc., it is *diluted*. Therefore *in health*, the action of this poison can only be injurious. This is not *my* opinion merely. I will give the words of three great medical men on the effects of such drinks taken in health, simply as a daily beverage. Sir William Gull said: 'A very large number of people, in society, are dying day by day, poisoned by alcoholic drinks without knowing it, without being supposed to be poisoned by them.'

Sir Andrew Clark said: 'Good health will, in my opinion, always be injured *even by small* doses of alcohol, injured in the sense of its perfection and loveliness. Alcohol, *even in small* doses, will take the bloom off and injure the perfection and loveliness of health, both mental and moral. When I think of all the terrible effects of the abuse of alcohol, I am disposed to give up my profession, to give up everything, and to go forth, upon a holy crusade, preaching to ALL men, Beware of this enemy of the race.'

Thirdly, one of the greatest English physiologists, Dr. Carpenter, said : ' In the average man, the habitual use of alcoholic liquors, *in moderate or even in small quantities*, is not merely unnecessary for the maintenance of bodily and mental vigour, but it is unfavourable to the permanent enjoyment of health, even though it may for a time appear to contribute to it.'

The actual influence of alcohol is to increase the heart's action, to convert its fibres into *fat*, to injure its muscles, to degenerate the tissues of the liver and kidneys, to soften the tissues of the brain, and to inflame the blood. These are the actual effects of the *constant* use of even small quantities of this *poison*. Now, women of Great Britain, will you say that in every-day life *this* is a *useful*, strengthening and nutritious drink for the body?

* * * * *

Someone may now say sadly, 'What am I to do? I want some drink that will refresh me when I have a lot of hard work on hand.'

Well, if water won't do, you have tea, coffee, etc. Now I must say one word about tea. Tea is an *admirable* stimulant, and the milk and sugar taken with it make it nourishing ; but many doctors tell people not to take tea because it is *bad for the digestion*.

Tea, if it is properly made, will not injure the digestion ; it is because women treat their tea badly that so many doctors are 'angry with the teapot.' Women *stew* their tea instead of merely *infusing* it. Recollect that if you let your teapot 'stand on the hob drawing' half the day, and take a cup off now and then and drink it, *such* stuff will surely give you indigestion, and cause your doctor to order you no more tea. If you pour boiling water on the tea, and *draw it off the leaves* in six or seven minutes, and heat it up when you want it, you may drink as much as you like of it and it won't do you any harm. The hot water stewing on the leaves draws out the *tannic* acid that is in all tea, and is the same stuff that helps to turn hides into leather. You don't want to *tan* the coats of your stomachs—therefore drink your tea only *fresh* drawn.

Oatmeal and water, boiled into *very* thin gruel, sweetened and flavoured, makes an admirable drink. In great bodily toil gangs of men on the Great Western Railway

drank nothing else, and did wonderful work in a short time without any illness happening among them. Meat extract—Bovril, for instance, which acts as a nourishment and a stimulant at the same time, cocoa, and such things—make excellent drinks, cheaper in the long-run than beer, and very different in effect.

Mothers should study making these kinds of drinks for their own sakes, and for their husbands' and children's sakes.

We have spoken of drink as a sin, and drink as a disease. People may sneer at this as illogical ; but remember, God has given us intellect. If we know that our relations who came before us were addicted to drink, we should suspect that we or our children may inherit the tendency, and we should be *on the watch*. The sin lies in the yielding. The promise is '*To him that overcometh.*' With God's help we can, by the use of proper means, often *overcome* the inherited tendency to consumption and other diseases. By the use of good food, fresh air, plenty of exercise, and by strict avoidance of temptation, we may overcome the *inherited* drink crave. Want of *fresh air*, over-work, bad and insufficient food, are common causes of craving for drink. Mothers, fathers, see to these things ! Dr. Norman Kerr says that if a child shows strong inclination for peppery and spiced food, it is frequently the sign of inherited tendency from some ancestor of the craving for stimulant. He prescribes cod-liver oil, malt extracts, porridge, and such-like nourishment.

It is our *duty* to use all the means in our power to help the body to gain the mastery over the evil spirit.

But sometimes the crave for stimulant comes because our minds are depressed—we feel low and unhappy. Brothers, sisters, for this cause there is but *one cure* : it is to be found in the love of God, faith in our Lord Jesus Christ, and in the 'blessed hope' of *immortality* in a fairer world than this, where the Lamb shall lead us beside living waters, and to him that is athirst shall be given 'of the fountain of the water of life freely.'

THE END.

NATIONAL HEALTH SOCIETY.

Office: 53, BERNERS STREET, W.

The objects of the Society are to diffuse *Sanitary Knowledge amongst all Classes*, by organizing Lectures and Homely Talks in Drawing-rooms, School-rooms, at Mothers' Meetings and Working Men's and Girls' Clubs and Guilds, on subjects relating to First Aid to Injured, Home Nursing, Elementary Physiology, Domestic Hygiene, Food and Cookery, How to Make the Home Healthy and Happy, etc., and to circulate Tracts on these and kindred subjects.

Membership is constituted by the payment of £1 1s. annually; Life Membership by the single payment of £10 10s.

Members of the Society are entitled to a certain number of 'Homely Talks' free of charge for the poor of their neighbourhood, also a Ticket of Admission to all Lectures given under its auspices, and a copy of all publications of the Society.

PAMPHLETS.

National Health Society Cookery Book	- - -	1d.
Washing and Dressing	- - -	1d.
Hints to Avoid Catching Fever, etc.	- - -	1d.
'In a Sick Room'	- - -	1d.
A Pair of Small Villas	- - -	1d.
Luck or Management. A Tale of Eating and Drinking	- - -	1d.
Domestic Economy	- - -	1d.
Babies	- - -	1d.
How to Keep Scarlet Fever from Spreading	- - -	1d.
Words to Women	- - -	1d.
A Desirable Residence	- - -	1d.
A Talk with Young Mothers	- - -	1d.
Nursery Rules	- - -	1d.
Window Gardening	- - -	1d.
A Healthy Home in One or Two Rooms	- - -	2d.
How to be Strong and Beautiful. A Book on Dress for Girls	- - -	2d.
Hints on Sanitary Law. By G. F. CHAMBERS	- - -	3d.
Aids to the Injured and Sick. By H. W. GELL, M.A., M.B. Oxon.	- - -	2d.
Notes on Domestic and Personal Hygiene. By K. T. L.	- - -	1s.
Report of the Society's Work	- - -	Free.

LEAFLETS (*List on application*).

1d. each; 9d. per doz.; 5s. per 100; 25s. per 1000.

London: ALLMAN & SON, Ltd., 67, NEW OXFORD STREET.



