

DRINK HABIT AMONG WOMEN ON INCREASE

GROWTH OF DANGEROUS EVIL IS SEEN

Prof. Quackenbos and Dr. Parkhurst Join in Deploing Present Conditions—"Common Among All Classes," Declares the Former Columbia Professor—Testimony of the Present Superintendent of Bellevue Hospital.

NEW YORK.—According to Prof. John Duncan Quackenbos, specialist in nervous and mental diseases, member of many American and foreign medical societies, and formerly of the Columbia university faculty, the drink habit is spreading at an alarming rate among the women of New York. To a representative of the Sunday World he said:



have been in a position to watch that growth closely and I can say with full knowledge that ten women drink to-day where one drank a dozen years ago.

New Yorkers Becoming Hysterical

BY DR. S. T. ARMSTRONG.
(Superintendent of Bellevue and the Allied Hospitals.)

THE New Yorkers are becoming a hysterical people. They show an increasing excitability, a diminution of self control. This demonstrates itself in all forms of excesses. Less and less restraint is exercised. The extreme tension of life here is showing on the people. One sees plenty of examples of this in individual life. A vast demonstration of it among a mass of the people is observed in the increasing hysteria of such celebrations as those of the night before the New Year. What is true of the city men is true of the city women. The increase of drunkenness is a distressing fact. It is a natural outcome of the restlessness, the overstriving, the unrestrained of present day life in New York.

This subject is of tremendous importance. We should know just what we are confronting, what the future has in store for us, just where and how we are threatened. One may form an opinion as to an increasing inebriety among women from such exhibitions as those of New Year's eve, but beyond that it is not easy to go. There are no official statistics bearing on the question. The subject has had no investigation of scientific value. One cannot speak exactly as to conditions, or to make comparisons between the present and the past. The records of the alcoholic and psychopathic wards of Bellevue hospital do not show the facts of inebriety even among the classes of men and women who would seek aid from this hospital. In 1904 there were 8,941 admissions to Bellevue for various forms of alcoholism. The number now is greatly less than that. In 1906 it had fallen to 6,653. But even with this reduction the number of alcoholic patients is more than 25 per cent. of all the patients admitted to Bellevue. But these records prove nothing in the line we would follow. The number of inebriates who seek treatment at Bellevue has fallen off simply because an old offender who comes here is now liable to be turned over to a city magistrate, who will sentence him to an asylum as a chronic drunkard. This had the effect especially of keeping many women from taking repeated advantage of treatment at Bellevue.

What is the cure of the evil of increasing inebriety in New York? Whatever will bring easement to the restless life in the city will lessen all forms of dissipation. The whole subject needs careful and thorough investigation to know what palliative measures can be taken. Drinking is only one symptom of what is wrong with us.

and the poor, young and old. Girls in their teens evidently see no impropriety whatever in drinking publicly with men companions. Very often indeed I have had young girls brought to me for treatment, hysterically drunk.

"I have treated within a year women whose weekly bill for champagne alone was \$100 and who filled up the intervals between their draughts of wine with highballs and cocktails. One woman drank a quart of champagne every morning, and when ready to go out her custom was to order her maid to bring her another quart. Then before leaving the house to enter her carriage she would empty the bottle to steady her nerves."

Girls Indulge in Liquor.

"School misses and college girls in great numbers are among the throng of women drinkers. A case was pointed out recently of a luncheon given here in New York at which 24 debutantes drank 36 bottles of champagne, and 15 of them smoked seven dozen cigarettes.

how, however, is not to be blamed entirely. Many women dip into it and may do it many times without acquiring the drink habit, but many get their start there. It does give them the taste of liquor and then, with many of them, the taste for liquor.

"Now, the tendency of the American woman is to go to extremes, and in drinking she over-drinks. It is dangerous for her to touch liquor at all. This is particularly true of the New York woman, because of the added excitement of life in New York.

"It is not my object to preach unless the mere statement of fact is a sermon, and the fact is New York women do drink, or rather too large a percentage of them drink, and drink to excess. If one doubts it let him go to any of our large hotels and restaurants any night and look about him. On every hand you find them and their sister visitors to New York drinking. No one thinks anything about it, and the women think they are simply doing the proper thing. Many of them drink just because they do think that way and many of them drink because they like the liquor.

Do Not Want to Be Cured.

"I have treated in the last eight years 700 cases of alcoholism, with a large percentage of women, and I found in many cases where the patient was a woman that she did not, deep down in her heart, want to be cured of the habit. This fact is true especially in the case of the rich society woman. She usually comes to me either at the urgent solicitation of relatives or friends, or with only a surface desire to be rid of the habit. Very few of them honestly and truly, and with their whole heart, want to be cured.

"For instance, a certain woman came to me for treatment for the drink habit and seemed sincere indeed. I treated her by auto-suggestion, giving her the suggestion that she could not lift a wineglass to her lips. She went away and the very next night

tations of whisky were judged to be the real thing.

"It stands to reason, of course, that the great proportion of the liquor sold is counterfeit, when it is known that the consumption is far in excess of the ability of distillers and brewers to produce the genuine product. Adulterations and criminal counterfeits must be resorted to in order to meet the demand. I will wager that there have been inmates of Bellevue's alcoholic ward who have never tasted a drop of real whisky in their lives. They just think they have been drinking whisky, and if they had been drinking real whisky the chances are they would never have been in Bellevue. I don't say that real whisky, if taken excessively, is not harmful, but I do say that a man could drink the pure article in moderation all his life and not be hurt by it. Why, 15 drinks of pure whisky would not do a man the harm that one drink of this vile stuff they sell for whisky in New York would do him.

Poisoned by Vile Liquor.

"I know a man who left his office one evening all tired out, dropped into



"A case was pointed out recently of a luncheon given here in New York at which 24 debutantes drank 36 bottles of champagne, and 15 of them smoked seven dozen cigarettes."—Dr. Quackenbos.

a saloon of the best class and took only two drinks of their bar whisky and was lost for four days. I was called in to help find him, as he was a friend of mine, and when we found him he was in a pitiable condition, his mind was clouded, he could not remember where he had been or what he had done after leaving that saloon. He only remembered that he had taken two drinks of whisky.

"The beer drinker, if he gets real beer, is handed a glass of the beverage which, to meet the demands of trade, is put out too new and improperly fermented. Beer should be kept in the keg for six months before being sold to the drinker.

"It is rather surprising how many of our school children have become beer drinkers, especially those of foreign birth, and the habit is making them mentally sluggish to a degree that is attracting the attention of educators and philanthropists.

"Another habit which is getting control of our shop girls particularly is the cocaine habit. This habit has grown in the last few years with such rapidity that to-day thousands of young girls as well as mature women and men are held in its clutches. The effect of the habit is noted in the

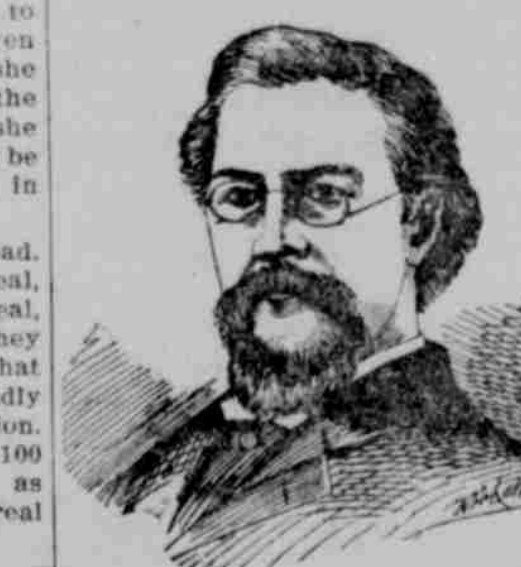
Dr. Parkhurst Says "It Is a Fact"

WHEN a representative of the Sunday World read portions of Dr. Quackenbos' article to Rev. Dr. Charles Parkhurst he said:

"It is undoubtedly true, and a deplorable fact, that the drink habit is growing rapidly among the women of New York.

"I have not made a real investigation, as Dr. Quackenbos has, but one does not have to investigate; it is a fact which stares you in the face, it is all on the surface, and one cannot overlook it.

"A chief reason for this increase in the number of women who drink is, I believe, that there has been too much prosperity. Of course, just now we are passing through a period of 'hard



Rev. Dr. Charles Parkhurst.

times,' so to speak, but before the panic for a number of years the country was most prosperous, everybody had money, and life became too easy. When life is made too easy we are in a danger zone and more prone to give way to temptation. That long period of prosperity made us too material, also turned the desires of many only

dull, sunken eyes and pinched faces, and the continuance of the use of the drug leads to nervous wreckage, delirium and insanity."

LETTER POSTED 32 YEARS AGO.

Crossed Ocean Many Times Before Delivery to Sea Captain.

A letter posted at Garmstad, Norway, 32 years ago to Capt. Thomas Nielsen of the bark Harmonia, and which has traveled across the Atlantic to and fro many times in pursuit of him, was delivered to Thomas Nielsen, a carpenter of the revenue cutter Manhattan of the local service, says a New York dispatch to the St. Louis Globe Democrat. It was the right envelope, and the joint letter it contained brought the mist to his eyes with the "news" it told of old friends and relatives in Norway, many of whom are now dead.

Capt. Nielsen is now 68 years old, and has been retired from the sea for many years. The letter was from his wife, Alviner, and his brother John, who wrote to tell of an accident to an-

NO BLESSING FOR HER.

Disappointed Youngster Discriminated in His Prayer.

For several weeks, little Ralph had enjoyed the use of a Shetland pony, the property of a horse dealer who was a friend of the family. But much to Ralph's sorrow, there came a day recently when the pony was sold, and the delightful horseback rides came to a sudden end. The purchaser, as Ralph found out by inquiry, was a little girl of about his own mature age of five. Ever since his acquaintance with the pony began, Ralph had included him in his bedtime prayer, and "God bless the pony," was an earnest nightly petition. The first evening after the sale of the pony, Ralph hesitated when he reached his pet's place in the prayer. Then, after a moment's thought, he continued: "Please, God, bless the pony just the same; but, God, don't you bless the little girl what's got the pony."

ITCHING HUMOR ON BOY

His Hands Were a Solid Mass, and Disease Spread All Over Body—Cured in 4 Days By Cuticura.

"One day we noticed that our little boy was all broken out with itching sores. We first noticed it on his little hands. His hands were not as bad then, and we didn't think anything serious would result. But the next day we heard of the Cuticura Remedies being so good for itching sores. By this time the disease had spread all over his body, and his hands were nothing but a solid mass of this itching disease. I purchased a box of Cuticura Soap and one box of Cuticura Ointment, and that night I took the Cuticura Soap and lukewarm water and washed him well. Then I dried him and took the Cuticura Ointment and anointed him with it. I did this every evening and in four nights he was entirely cured. Mrs. Frank Donahue, 208 Fremont St., Kokomo, Ind., Sept. 16, 1907."

AND THERE WAS!



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Let no man presume to give advice to others who has not first given good counsel to himself.—Seneca.

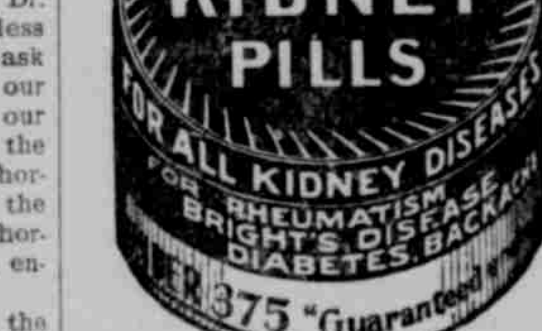
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"The growing tendency of the American people is a disrespect for laws. We have plenty of good laws, but they are not enforced. That is the whole trouble. The men who should enforce them do not do it, and the people who elect those men to office do not make them do it, and they keep on electing men who will not do it.

"Our mayor is sworn to be active in the enforcement of the laws, but is he? He is not. Well, if the mayor is inactive can you expect those under him to be otherwise? He is the man to whom the lesser officials look, and if he sets such an example, what is the result? Inactivity all along the line and our laws become mere printed matter.

"We also send incompetency to our legislative bodies in Albany. We have done so for years and probably will keep on doing so. We know that we are doing it and have little or no respect for a large majority of the men we send there, so how can we have respect for the laws they make? We cannot have respect for those laws and we have not."



This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham:

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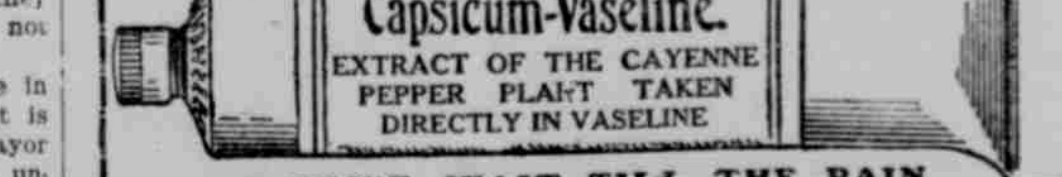
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