

# DRINK HABIT AMONG WOMEN ON INCREASE

## GROWTH OF DANGEROUS EVIL IS SEEN

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

**N**EW 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:



JOHN D. QUACKENBOS

### New Yorkers Becoming Hysterical

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

**T**HE 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 6,657. 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.

"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.

"As everyone knows, the punch bowl figures largely in the growth of the drink habit among women of New York. It is found at all functions, and many a girl has got her first taste of liquor by a dip into it. The punch bowl, 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 more statement of fact is a warning, 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 709 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 so-

### Dr. Parkhurst Says "It Is a Fact"

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

**W**HEN 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 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

her and drink the wine. But she found that she could not lift the glass from the table. You see, she did not really and honestly want to be cured and wasted but little time in rushing into temptation.

"Conditions might not be so bad, however, if women or men drank real, pure whisky, real, pure wine and real, pure liquors of all sorts, but they don't. They think they do, but what they are really drinking is a deadly poison and one swift, in its execution. I feel safe in saying that out of 100 drinks sold in New York city as whisky not more than one is the real article.

**Counterfeit Whisky.** "But so cleverly is whisky counterfeited to-day that club connoisseurs cannot detect it, as was shown in an experiment made recently by Dr. Darlington of the board of health. Dr. Darlington went around and collected a number of samples of whisky from saloons of all classes, took the samples to his club, where he had several of the members test them, and much to his surprise the cheap im-



"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.

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

### Dr. Parkhurst Says "It Is a Fact"

to what they could see and eat and drink. "I suppose the growth of the drink habit has been principally among the women of the richer classes. It is at least reasonable to believe so, as they have the money and time to indulge in such laxity. Idleness is usually dangerous.

"Another phase in the drink question is the quality of the liquor. Dr. Quackenbos points out the shameful adulteration in whisky, but let me ask you if it is tolerated? Where is our pure food law? Why, it is in our statute books, but it isn't in the hearts or minds of those in authority or in the hearts or minds of the people who put those men in authority. If it were, the law would be enforced.

"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.

### ARMADA WOULD BE EASY PREY.

Spain's Great Flotilla Not a Mouthful for American Fleet.

Speaking of the fleet of American battle ships now on its way to Pacific waters as an "armada," as some writers appear fond of doing, is comparing very great things with things very small. It is true that the Spanish armada of 1588, to which allusion of course is made, filled a large place in history and was a very spectacular affair in its day, but its power as compared with that of the fleet under Admiral Evans was the power of a crow compared with that of an eagle. The "invincible armada" of Spain, which set out to invade and capture England in 1588, was a formidable demonstration of naval power for that period, though it met with complete disaster. The armada consisted of about 300 vessels, some of them of great size, but all wooden and without any protection against even the feeble artillery of that day. They carried in all 2,431 guns and more than 19,000 men,

### ACTRESSES SET THE FASHIONS.

Exploit Something Novel and Matinee Girls Take It Up.

Even the most enthusiastic of the matinee girls, as a rule, know little of how much their favorite actresses have had to do with popularizing their favorite fashions, says the Columbus Dispatch. Now that short sleeves are out, it is not everybody who will remember that the new sleeve that has supplanted them owes its fitted shapeliness to Bernhard, who first invented the tight lining, and closely wrinkled outside, and the long flaring point that reaches clear down to the fingers. It was when Blanche Bates played the "Daring of the Gods" that Minno opera cloaks and oriental embroideries and tea jackets went up in popularity. Camille Clifford boomed the Gibson ecuffure more than the original Gibson girl and she also popularized the tight skirt and the pose in which a thousand lazees have had their pictures taken. If it had not been for Pauline Chase

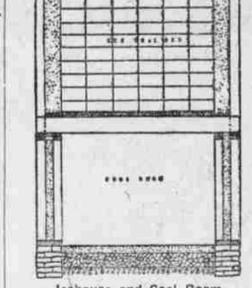
# THE DAIRY

## ICEHOUSE AND COOL ROOM.

Arrangement by Which Two Can Be Successfully Combined.

In the accompanying illustration is presented the construction for a small icehouse, with a cool room underneath it which is 9x9 feet square on the inside and 6 1/2 feet from the floor to the ceiling. The outside dimensions of the building are 12x12, with the ice chamber 11x11 and 8 or 9 feet from floor to plate. The plan contemplates storing the ice in a compact mass, 9x9 feet, directly over the cool room, constructing the bottom of the ice chamber and the ceiling of the cool room in such a manner that the air in the cool room will have its temperature controlled by convection currents, the warm air rising to the ceiling of the cool room, coming in contact with the floor of the ice chamber, which is made water-tight and of good conducting material.

The walls of the cool room are 18 inches thick. A suitable masonry foundation, as represented, should be laid, the ground covered with about



Icehouse and Cool Room.

12 inches of chinders to serve as a non-conductor, and this covered with a cement floor 3/4 inches thick. This much of cement work should be introduced in order to have a thoroughly sanitary floor. The great difficulty in the construction of an all-wood icehouse and cool room is to have it durable, the danger being the decay of the wood on account of the dampness, which is necessary from lack of strong ventilation. The walls of the cool room, as represented, are made by setting two lines of 2x6's for studding, sheathing inside and out with matched stuff, and filling the space between with dry sawdust. In order to prevent the woodwork from decay, and in order to render the walls strictly airtight, we should line the walls on the inside with No. 32 galvanized iron, procuring it in sheets and nailing it closely with galvanized wire nails, allowing the sheets to lap about half an inch. Such a lining would thoroughly protect the woodwork against dampness, and would make the room thoroughly tight. It would be better to lay the cement floor last, and carry the galvanized iron sheathing down past the sill, so that the cement floor comes against it, thus protecting the sill. The door of the cool room should be made on the refrigerator principle and double, one door swinging out and the other door swinging into the cool room.

As your correspondent wishes to avoid cement work, says this writer in the Rural New Yorker, which would be better for the ice chamber floor on account of its durability and good conducting property, the plan contemplates the use of 2x10 joists placed one foot apart and then covered with No. 24 galvanized iron, turning the edges up 12 inches around the sides so as to form a water-tight tray, the galvanized iron being nailed in full sheets directly to the joists with no floor under it, and the seams and nail-heads soldered watertight. Then to protect the galvanized iron and give the necessary strength, 2x4's are laid across the joists with 1 1/2 inch space between each as represented in the drawing. These 2x4's hold up the ice, allow the water, as the ice melts, to drop on the galvanized floor, which will be continuously ice-cold, so that the air beneath, coming in contact with the galvanized iron, will be continuously cooled as the ice settles down in its gradual melting. The walls of the ice chamber will be of 2x6 studding, with matched siding outside and matched sheathing inside, the space between the studding filled with dry sawdust. The ice will be stacked as represented 18 inches from the outside walls, so that there is space between the ice and the wall of 12 inches, which will be thoroughly filled with sawdust which is packed over the top as well, as represented in the drawing.

A cupola should be put on the roof of the building, and two small gable windows, simply latticed, to allow the change of air in the summer to cool the under side of the roof, should be provided. Should there be any difficulty in getting sufficient sawdust to cover the ice deeply on the top, the space above the ice can be filled with straw or hay, which will follow down, of course, as the ice melts. To ventilate the cool room a six-inch galvanized iron duct can be carried up against the wall of the ice chamber and out through the roof, opening into the cool room at the ceiling. A corresponding opening in the wall of the cool room opposite the ventilator should be made in order to allow air from the outside to enter. Both the ventilator and the intake should be provided with close working dampers so that only enough air is allowed to circulate to keep the air sufficiently dry.

**Pasteurize the Skim Milk.** It is claimed that pasteurized skim milk is worth much more for calf feeding than much of the stuff that is hauled home from creameries.

**Something New Under the Sun.** A lady in Illinois sent us 12c a year ago for our remarkable collection of vegetable and flower seeds and sold \$37.76 worth therefrom, or made 314%. That's new. Just send this notice with 12c and receive the most original seed and plant catalog published and

- 1 pkg. "Quick Quaker" Carrot.....\$ .10
- 1 pkg. Earliest Ripe Cabbage..... .15
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- 1 pkg. La Crosse Market Lettuce..... .15
- 1 pkg. Early Dinner Onion..... .15
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- 1 pkg. Thirteen Day Radish..... .10
- 1,000 kernels gloriously beautiful flower seed..... .15

Total.....\$1.00  
Above is sufficient seed to grow 35 bu. of rarest vegetables and thousands of brilliant flowers and all is mailed to you POSTPAID FOR 12c.

or if you send 10c, we will add a package of Berliner Earliest Cauliflower. John A. Salzer Seed Co., La Crosse, Wis. K. & W.

## AND THERE WAS!

**Juvenile Drummer**—There ought to be a great opening for a pushing young fellow in this country. Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

**A Little Child's Impression.** Lying at the base of Echo mountain, in California, in the San Gabriel valley, is the pretty city of Pasadena. At night, when the lights are glistening and sparkling, the effect from Echo mountain is beautiful.

One evening, directly after dinner, a little girl who was remaining over night on the mountain, rushed breathlessly into the dining-room, exclaiming: "Oh, mamma, mamma, come out on the porch, all the stars have fallen on the ground!"

**First Nobel Prize.** The Nobel prizes were suggested by the eighth earl of Bridgewater, son of the bishop of Durham. He left \$40,000 to be paid to the author of the best treatise on "The Power, Wisdom and Goodness of God as Manifested in the Creation." The judges divided the money among eight persons.

### The Peruna Almanac in 8,000,000 Homes.

The Peruna Lucky Day Almanac has become a fixture in over eight million homes. It can be obtained from all druggists free. Be sure to inquire early. The 1908 Almanac is already published, and the supply will soon be exhausted. Do not put it off. Speak for one to-day.

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All growth and achievement depend very largely upon knowing ourselves and how to apply that knowledge.—French.

**ONLY ONE "BROMO QUININE"** That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. See.

Every addition to true knowledge is an addition to human power.—Mann.

It is the judgment of many smokers that Lewis' Single Binder No. 9 cigar equals in quality the best 10c cigar.

Remember it's a poor resolution that will not hold water.

## Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

**Reform in Earnest.** Mrs. Crossway was shedding tears of joy. "I just can't help it," she exclaimed. "My husband has sworn off." "Why, I didn't know he drank," said Mrs. Kawler, greatly astonished. "Was he—was he much given to the use of liquor?" "O, dear, no! He didn't use it at all. He has sworn off from buying things we don't need and paying for them on the installment plan."

Starch, like everything else, is being constantly improved, the patent Starches put on the market 25 years ago are very different and inferior to those of the present day. In the latest discovery—Defiance Starch—all injurious chemicals are omitted, while the addition of another ingredient, invented by us, gives to the Starch a strength and smoothness never approached by other brands.

**Centenarian Likes Tobacco.** Mrs. Mary Ellen Barraby of Brockton, Mass., has just celebrated her one hundred and fifth birthday. She began smoking a pipe when she was 80, and regrets she didn't begin when she was 40.



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: "I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

**FACTS FOR SICK WOMEN.** For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it? Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

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**CARTER'S LITTLE LIVER PILLS.** Genuine Must Bear Fac-Simile Signature. *Beutelschlag* REFUSE SUBSTITUTES.

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