animals to resist disease and injures progeny. Prof. Kraepelin, of Munich, and others found that the so-called "stimulating" effects of alcoholic drinks are only the beginning of the deadening effect of alcohol upon the nervous system.

Fiction:

It makes rich, red blood. Forty out of a hundred need lager for anemia—thin, pale blood and lack of red corpuscles.

Fact:

Prof. Laitinen's experiments included examination of the blood after amounts of alcohol equal to ½ pint of beer a day for a grown man. He found that even this small amount had a bad effect upon the red blood corpuscles. Surgeons agree that beer drinkers are dangerous subjects for operations, for their blood is in such an unhealthful condition that wounds do not heal quickly.

Fiction:

Beer is a food drink that will build you up and keep you so.

Fact:

Dr. Herman Popert, a celebrated jurist of Hamberg, says of beer-drinking Germany: "Three thousand, three hundred million marks is the tribute which enslaved Germany must now pay yearly to the alcohol capital. And what does the alcohol capital give us in return for this tribute? An increasing number of criminals, an army of sick and diseased, a depraved future generation, a horrible deformity of the population. One needs only to walk through Munich, which is fast in the fetters of the brewer, and look at the bloated bodies and faces."

Those who value strength and endurance do not care for the bodies built the way beer builds them.

Fiction:

Beer is wholesome like milk, nutritious like bread, and more easily digested because in liquid form.

Fact:

A large factory in Germany has made a practical test of the difference between beer and milk, and the result is that the beer seller no longer finds it profitable to come to the factory, while the milk dealer brings more milk than the brewery wagon formerly brought beer. The milk quenches thirst, refreshes and invigorates; the beer made the men heavy, stupid and tired. Bread is ten times as nutritious as beer and contains no poison. Beer contains enough alcohol to do more harm than its nutriment can do good. Beer slows the digestion of other food and the quicker the alcohol it contains passes into the system, the worse for the drinker, for poisons that are absorbed quickly give the system less time to resist them.

The Anti-Saloon League is an uprising of public sentiment, hence it can neither be rebuffed, torn to pieces, nor its labors circumscribed. It is not, strictly speaking, an organization, and therefore has no membership in the ordinary sense of that term, but works through organizations already instituted. Victor Hugo said: "An army of men can be repelled, but who can turn back an army of ideas?"

Saloon Man Votes "Dry"

A Chicago young man who is traveling in the South writes home to his father of a conversation he had with a Memphis saloon-keeper, the proprietor of one of the largest and finest saloons in that city, which, under the new state law, is to become "dry" on the first day of next July.

The young Chicagoan incidentally fell into conversation with the man at the hotel breakfast table, and asked him what about the new prohibitory law.

"Well, sir, when that law goes into effect I will be a ruined man financially," he said. "Everything I've got will go and I will have to start all over again in some new business."

Being asked if he didn't feel rather sore about it, he replied:

"No, sir, I don't. I am a whisky man; have sold it all my life, and I know that it is the root of all evil. It ruins more lives than any other thing. It is the curse of this country. Though I am not a married man and have no family, yet when I go to the polls I vote for prohibition."

His new acquaintance seemed surprised at this, and he went on:

"I have sisters and brothers who are married and have children. Do you think I am going to vote for a thing that may ruin the lives of those children and drag them down to destruction? No, sir; I've seen too much misery caused by alcoholic liquors to do a thing like that."

This saloon-keeper predicted that in ten years we would have nation-wide prohibition.

Temperance Pledge Cards

We have received from the International Sunday School Association, through Mrs. Mary Foster Bryner, 806 Hartford Building, Chicago, samples of its pledge cards for total abstinence, printed in the national colors, red, white and blue, and which reads as follows:

FOR LOVE OF — CHRIST AND COUNTRY

I HEREBY MAKE MY
DECLARATION OF INDEPENDENCE
AGAINST KING ALCOHOL

I PLEDGE MYSELF never to use intoxicating liquor as a drink, and I promise to do all I can to end the DRINK HABIT and the LIQUOR TRAFFIC.

Signed.....

Date..... Place.....

The Sunday Schools are doing splendid work in helping, not only to abolish the liquor traffic, but to raise up a generation of saloon haters and fighters. They are helping to educate the generation that will put an end to the whole business.

"This Anti-Saloon League wave, we now realize, is no ordinary protest against the retail liquor trade. It is a gigantic movement, a monster upheaval, a tidal wave, so to speak, and we can no more ignore it, or scorn it than we could ignore or scorn an earthquake or a hurricane."—T. E. Gilmore, President Model License League.