

ALCOHOL, ITS INFLUENCE ON MIND AND BODY

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Alcohol, its influence on mind and body by Edwin F. Bowers

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EDWIN F. BOWERS

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BY
EDWIN F. BOWERS, M.D.



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DEDICATED TO
MY WIFE
WHO HAS CONSISTENTLY INSPIRED AND
ENCOURAGED MY BEST EFFORTS

John Doe

PREFACE

THE average man drinks for one or more of three reasons.

First, because he knows no better or has been wrongly informed or maliciously misinformed:

Second, because the enemy, his friends, insist on his being a "good fellow," and he hasn't the gumption to realize that good fellowship begins at home: and,

Third, because his alcoholized body cells crave narcotics.

The average man has had little opportunity, except by referring to highly technical foreign works, of knowing that even the smallest amount of alcohol reduces his efficiency in clear thinking, in quickness of eye, ear, and brain; in all those tasks, coördinating muscle and mind, that make up the complex fabric of industrial activities.

He has always believed that alcohol is a stimulant. I shall show, on the evidence of physiologists and psychologists, that it is a depressant;

that a normal, non-alcoholized man drinking for purposes of mental stimulation merely receives his "kick" in the imagination.

Also, that a moderate drinker's mental output, as to quantity and quality, is decreased in measurable degree, as worked out in thousands of experiments with instruments of absolute precision.

We have been told that alcohol is a food. I propose to show that the food-value theory of alcohol has been thoroughly discredited — that even the most frequently quoted of the food theory champions declares it to be a food only as arsenic, belladonna, and other poisons are foods. Also, that not only is the food value of beer almost negligible, but that beer is, if anything, even more besotting and dangerous than liquor.

Many do not know that modern medicine absolutely repudiates the so-called therapeutic value of alcohol. Or that even moderate — let alone excessive — drinking never made a poet more poetic, an engineer or a captain of industry more practical, or a philosopher more philosophical; that none of the genius of inspiration lurks in the lees of the wine cup; and that a sweeter, saner social life can and does follow the banishment of Bacchus, and the installation in his place

of Minerva, Euterpe, and little, chubby-checked Eros.

So if this modest effort shall have been the means of inculcating these truths, and convincing even a few good fellows to be better fellows I shall be amply repaid, and highly gratified in the conviction that the world is just a little better and sweeter, and some few wives and little kiddies are happier, because I lived awhile on this earth and wrote a little book about "Alcohol — Its Influence on Mind and Body."

EDWIN F. BOWERS, M.D.

June 1, 1916.