ADDRESS.

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SUBJECT:

Effects of Alcoholic Drinks upon Young People.
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In these days whenever the word temperance is mentioned there is such a contrariety of thought on the subject based upon a variety of experiences in any group of men and women that it seems hopeless ever to secure unity of plan, purpose or action.

The other day fourteen gentlemen sat down to a lunch table, having been called together for mutual consideration of the topic, to wit: How shall we be able in Greater New York to meet the consolidated liquor organization and power with a view to prevent that traffic which has been a corrupter of youth, a nucleus for crime, and a constant menace to the happiness of the people?

Scarcely two individuals agreed. All wanted temperance. But one opinion strongly favored resting mainly upon personal example; another, prohibition in law; another, the prohibitory union and training of Christian men as in the Rochester movement; another still high license, while two were earnestly in favor of removing all licenses and allowing the terrible results of consequent degradation and woe to perform its self-correction on the old principle: "Of whom the gods wish to destroy they first make mad."

I may say, however, that there was an unanimity in this one genuine thing namely, that love would be promoted of practical temperance, that is such love as our Lord speaks of as the fulfilling of the law; that Love which penetrating the heart makes a man love his neighbor as himself.

For sixty years I have observed the effects of alcoholic drinks upon young people. Some students, preparing for college in Yarmouth, Maine, with myself fifty-five years ago were so far advanced toward the end of their term that they had considerable leisure, and concluded, as boys will, to have a good time. The city of Portland was not far away so that they went thither in groups, usually hiring carriages at the livery stable to take them, wait for them and bring them back.
Intestinal Flora and Its Significance in Health

In recent years, research has focused on the role of the intestinal flora in health and disease. The intestinal flora consists of a complex community of microorganisms that inhabit the gut. These microorganisms play a vital role in maintaining the balance of the gut microbiome, which is essential for digestion, immune function, and overall health.

The gut microbiome is a dynamic ecosystem that is influenced by various factors, including diet, genetics, and lifestyle. The composition of the gut microbiome can affect the absorption of nutrients, the development of allergies and autoimmune diseases, and the risk of developing diseases such as obesity and cancer.

Understanding the role of the intestinal flora in health and disease is crucial for developing strategies to maintain a healthy gut microbiome. This includes the use of probiotics and prebiotics, which are supplements that can help to restore and maintain a healthy gut microbiome.

In conclusion, the intestinal flora is an essential component of human health. By understanding its role, we can develop strategies to maintain a healthy gut microbiome and improve overall health.
The results of their good time I afterward traced. One was not able to finish his course in college, another became powerful to drink strong drink, but soon xxxxxx xxxxxxxxxxxxx, after graduating, succumbed to a disease induced by alcohol; another became a low debauche and before he was thirty years of age was not acceptable in decent society.

It is astonishing what havoc liquor made amongst those young men. Not one of those xxxxx who were addicted to drink, I mean in that company, ever accomplished anything worthy of record in their lives, and not one of them is living today.

Again of young men at the military academy, who were there at the same time with myself, there were a few who broke the regulations at every opportunity, and succeeded in supplying themselves with liquor, usually of the worst kind. Of them one took his own life, while under the influence of drink, by the accidental discharge of a rifle that he was carelessly handling; another committed some outrageous action induced by drink while in New Mexico, and came near being condemned as a murderer for hanging some Mexicans whose lives his soldiers saved. He with a jug of whisky managed to drink enough on one occasion to cause his death, all this before he was thirty years of age.

But still another example is that of a young man who with great difficulty succeeded in getting into the Army; soon he was a confirmed drunkard and would have been dismissed from the service, but for an astonishing and unexpected reformation. He had some friends who loved God and their fellowmen and they induced him to make a complete change; after that he had a very distinguished career till he fell in a battle with the Indians on our western frontier. As a rule the prohibition of liquor to the cadets for four years, that is during their cadetship, has been in a physical sense remarkably beneficial.

Health and vigor have not been interrupted or impaired by the sure poison of alcoholic beverages during that formative period when youth are passing into manhood; but the moral influence would be xxxx greater if every young man could be convinced, as our Surgeon General is that alcoholic beverages are promotive of disease, particularly on our Southern coast and in the tropical climates of Cuba, Porto Rico and the Philippines.
2. Liquors in social life.

One of the most prominent lawyers of this city spoke the other
day in public of how family men were subjected to ostracism even here
in liberal New York, because they gave dinners and suppers without
wine or other liquor. Little by little, he said, such a family man
was dropped by many a valuable acquaintance and his hospitality laugh
ed at. I do hope that this is but a partial view of good society
in this metropolis.

The influence of fashion, however, is tremendous. Young ladies
go to entertainments and are urged to drink wine and punch; they see
the brilliancy of their companions and are ridiculed because their
own eyes do not sparkle or their cheeks redden from the excitement
of wine; they feel ashamed because it is the fashion to drink and
they wonder that their parents should restrain them from so innocent
and harmless enjoyment, but we know very well the consequences of
such enjoyment. The fruits are neither innocent nor harmless.

Young men are injured more as a rule than young ladies for in
their separate life they are doubly exposed. In the joyousness of a
feast we know that thousands of them have fallen below a plane of
right living to which they never again are able to ascend. Nothing
can be more seductive than the wine cup presented by the hand of a
beautiful, highly esteemed woman to a young man who is not settled
if his convictions to resist that sort of temptation.


I need not say to the young that there is one proverb that will
never wear out and that is, 'That an ounce of prevention is worth a
pound of cure.' The best reformation will come to any young man or
woman by having a purpose fixed as the rock like that of Daniel when
he was asked to partake of the King's wine. A weak and flickering
resolution is of little avail, it will not stand the test, temptation
will break it down and character be degraded.

Reformation by pledges. I have watched through a long time life
they are sometimes effective, but never, I think, is a pledge a good
staff to lean on. Of course if one has made a pledge and put it in
writing it will have a staying influence, but it wants something
more. It always needs the help of a friend, human of Divine.
I am the most prominent lawyer in the city where I practice law. I was born in New York, but have spent most of my life in New Jersey. I am a successful lawyer and I have earned a reputation for honesty and integrity.

In this profession, I have always tried to live up to the highest standards. I believe in the law and I respect it. I have never sought to use the law for personal gain, but only to serve the public.

I have worked hard to earn my reputation and I have never taken a case that I did not believe in. I have always fought for what I believe is right, even if it means going against the law.

I have been involved in many important cases, and I have always tried to do my best. I have never been afraid to take a stand, even if it means going against the public opinion.

I have always believed in the importance of the law and I have never been afraid to use it to help the public. I have always been a champion of justice and I have always tried to do my best to uphold the law.

I hope that you will find my services useful, and I hope that you will always feel free to call me if you have any legal problems.

Yours truly,

[Signature]
A fixed purpose, supported by constant prayer, is better than
the simple written pledge. A friend of mine told me that he had
made up his mind not to drink and that he had a solid resolution
such as I have described, but that his head was weak and sometimes
dizziness and confusion troubled him as he walked a half a mile from
his house to his office having to pass several liquor saloons on the
way.

To resist the invitation of friends, the solicitation of the
aiders and abettors of the liquor traffic, and of others who would
influence him in his business and so pass unscathed to his place
of work he found it necessary to pray all the time and all the way,
particularly when the smell of strong beer or of whisky reached his
nostrils.

For years I have labored with my fellow Christians in what we
call the rescue work. The method is doubtless familiar to you. I
will illustrate by a single case. In Portland, Oregon it was the
custom for Mr. Chattin, the secretary of the Y.M.C.A. of which I
was president, to go every day to the jail in order to visit those
who were sent there for temporary confinement. One day he found a man
by the name of Price, very stupid, imbruted by long and hard
drinking. He had been a good boy in a Christian family; a child
thoroughly instructed in the Gospel and the prayer-book of the Episco
pal Church; a merchant quite successful for a time in New York; drink
and failure went together; He started again in New Orleans with
similar results due to the same cause; next we find a like trial and
a like failure in San Francisco; then began the tramp period of his
life, more and more degraded, till in Portland, Oregon, in one of the
drink places, that ought to be abolished, he was suffered to drink
till he was in a stupor and then rolled into a ditch in front of the
establishment. The next day after the police had had mercy on him
and kept him in the station house he was brought before the judge and
fined $10 or in default of money to be imprisoned in the common jail
for one month. Mr. Chattin paid his fine, took him to his own home,
had him washed and dressed and fed; more than that, the family united
in doing those kind things that won his heart. His soul was conver-
ted. I remember when he first moose in our Y. M. C. A. Meeting and
besought with tears our sympathies and our prayers.

He was regenerated. His flesh became like that of a little child. His face shone, and all his powers were rejuvenated. The prayers that he had learned in childhood came the language of the prayer-room, and the early songs, taught him by his mother, were his delight. When on the Pacific coast I frequently met him, in Portland and elsewhere, and I found him, though somewhat infirm from a weakened body and impaired constitution, living a cheerful, worthy life always by his labor gaining his own support.

(General Howard gave other illustrations)

My theory as to the best method of reforming those who have already passed the bounds of safety and become drunkards is this: When everything has been done that medicine can effect try the expansive power of a new affection. The conversion of Christ is suggestive of it. Fill the heart of a man with a spirit of Christ with love for the master and for his fellow man, will be sufficient impulsive power to drive out the old and clinging eagerness for drink or for other foolish excitement and soon he whole system, body, mind and spirit, will be completely regenerated.