



CDC-10083389

ANL

ANL ELECOS -- Electronic resource

Cottoni posthuma divers choice pieces of that renovvned antiquary Sir Robert Cotton, knight and baronet, preserved from the injury of time, and expos'd to public light, for the benefit of posterity, / by J.H. Esq;

LISE MELLOR  
UNIVERSITY OF SYDNEY  
DOCUMENT SUPPLY SERVICE  
MFB BUILDING  
92 PARRAMATTA ROAD  
CAMPERDOWN, NSW 2006  
Australia

ATTN:	SUBMITTED:	2008-11-20 14:47:46
PHONE:	PRINTED:	2008-11-24 08:49:37
FAX:	REQUEST NO.:	CDC-10083389
E-MAIL:	SENT VIA:	Copies Direct
	EXTERNAL NO.:	26342
	PATRON TYPE:	Copies Direct

---

CDC Core	Copy	Journal
----------	------	---------

---

AUTHOR: Stuart, T. P. Anderson (Thomas Peter Anderson), Sir, 1856-1920.

TITLE: FOLLOW THE KING / BY SIR THOMAS ANDERSON STUART.

SPONSOR: Alt Tel: 0416363753 Email: lisem@med.usyd.edu.au

PUBLISHER/PLACE: s.n., [Sydney :

DATE: between 1914 and 1918]

SOURCE: Source: Catalogue

COPYRIGHT COMP.: USE FOR ...

CALL NUMBER: FERG/3819

NOTES: Conditions Agreed. Copyright: Use on the Faculty of Medicine website, history section University of Sydney

WARNING. This material has been provided to you pursuant to section 49 of the Copyright Act 1968 for the purpose of research or study. The content may be subject to copyright protection under the Act.

National Library of Australia ABN 28346858075



CDC-10083389

DELIVERY: E-mail Post to Web: [lisem@med.usyd.edu.au](mailto:lisem@med.usyd.edu.au)  
REPLY: E-mail: [lisem@med.usyd.edu.au](mailto:lisem@med.usyd.edu.au)

This document contains 8 pages. You will be invoiced for \$13.20. This is NOT an invoice.

Keep this tax receipt to reconcile your records. Note GST has not been charged for the supply of this material.

WARNING. This material has been provided to you pursuant to section 49 of the Copyright Act 1968 for the purpose of research or study. The content may be subject to copyright protection under the Act.

---

National Library of Australia ABN 28346858075



# **“Follow the King”**

BY

**SIR THOMAS ANDERSON STUART, M.D., LL.D., D.Sc.**

**Professor of Physiology and  
Dean of the Faculty of Medicine in the University of Sydney.  
Formerly President of the Board of Health and  
Medical Adviser to the Government of New South Wales.**

Extract from the Cable Messages, Sydney “Daily Telegraph,”  
November 24, 1910.

**KAISER ON DRINK.**

## **TEMPERANCE MEANS VICTORY.**

**BERLIN, Tuesday Afternoon.**—The Emperor of Germany, addressing the Military Cadets to-day, urged them to become abstainers.

Victory in the next war would, he foretold, go to the nation with the least consumption of alcohol.

“It leads to everything that is wrong and works counter to everything that is right. This drink business is a bad business.”—(Governor Hedges of Kansas.)

# “Follow the King.”

---

1st Resolution.—“That all present pledge themselves to follow the example of His Majesty the King, in abstaining from alcohol as a beverage, and in banishing it from their households, during the period of the war.”

Ladies and Gentlemen,—

Let me begin by dissecting the resolution, which I have been given the privilege of putting before the meeting:

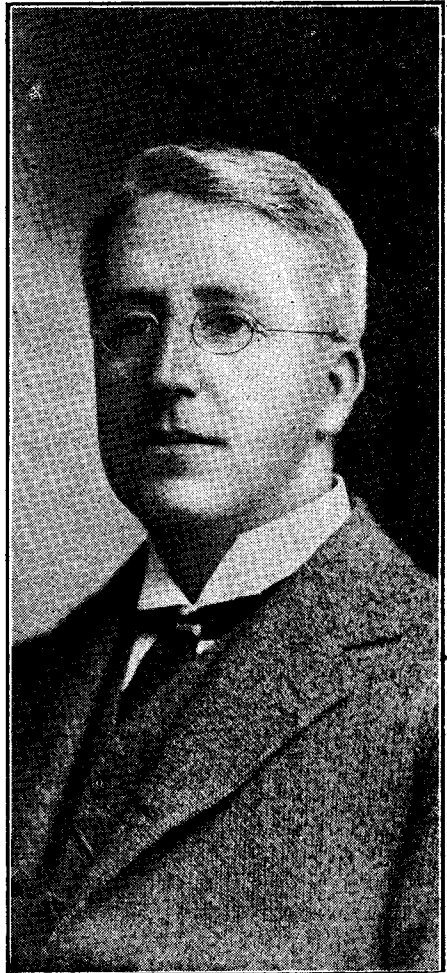
“All present,”—because this is a meeting of those who, having had the matter under consideration, have deliberately come to the conclusion that what is here proposed is a desirable course of action. Naturally, the resolution does not affect teetotallers so much as persons who like myself have been in the habit of taking alcohol in some form or other more or less habitually and perhaps daily.

“Pledge.”—I do not propose that we shall sign any document, but that we shall give our word and abide by an honorable understanding, that what we SAY we will do, we SHALL do. Our word shall be our bond!

“Example.”—As we follow the King, we hope that others, influenced by HIS example may also be influenced by OUR arguments. “Abstaining from alcohol as a beverage.” This does not exclude its use under medical advice properly obtained: I would add in written form and for a definite period, so that it shall be seriously considered advice, no mere cursory “word by the way,” lightly given and lightly treated. Sir Thomas Lauder Brunton tells of a lady having become a chronic drunkard by medical advice; her prescription had done service for twenty years, during which it was always made up again. The prescription must therefore be for a definite period only.

“During the Period of the War.”—It is not asked that we pledge ourselves for an INDE-

FINITE period, but only during a time when every member of the body politic should keep himself at his highest state of efficiency, a



SIR THOMAS A. STUART.

time when it is an act of treason to our country to do anything to lessen our indi-

vidual efficiency. What anyone is to do after the war is left quite an open question.

It is to this last aspect of this many-sided question, personal efficiency, that I shall chiefly direct your attention, for I desire to confine our attention to the immediate business of the hour. I shall ask the question and answer it—does alcohol help healthy men in a normal condition of mind and body to do their daily work? Does alcohol make healthy men under ordinary conditions more efficient? or does it make them less efficient? For we must never forget, that efficiency of the citizen is necessary to the efficiency of the State. The efficiency of the nation is made up of the efficiency of the individuals and, therefore, if I can show you that a man who desires to use his entire force on behalf of himself or of his fellow-men, can do so best and longest by entirely avoiding the use of alcohol, then there need be no hesitation in "following the King"!

The extent to which alcohol can act as a food for healthy men is negligible and need not detain us here. Alcohol, when it is taken strong, e.g., whisky "neat" or not too much diluted, has a certain action on the lining of the canal, and through this on the nervous system, but this action is exerted before its absorption and is of a passing nature and may also be secured by a drink of some warm liquid which is pleasant to the taste, e.g., beef-tea, soup, etc., or by hot tasty food—then the evil later effects are avoided. The effects to which I wish now particularly to refer are what occur after its absorption—these are the effects which matter. As to the action of large doses, I do not need to prove anything—have we not all, alas! seen these effects too often, and seen how they vary in different men—one is made sentimental, another bellicose, a third, to the relief of his neighbours, is sent to sleep. What we have to deal with is the effect of comparatively small quantities. I will quote from the Text-book by Professor Cushney, a well-known author on pharmacology, the science of the action of drugs, who deals with the subject simply as a scientific mat-

ter, without prejudice either one way or another. Speaking of Alcohol, which is placed in the group of narcotics, he says: "In small quantities it generally produces a feeling of well-being and good-fellowship along with increased confidence in the powers, mental and physical, of the subject of the experiment." Do we not perceive in these words the key to the lure of the drug in early stages of its effects—the seeking for company in which to display the supposed enhancement of mental and physical powers! Cushney goes on: "Larger doses are followed by a certain amount of excitement, marked by laughter, loquacity, and gesticulation. The face becomes flushed and hot, the eyes brighter and livelier, the pulse accelerated. Even at this stage self-control is partially lost and the will-power is weakened." The speech may be brilliant, but it often betrays the speaker; the movements are more lively, but they are often undignified. The loss of self-control is often indicated, further, by furious outbursts of anger and unreasonableness, or by indulgence in maudlin sentimentality and sexual fancies. The sense of responsibility and the power of discrimination between the trivial and the important are lost, and the individual has no regard for the feelings of others or the ordinary conventions of life." Was there ever penned a finer description of the earlier stages of alcoholic intoxication? "In vino veritas" is the Latin proverb. When in liquor men lose the results of education and experience, they forget their caution, their self-restraint is impaired, and then they are seen in their true colors, in their natural character. In the later stages the scene is changed. Now is the period of reaction, of depression, of gloom, of weakness—have we not all seen it! Truly efficiency cannot exist along with indulgence in alcohol, which a group of the foremost medical men of the day, in 1907, in England, declared to be one of the "most fruitful sources of poverty, disease, and crime." I may add here that it is this loss of self-control, which is the real explanation of the fact that men, after alcohol, sometimes

dare to do what they would otherwise avoid, and thus do great deeds, and have we not read in the present war of the Germans having plied their men with ardent spirits before sending them on some desperate venture? They wanted the men to lose their self-control, and this is how they secured it. This was what we call Dutch courage, that is, "Deutsch" or "German courage." For all that these men were probably naturally brave men, but the alcohol did not make them more brave; it only made them reckless! The truly brave man is the man who knows and appreciates the dangers and faces them all the same.

As examples of how efficiency in various kinds of work is affected by alcohol, let us first take a kind of work, not requiring much intelligence. It has been proved again and again that troops endure extremes of climate and march farther and are in better condition at the end of the day, when the alcohol ration is omitted. Again: If you read the accounts of the wonderful journeys of Mawson and his companions in the recent Antarctic Expedition, you will read that an expedition thought out by the aid of the best knowledge of the day, in every department and down to the smallest detail, so as to secure the maximum working capacity and endurance of each member of the party, for instance in the dragging of the sledges, omitted alcohol from the dietary. They used it once a week only, and Sir Douglas Mawson says, "The most bigoted teetotaler could not call us an intemperate party. On each Saturday night one drink per man was served out, the popular toast being 'Sweethearts and Wives.' The only other convivial meetings of our small symposium were on the birthdays of each member, Midwinter's Day and King's Birthday." This, was in my opinion the rational use of the "wine when it is red" and I think that teetotaler as I have been for the last four weeks, even I would have regard to the dreary surroundings of such a party, and would turn my blind eye to the proceedings, if taking the glass of wine was taking something they liked. It was a luxury pure

and simple, and they never regarded it as anything else. That was in a cold country—now let me take you to hot countries! Let me tell you of my old school-fellow, the African Traveller, Joseph Thomson, who afterwards laid down his life for Africa, and who, on one of his wonderful journeys, took among his stock of medicines some bottles of castor-oil and some bottles of brandy. These were carried on the heads of native porters for thousands of miles, and when he got to the end of his journey the castor-oil was all gone, but the brandy was ALL there, not a drop had been touched! And three years ago, when I was in India, I saw no drinking. Our countrymen there have found out the true reason of so many cases of "liver" in the bad old days, and have had the good sense to drop the everlasting "pegs." Lastly, among ourselves in training for all sorts of athletics, for cricket, football, boxing, rowing, running and so forth, the use of alcohol is barred.

Let us now consider work of a more definitely intelligent character; by carefully planned and accurately performed experiments it has been shown that one ounce of alcohol, corresponding to about a glass of whisky, diluted with water has a pronounced effect, and this is a much smaller dose than is habitual with many men, who would be shocked if you called them even moderate drinkers. Again: It was found that type-setters do less work and make more mistakes when they had this amount of alcohol. Here the work is not hard—the man has but to put forth his hand and transfer the type to the composing stick, but the experiment is valuable, because the number of types set can be so easily counted and the mistakes show up at once in the printed matter. Now, is good shooting a less accurate operation than type-setting? Surely not! It involves the judgment of distance by the eye and this has been proved experimentally to be impaired by alcohol. And must not the shooting often be carried out under the most adverse conditions? Not in the comparative comfort of the printer's shop. The question has been fully answered. First as to sport:

In Scotland on the moor it is well-known that, when a man has had "a glass or two" of wine to lunch, his bag in the afternoon is likely to be smaller than it was in the forenoon! Second—at the shooting range the marksman makes fewer bull's-eyes when he has had a drink. If that is so in the comparative peace and comfort of the butts, what is likely to happen in the cold of the trenches, or in the heat of battle! It might happen that the man in the opposite trench is a teetotaler, and in that case the toper, careless about exposing himself, might pay for his drink with his life, and General Birdwood told his men, our men, the other day, that it is as much their duty to preserve their own life as to take that of the enemy! Lastly, it has been shown that the gunlayers in the Navy secure fewer hits if they are even slightly under the influence of alcohol and it is upon these hits that the safety of the Empire depends!

I come now to operations of a purely intellectual character, the results of which can be submitted to the most rigid proof, namely, first, adding up rows of figures; a clerk added more slowly and made more mistakes after the alcohol, and yet the clerk himself, as in the case of all similar experiments, thought he had been doing better! Second, the memory was impaired—it needed 50 per cent. more repetitions to memorise words and numbers. It is this impairment of the memory which, to some extent, accounts for the well known terminological inexactitude of men addicted to alcohol. They do not always mean to tell lies, but they simply do not remember the truth. Just taking the general experience of everyday life, would any of you employers of labor put a man on, who applies for a job and even smells of liquor? I think not, for you know by experience that drink kills a man's efficiency and reliability in every particular. And the pity of it is that the man himself does not realise his condition, his position. I will now therefore, direct your attention to the effects of alcohol on the higher attributes of man. As you know, in the Ascent of Man in evo-

lution there has been a gradual development of the intellectual and moral qualities, those that distinguish man from the brutes—forethought, judgment, reflection, prudence and self-control, the sense of responsibility and conscientiousness. These qualities occupy the highest place in the hierarchy of the bodily activities, and they are the last to be acquired in the development and education of the species and of the individual. They are functions of the nerve-cells of the brain, and it is the first part of the body to be attacked by the drug; changes in the nerve cells can be seen by the aid of the microscope. These, therefore, are the qualities first affected. Here you have the reason why the Admiralty officials have to tell us, that the repairs on the warships have in many cases been so badly done, that it was impossible to think that they had been done by sober men. It seems almost unthinkable, that so many of the men should be so devoid of the sense of responsibility, so careless of the safety of their fellows, the sailor-men afloat, and of the safety of their country and all because they probably could not resist the drink as they went to their work, that drink which spoiled their efficiency for the rest of the day. But their self-control was lessened and they could not realise the position. While we are asking that the public-houses should be closed at six in the evening, we must see to it that they are not opened till ten in the morning! Fancy our not being able in this State to buy a loaf of bread or a piece of meat till eight in the morning, and yet we can go and get drunk at six. And at the other end of the day, why should the seller of the necessities and conveniences of life have to close at 6, while the publican keeps open till 11—long after most people should be in bed. It is estimated that 90 per cent. of the excessive drinking takes place after 6. And the man who has had too much drink in the evening is not efficient next day. It is intolerable—but it is another story, which I shall have to leave for the present, though I may remark that it is the plain fact, which we may too frequently verify, that many men

who would not otherwise think of drinking, as they pass one drinkshop after another, have the idea of drinking awakened in their minds so strongly in the end that a craving then arises so imperious that they satisfy it almost at any cost. This clearly is a case of temptation. Let us therefore remove the tempter. Our ally, Russia, recognised these things in the first days of the war, and sacrificed a revenue of ninety millions of pounds per annum by abolishing the sale and manufacture of vodka, spirits, but she was thus enabled to mobilise her army weeks before the enemy reckoned upon her being able to do it, and what has not this meant to us all! Even in these short months what a change has been wrought in the social conditions of the Russian people! The dwellers on the land are more industrious, better dressed and better fed. The productivity of their labour has been so greatly enhanced that it is just as if Russia had added millions of labourers to her resources, without the expense of maintaining them. Savings bank deposits are enormously increased. Crime is rarer. There are fewer accidents and less disease. France, also, has totally prohibited for all time the manufacture and sale of absinthe, which, like alcohol, is a nerve-poison, and the French Academy of Medicine is trying hard to limit the sale of alcohol in all its forms.

The British Government is at its wits' end, and yet a review of the cablegrams of the last few weeks shows that there is too much ground for Mr. Lloyd George's statement, that strong drink is a stronger enemy than either Germany or Austria in all their shining armour! Not all of them, of course, but sections of the men in many important trades connected with the war are doing less work than they would do in times of peace, owing to the higher rates of pay and shorter hours they now exact. They are slack and inefficient, and are doing poor work and bad work, because of the drink they buy with the extra money. This is what is said in the White Book just issued by the British Government. Out of 118 men engaged in mak-

ing submarines no less than 58, one-half failed to turn up, and out of 8000 employees of one firm, 1800 failed to turn up on the day after Easter Monday. And yet have we not read again and again the bitter cry of the men at the front for more munitions! Men at the front, if they have nothing to shoot with, are there only to be shot at, and are as much the victims of the slackers at home as of the enemy in the field. I have elsewhere stated that alcohol is a nation-destroying substance. Is there not ample grounds for my statement in what I have here set forth? Our whole existence as a free nation may be settled by a few capital ships. Everything about these must be free from the slightest suspicion of inefficiency. Let us take a lesson from our enemies. The whole population of Germany is working like a machine, it is said. From what I know of Germany and the Germans, I believe this statement to be the exact truth.

You probably have read these statements in the newspapers, and rejoiced as I did that the British Government, at the suggestion of many Admiralty officers and other deeply interested authorities, was going to introduce a measure of prohibition in the areas adjacent to the munition factories. And although I admit the many difficulties that confront the practical legislator, we cannot but read with dismay that 'as a result of negotiations with those interested in the liquor trade, Mr. Lloyd George has withdrawn his proposed liquor taxes,' and that "in view of the evidence that much of the mischief . . . is due to cheap and fiery spirits, the Government, AFTER CONSULTING THE SPIRIT TRADE, proposes to abandon the taxing proposals and substitute the prohibition of spirits under three years old. The Government had reached AN AGREEMENT WITH THE BREWERS for encouraging light beers, but the Irish members would not accept. The Government has therefore withdrawn the beer duties in order to avoid a controversy." Why was the trade always consulted? And why is it so much opposed to the taxes? Because the trade knows that



these taxes would diminish the consumption of spirits! A cablegram said that half of the distilleries in Edinburgh would have to be closed, and an Irish leader declared that the only trade, that is the trade of distilling left in the South of Ireland, would be ruined! "The trade" is so all-powerful that they downed one of the most earnest and powerful Chancellors of the Exchequer that the United Kingdom ever had. Then as to this talk about fiery spirits, bad whisky, doctored drink. We hear the same thing in this State, and we constantly hear So and So's condition put down to evil spirits of this liquid kind, but I am in a position to say that such statements are mostly nonsense. During the four years that I was President of the Board of Health, the analyses of the liquor samples taken from the public houses by the inspectors passed through my hands and practically never was any deleterious addition found. The only adulterant we used to find was water—and that was NOT deleterious. Our drinks here are good liquor so far as their composition goes, and yet we see the same bad results here as anywhere else. It is not bad drink, but too much drink that is the trouble! There are, of course, different kinds of alcoholic drinks—beer, wine, spirits, and each has its own specific action depending upon what else is there besides the alcohol, but they may all produce the typical effects of alcohol—it is to the use of spirits, however, that most of our remarks really apply, for it is then that the alcohol is consumed in its greatest degree of concentration. Probably an amount of alcohol variable in different cases, but always a small amount, might be taken daily by healthy men, yet it might be difficult to prove that it had any really injurious effect but then it should be clearly understood and remembered that it is a luxury; that it can be done without perfectly well; that it should be in very diluted forms—not over say 4 per cent. of alcohol, and that it is peculiarly apt to lead to larger and injurious amounts being taken, and that this is a real danger.

In all that I have said I am expressly ex-

cluding the use of alcohol as a drug in medical practice. There are cases of disease in which in one form or another it is still used with benefit. Further, there are circumstances in the life of even the healthy man when alcohol in one or other of its forms may be useful. But with such cases as these, e.g., old age, overwork and fatigue, I am not now concerned. To a certain and limited extent it may act as a food, but these cases' too, come under the care of the medical man. I repeat that I have all along been referring to healthy men in the circumstances of life from day to day.

Drinking alcoholic liquors is largely a habit into which men fall, not always because they like the stuff, but just because they see others do it and they have not the moral courage to stand out. The abominable habit of "shouting" is responsible for a great deal of drinking—the idea at the bottom of it is laudable enough—one doesn't like to be considered mean—the pity of it is that the application of the principle leads to such disastrous results. New South Wales annually spends £8,000,000 (eight millions of pounds), on alcoholic beverages, and when the crime, disease, insanity, poverty and misery arising therefrom are taken into account, and the cost of police, judges, prisons, hospitals, asylums, and so on is added to this—and if the loss resulting from the lost time and general industrial inefficiency are added as well, what an appalling sum it makes! If it were only spent in railways, roads, irrigation, schools, and the many other agencies for the progress of the State and the uplifting of its people, what a happy land this sunny land would be! And it is so easily possible that I see it coming some day. It lies with us to bring it sooner. I know that the lost taxes would have to be raised in some way, but the money saved by the State would be considerable, and the increased productiveness of all our industries would far more than make up for the loss.

May I here point out, which is too often forgotten, that it will not do merely to close

the public houses, and leave the men who have been in the habit of frequenting these places without any place in which to spend their leisure time. A great social effort must be made by our people to learn how to amuse ourselves in a rational way. "Ab hoste doceri," let us learn from the enemy; it is a familiar observation that we take our pleasures sadly, and when we visited the continent of Europe we saw that it is only too true. It will not do just simply to close the public houses with their light and glitter and company, and leave the working men to spend their evenings in comfortless homes or on the streets—often wet and dirty. The homes must be made comfortable, wives taught to cook appetising meals, to keep themselves clean and tidy, and to control their children. The streets clean, open spaces for recreation provided, places of wholesome amusement and so forth, but, above all, the people must be educated to desire all these things, and when that is accomplished these things will soon be provided. But this is a social revolution! Yes, it is, it is nothing less, and yet it has to be faced. In Germany it has been to a great extent accomplished, and we must do it too, and begin now. Let me quote from a leading article in the Melbourne "Age":—"With Britain sober, the four corners of the world may come in arms without hope of conquest; with a great proportion of Britain's population given to habitual drinking—to the ruin of manhood, the debasement of national ideals, the enfeeblement of physique, intellect, and character—national life and liberty are never safe. When half the world is awake to an overwhelming danger, the people of Australia, or of this State, cannot afford to remain asleep." We must strain every nerve, for the

enemy has shown a marvellous resourcefulness and marvellous resources, and though we cannot imagine him successfully walking over the whole world, we do see a still unbeaten Germany.

A word as to my personal position in the matter. I was 28 years of age before I knew much more than the taste of liquor. For 30 years I have habitually had wine, generally once a day—just a glass to my dinner, but when the call came I felt that I could not honestly expect the workers in the munition factories and the soldiers who were fighting for me in the field to abstain from alcohol, as I have proved to you they should for the sake of efficiency, unless I did myself abstain, and I urge, that if we are to expect the men at the front, not only to exercise this self-denial, but also to undergo hardships and risk their lives as well, surely they may expect us to exercise that self-denial only! I have been asked, since this meeting was announced, why should we exercise this self-denial? I make answer, because abstention from what is an indulgence is at all times a wholesome discipline, and because in this crisis in the history of our country, the utmost personal efficiency and the conservation of the national resources should be the aim of every man and woman, as "Eye-Witness" on the 7th of March said that it is with our allies—"every man, woman and child is doing his or her part." Surely it would be an encouragement to our sorely tried soldiers and sailors if they felt sure that those also who stay at home are doing each his and her "little bit."

My Lord Mayor, I propose that in this matter all present follow the example of His Majesty, King George the Fifth!

