

The Effect on Strength

Alcohol is valuable only when one quick burst of strength is required—as in the case of an utterly exhausted climber who can proceed no further. A dose of brandy in such an emergency may enable the climber to reach a place of safety and recover his strength.



When maximum effort over a considerable period is required, as in sport, alcohol is unsuitable, and should never be taken before or during such an output of energy.

On Personal Efficiency

The belief that it increases efficiency is equally mistaken. Even small doses diminish the power of the body to carry out movements requiring precision.

In work demanding concentration, special skill, quick decisions, the exercise of judgment, the best results are obtained from those who drink least. Men who drink during lunch time cannot, as a rule, keep up a high standard of efficiency and clear thinking in the afternoon.

Drink and Safety

Without a doubt, drink can and does lead to accidents; and, as a person addicted to alcohol recovers with difficulty, if at all, many an industrial injury of moderate severity to a normal worker may mean permanent disablement to the alcoholic.

A person under the influence is a danger to himself and others, and even more so if he is a driver. With a few drinks, any driver is liable to take risks and make decisions less judiciously than he normally would. Result—an accident, possibly with loss of life or limb.

The death rate on the road throughout Australia is appalling. Authorities are doing all they can to curb it.

Even if a vehicle is stationary, a driver can still be convicted if he is found in an intoxicated state in the driver's seat while the engine is running.

Effect on Crime

Scientists have reached the definite conclusion that a considerable percentage of criminal offences is due to the urge to commit an offence, an urge fostered largely by drinking. This is seen most frequently in acts associated with passion, such as assault, wilful damage to property and the serious crimes of violence.

Why Drink?

Normally, people drink to obtain a sense of well-being, relaxation that follows. Fine! This effect is brief, but it can increase the enjoyment of living. The danger is that a person may drink whenever he feels depressed or in need of a "lift"—this could lead to chronic alcoholism, a kind of living death.

So, Have You Drawn These Conclusions?

- Drink in moderation at all times.
- Never drink before driving or riding a bicycle.
- Don't drink during a working day.
- Drink in the privacy of your own home, preferably at meals.
- Don't drink whenever you're "down in the dumps".
- Don't drink too much at week-ends. You'll feel awful on Monday.
- Don't drink before sport of any kind.
- Don't drink if you're sick—unless the doctor orders you to.
- Don't drink before going out into the cold.

Rugby League star, Maurice Kelly of Kempsey, who last year captained a combined Macleay River first grade team against Manly-Warringah's first grade team from Sydney. Maurice is a signalman with the N.S.W. Railways Department

