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Chapter 31 — Stimulants and Narcotics

from *Worry and Nervousness: Or, The Science of Self-Mastery* (1914)

by William S. Sadler, M.D.

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Sources for Chapter 31, in the order in which they first appear

(1) J. W. Courtney, M.D., *The Conquest of Nerves* (New York: The Macmillan Company, 1911)

(2) J. H. Kellogg, M.D., "Neurasthenia Not a Disease," in *Good Health,* Vol. XLVIII, Nos. 8, 9, 10; Aug., Sep., and Oct. 1913

Note: This source is coded Kellogg1. It is the third article in the series, from No. 10 (pp. 505-518).

(3) William S. Sadler, M.D., *The Physiology of Faith and Fear* (Chicago: A. C. McClurg & Co., 1912)

(4) William S. Sadler, M.D., *The Science of Living, or The Art of Keeping Well* (Chicago: A. C. McClurg & Co., 1910)

(5) B. L. Spitzig, M.D., "A New and Logical Treatment for Alcoholism: A Preliminary Report," in *The Journal of the American Medical Association,* Vol. LXII, No. 3, Jan. 17, 1914, pp. 193-194

(6) Joseph Collins, *The Way with the Nerves* (New York: G. P. Putnam's Sons, 1911)

(7) Dr. Paul Dubois, *The Education of Self (L'Éducation de soi-même),* Authorized Translation by Edward G. Richards (New York, Funk & Wagnalls Company, 1911)

(8) J. H. Kellogg, M.D., "Twenty-five Simple Methods of Relieving Pain without the Use of Drugs," in *Good Health,* Vol. XXXIX, No. 6, June 1904, pp. 315-318

Note: This source is coded Kellogg2. It was first published in the April 1904 issue of *Modern Medicine.*

Key

(a) Green indicates where a source author (or earlier Sadler book) first appears, or where he/she reappears.

(b) Yellow highlights most parallelisms.

(c) Tan highlights parallelisms not occurring on the same row, or parallelisms separated by yellowed parallelisms.

(d) An underlined word or words indicates where the source and Sadler pointedly differ from each other.

(e) **Bold type** indicates passages which Sadler copied verbatim, or nearly verbatim, from an uncited source.

(f) Pink indicates passages where Sadler specifically shares his own experiences, opinions, advice, etc.

(g) Red indicates either (1) an obvious error on Sadler's part, brought about by miscopying or misunderstanding his source, (2) a statement by Sadler that contradicts an earlier statement of his, or (3) an otherwise questionable statement of his.

(h) Gold highlights words or phrases that will be discussed in a later analysis.

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XXXI: STIMULANTS AND NARCOTICS

31:0.1 WHATEVER may be our views as to the wholesomeness of the habitual or moderate use of stimulants and narcotics on the part of the people at large, there can be little or no debate attending the proposition that all persons of nervous tendency or neurotic taint should religiously abstain from the use of alcohol in all its forms as well as to eschew all other stimulating or narcotizing drugs. It is absolutely necessary in the beginning of treatment that all neurasthenics should at once stop the use of stimulants. Alcohol and tobacco I advise to be discontinued at once, while tea and coffee may be weakened down and some other warm drink substituted within a month's time.

DANGER OF SELF-DRUGGING

31:1.1 It has been my observation that the moral resolution and the will power exercised in discontinuing the use of these drugs has, in itself, often done much to lay the foundation for the successful treatment and final cure of neurasthenia; although, of course, the patients who suddenly discontinue these narcotics must expect to feel weakened and debilitated and good-for-nothing for a week or ten days, and it is during this time that I pay particular attention to giving such patients a thorough-going course of eliminating and tonic baths.

SOURCE

IX: THE PHYSICAL TREATMENT OF FUNCTIONAL NERVOUS DISORDER (Courtney 157)

The practice of self-drugging, which is deplorably common among the nervously-weak, cannot be too strongly condemned.

Recourse to the dangerous coal-tar products* for the relief of headache and sleeplessness should never be had—

[*Those most commonly resorted to are acetanilid, antipyrin, phenacetin, sulfonal and trional (C 165, fn).].

first, because such remedies cannot possibly remove the cause of the trouble;

and, second, because their continued use weakens the action of the heart and introduces impurities into the blood, which act as a virulent poison upon the nervous system.

Infinitely more dangerous, however, is the use of cocaine and morphine.

["DOPE" OF ALL KINDS MUST GO (Kellogg1 509).]

And the individual who seeks Nirvana in these deadly drugs is bound, sooner or later,

to find himself instead in an absolute hell of mental, moral and physical torment (Cou 165).

31: WORRY AND NERVOUSNESS

31:1.2 We cannot too strongly condemn the practice of self-drugging, which so many neurasthenics carry on,

especially the taking of coal tar products for headaches and sleeplessness.

I refer to such common remedies as the bromides,

acetanilid, antipyrin, phenacetin, sulphonal, and trional.

These remedies can never remove the cause of trouble,

and they are highly injurious in that they weaken the heart action and introduce into the system drug poisons which irritate the nerves.

It is needless to caution the reader against the use of any sort of "dope" which may contain cocaine, morphine, or heroin.

The nervous sufferer who seeks the bliss of Nirvana by the use of these deadly drugs is doomed

to certain disappointment in that they will ultimately wake up

and find themselves suffering the tortures and torments of a literal hell, mentally, morally, and physically.

SOURCE

31: WORRY AND NERVOUSNESS

XXXIII: THE CURE OF WORRY (*The Physiology of Faith and Fear* 371)

THE USE OF DRUGS (*The Physiology of Faith and Fear* 381)

[I]t must be remembered that when worry is cast out by drugs, like the demon of old it is sure to return ere long, with seven devils more wicked than itself (*PF&F* 381).

It must be remembered that when worry is cast out by drugs, like the demon of old it is sure to return ere long, with seven devils more wicked than itself.

THE TOBACCO HABIT

"NEURASTHENIA NOT A DISEASE, III" (Kellogg1 505)

METHODS OF TREATMENT (Kellogg1 505)

FIRST OF ALL MUST GO THE TOBACCO HABIT ... Some are able to renounce their accustomed pipe or cigar at once,

31:2.1 Some patients are able to give up their tobacco without a struggle,

even when the habit is of years,

even when the habit is of years standing,

while others succeed only after repeated attempts.

while others succeed only after a severe fight or after repeated attempts.

Just as one cannot minimize the hold which tobacco has upon its victims,

We are never able to estimate the hold which tobacco has upon a given patient,

so one cannot minimize the effort necessary to freedom from the poison.

and we are not, therefore, in position to estimate the effort which will be required to gain one's freedom from this drug habit.

I have found the so-called silver nitrate treatment[1] of the cigarette habit valuable—it at least possesses a psychological value—in that it represents something definite being done for the "cure" of the patient.

Other aids in breaking up the nicotine habit are

SOURCE	31: WORRY AND NERVOUSNESS
Relieve the system entirely of the influence of nicotine, however, and the habit may be broken without difficulty. This is best accomplished by the use of hot air, vapor, Turkish or Russian baths, the wet sheet pack, or the continued use of the electric light bath.	the use of Turkish or Russian baths, the wet sheet pack, and the electric light bath.
Electricity, preferably in the form of galvanization of the spine, fomentations to the spine, leg baths with cold applications to the head, fomentations over the stomach and liver, warm baths	Electricity, preferably in the form of galvanism to the spine, fomentations to the spine, leg baths with cold applications to the head, fomentations or arc light over the stomach and liver, warm baths
and dry hand rubbing	and cold salt rubs,
are effective measures of allaying the nervousness from which many people suffer after giving up tobacco (K 506-07).	are all effective measures in relieving the nervousness from which so many patients suffer immediately after giving up tobacco.
Graduated cold baths may be given twice a day [in the treatment of alcoholism] (K1 507).	Graduated cold baths may also be given daily
	in connection with these eliminative procedures.
[contd] IN APPLYING THE FOMENTATIONS we use a piece of ordinary woolen bed blanket,	31:2.2 In applying fomentations use a piece of ordinary woolen bed blanket,
a large flat sponge, or a thick woolen cloth of any sort,	or a thick woolen cloth of any sort;
in the absence of other materials a towel even being serviceable.	in the absence of other materials even a towel will serve.
This fomentation cloth should be wrung as dry as possible out of water as hot as the patient can bear, placed across the stomach and covered with a larger piece of flannel or blanket for the purpose of retaining the heat.	This fomentation cloth should be wrung as dry as possible out of water as hot as the patient can bear, placed across the stomach and covered with a larger piece of dry flannel or blanket to aid in retaining the heat.

SOURCE	31: WORRY AND NERVOUSNESS
Retention of heat is aided by putting over this second piece of flannel a strip of mackintosh.	Retention of heat is further aided by putting over this second piece of flannel a strip of mackintosh.
Burning of the surface of the skin may be obviated by placing the wrung-out flannel upon a piece of dry towel, one end of which may be folded over the fomentation, and over this in turn the dry flannel and mackintosh.	Burning of the surface of the skin may be avoided by placing the wrung-out flannel upon a piece of dry towel, one end of which may be folded over the fomentation, and over this in turn the dry flannel and mackintosh.
The fomentations should be renewed at intervals of thirty minutes, or whenever the fomentation begins to cool.	The fomentation should be renewed at intervals of three or four minutes—whenever it begins to cool.
In removing the fomentation for renewal, care should be taken that the dry wrappings are quickly replaced upon the skin so as to prevent chilling of the warmed skin surface.	In removing the fomentation for renewal, care should be taken that the dry wrappings are quickly replaced upon the skin so as to prevent chilling of the warmed skin surface.
At the end of the fomentations, which may last, if desired, twenty to thirty minutes, the heated surface of the skin should be sponged quickly with cold water and dried quickly (K1 507-08).	At the end of the fomentations which may last, if desired, fifteen to twenty minutes, the heated surface of the skin should be vigorously sponged or rubbed with cold water and dried quickly.
[contd] THE ABDOMINAL GIRDLE, which is worn between applications,	31:2.3 The moist abdominal girdle which is worn between applications
	and at night,
consists of a linen bandage, eight or nine inches wide wound three times about the body, and wrung out in cold water.	consists of a linen bandage, eight or nine inches wide wound about the body after being wrung out of ice cold water,
Over this is placed a flannel bandage three or four inches wider, and over this a water proof covering of oiled silk or other impervious material (K1 508).	over this a water proof covering of oiled silk, or mackintosh, or other impervious material,
.	while over both of these is placed a flannel bandage three or four inches wider.

It is a good practice to wear this girdle all night for several weeks or even months, if there is a tendency toward constipation.

Also helpful is the sweating pack, which consists of a three or four minute bath at a temperature of 105 to 110° F.,

31:2.4 The sweating pack is also valuable and consists of a three or four minute bath at a temperature of 105° to 110° F.,

followed by careful wrapping in a linen sheet wrung out of cold water

followed by wrapping in a linen sheet wrung out of cold water,

and carefully protected by a double blanket so as to induce profuse sweating.

while the patient is further protected by being wrapped in a double blanket so as to induce immediate and profuse sweating.

At the end of the pack, the patient should be given a cold sponge

At the end of the pack, the patient should be given a cold sponge

or cold mitten friction

in order to prevent subsequent chilling of the body and the catching of cold.

in order to prevent subsequent chilling of the body and the catching of cold.

Any of these measures will be beneficial in treating cases of alcoholism and ridding the system of the pernicious drug (K1 508).

Any and all of these measures are also beneficial in treating cases of alcoholism and ridding the system of other drugs.

THE RÔLE OF ALCOHOL

XV: THE CIRCULATION, OR THE HIGH-PRESSURE LIFE (*The Science of Living* 212)

FALSE AND HARMFUL METHODS OF LOWERING BLOOD-PRESSURE (*The Science of Living* 230)

2. *Alcohol.* Alcohol lowers the blood-pressure.

31:3.1 Alcohol temporarily lowers the blood-pressure.

SOURCE	31: WORRY AND NERVOUSNESS
Just as tobacco produces a pale skin and drives the blood inside, thus raising the pressure, alcohol produces a red flush of the skin, showing that the blood is being drawn to the surface and the blood-pressure lowered.	Just as tobacco produces a pale skin and drives the blood inside, thus raising the pressure, alcohol produces a red flush of the skin, showing that the blood is being drawn to the surface and the blood-pressure lowered.
This is why one feels warm under the influence of alcohol, even when he is colder, or even freezing (*SoL* 231).	This is why one feels warm under the influence of alcohol, even when he is colder, or even freezing.
[contd] Now we begin to understand the vicious circle that a vicious enemy has perpetrated on the human race.	31:3.2 Now we begin to understand the vicious circle of multiple drug addictions.
A large part of the people use tobacco.	A large part of the people use tobacco.
They are all living the strenuous life.	They are all living the strenuous life.
Their dietetic and general living habits are those belonging to the strenuous order.	Their dietetic and general living habits are those belonging to the strenuous order.
They use large quantities of condiments, tea, and coffee.	They use large quantities of condiments, tea and coffee.
But this cannot be kept up indefinitely.	But this cannot be kept up indefinitely without producing results.
Several times a day, a week, or a month, the individual reaches "the bursting stage."	Several times a day, a week, or a month, the neurotic individual reaches the "bursting stage."
He feels wrought up to the highest pitch; keyed up to the last notch.	He feels wrought up to the highest pitch; keyed up to the last notch.
He is intensified to the highest degree.	He is intensified to the highest degree.
He must in some way find a safety valve (*SoL* 231).	He must in some way find a safety valve.

SOURCE

[contd] There must be some way to relieve this constantly increasing pressure,

and the patient finds temporary relief by taking alcohol, which not only dilates the blood-vessels of the skin, relieving the blood-pressure,

but also benumbs the higher sensibilities so that they are not susceptible to the fears, worries, anxieties, griefs, and disappointments that were previously harassing the mind.

In this way, alcohol affords a welcome temporary relief to the distracted nerves of the restless victims of the high-pressure life (*SoL* 231).

3. *The bromides.* Hand in hand with the enormous consumption of tea and coffee, there is found the steadily increasing use of the various quieting preparations and combinations of the bromides.

Tea and coffee raise the blood-pressure—the bromides and their compounds, as a general rule, by their sedative action, lower the blood-pressure;

and so, just as alcohol and tobacco play their victims into each other's hands, the heavy and habitual users of tea and coffee find deceptive relief in the use of bromides (*SoL* 232).

31: WORRY AND NERVOUSNESS

31:3.3 There must be some way to relieve this constantly increasing tension,

and the patient finds temporary relief by taking alcohol, which not only dilates the blood-vessels of the skin, thus relieving the blood-pressure,

but also benumbs the higher sensibilities so that they are not susceptible to the fears, worries, anxieties, griefs, and disappointments that were previously harassing the mind.

In this way, alcohol affords a welcome temporary relief to the distracted nerves of the restless and neurotic victims of the high-pressure life.

31:3.4 Hand in hand with the enormous consumption of tea and coffee, there is found the steadily increasing use of the various quieting preparations and combinations of the bromides.

Tea and coffee slightly raise the blood-pressure—the bromides and their compounds, as a general rule, by the sedative action, lower the blood-pressure;

and so, just as alcohol and tobacco play their neurotic victims into each other's hands, the heavy and habitual users of tea and coffee find deceptive relief in the use of bromides

and other quieting headache remedies and sleeping powders.

SUGAR VERSUS ALCOHOL

"A NEW AND LOGICAL TREATMENT FOR ALCOHOLISM" (Spitzig 193)

The study of the habits and characteristics of the alcoholic in eating and drinking had always been a source of great personal interest to me,

31:4.1 I have long been interested in the study and observation of the dietetic habits of periodical drinkers and chronic inebriates,

and have become finally convinced that

and the following observations seemed particularly pregnant: ... The demand for alcohol in the perverted metabolic state of the alcoholic is not mental alone, but physical or rather physicochemical.

heavy drinkers are all suffering from a more or less disordered metabolism.

I have observed that they are usually inordinately fond of fiery condiments and various highly spiced foods. They are quite often heavy meat eaters and I have found large numbers of drinkers who eat but small amounts of the carbohydrates, particularly of sugar. I am not alone in observing this latter condition.

Dr. Spitzig and others have recently suggested that the abnormal craving for alcohol is directly associated with the under-eating of sugar and the over-use of pungent condiments and other highly seasoned foods. It should be noted that the saloon provides condiments and not candy in connection with the "free lunch."

It is a settled fact in my experience that even moderate users of alcohol are not as a rule very fond of candy;

SOURCE	31: WORRY AND NERVOUSNESS
As the supply of alcohol is increased the desire for sugars is correspondingly diminished	as the supply of alcohol is increased the desire for sugars seems to be correspondingly decreased.
until a time when alcohol is taken in preference to carbohydrates.	
In alcoholism, then, there is often a positive aversion for sugar.	I have had alcoholics under my care who had a positive dislike for candy or sugar in any form.
This history of certain characteristics in the chronic alcoholic is quite general. He uses no sugar in coffee and tea	As a rule heavy drinkers do not use sugar in their tea or coffee;
and cares little for pastries and starchy products.	neither are they very fond of pastries and desserts.
	There can be but little doubt on the other hand that
Stimulating food, rich in condiments, is his mainstay	the inordinate appetite for stimulating food, highly seasoned meats and other articles of diet rich in condiments,
and his appetite for stimulating drink is thereby increased (S 194).	tends directly to create a physical demand for alcohol—
	a thirst which water cannot quench.
The chemical relation of carbohydrates to alcohol is significant.	31:4.2 **The chemical relation of carbohydrates to alcohol is significant.**
Dextrose is convertible to carbon dioxid and ethyl alcohol.	**Dextrose is convertible into carbon dioxid and ethyl alcohol.**
The combination of carbon, hydrogen and oxygen makes for increased nutrition whether it be derived from alcohol or indirectly from sugars and starches.	**The combination of carbon, hydrogen, and oxygen makes for increased nutrition whether it be derived** directly **from alcohol or indirectly from sugars and starches.**
The human organism when deprived of sufficient sugar seems of necessity to demand an increased supply of alcohol.	**The human organism when deprived of sufficient sugar seems likely to demand an increased supply of alcohol.**

Conversely, when the body is satiated with alcohol, it has little need for carbohydrates (S 194).

Conversely, when the body is satiated with alcohol, it has little need for carbohydrates.

31:4.3 While the sugar treatment of alcoholics is far from being a "cure," nevertheless I have found that this theory works out to practical advantage in the management of those habitual or moderate drinkers who desire entirely to discontinue the use of alcohol.

TREATMENT (Spitzig 194)

At the inception of treatment the diet is modified to contain an abundance of sugar. Cereals with cane-sugar,

I advise these patients to eat sugar upon their cereals,

sweet fruits, pastries, chocolates and ice-cream are advised.

to eat a large quantity of sweet fruits, pastries, chocolates (not between meals), and ice-cream,

and in order to avoid over-irritating the stomach by the consumption of too much cane sugar, I advise these patients to use some of the manufactured malt preparations which are on the market;

In some cases, owing to a distaste for sugars, this change must be gradual to prevent rebellion. Here lactose is used, a dram every two hours, given in the form of a medicinal powder to encourage the psychic effect (S 194).

and in some cases where a psychological effect of the "sugar diet" is highly desirable, I have followed the advice to give a dram of lactose in powdered form every two hours.

The employment of the sugar treatment in alcoholics seems to be attended with good results, but whether it is due to any chemical action, as is claimed for the silver nitrate treatment of the cigarette habit, or whether the beneficial effects in both instances are largely psychic, I am not at this writing prepared to say. I can only record my observation of the fact that both procedures seem to be of practical assistance in the management of these cases and I have seen no harmful effects attend the use of either.

MODERATE DRINKING

[*Note:* Collins devotes a whole chapter to "The Moderate Drinker." Unlike Sadler, Collins doesn't condemn the moderate use of alcohol by adults. He writes: "There are no real facts founded on scientific investigation to show that the habitual use of alcohol in small quantities is dangerous to the adult consumer, or perilous to his descendants" (Col 120).]

31:5.1 I am fully aware of the fact that when I counsel a neurasthenic to give up the use of alcohol, I am in a measure imposing a form of social isolation upon him. I am further conscious of the fact that I am asking him to undergo a peculiar species of fraternal self-denial and sociologic hardship. But are not these the very sterling and manly qualities which the neurasthenic stands in such great need of? Are not will-power and self-control the very virtues he must cultivate in order to bring about his cure? Besides, are not our neurotic patients the very ones who stand in greatest danger of allowing their social tippling and moderate drinking to lead them ultimately and hopelessly into the toils of chronic inebriety and confirmed dipsomania? Are not these patients the very ones who start out in great self-confidence to drink moderately and end up hopeless victims to the alcohol habit?

31:5.2 It is these neurasthenics, these disordered and inefficiently controlled beings who stand in greatest danger of becoming habitually addicted to any and all of the commonly used drugs including alcohol, and they represent a type of human being which it is most difficult to deliver from the habit when once it is formed. In this connection I can do no better than to quote a portion of a letter from a confirmed alcoholic published in a recent work on nerves.

THE WOES OF INEBRIETY

XVII: DIPSOMANIA (Collins 275)

I realise how necessary it is that I should abstain from alcohol, and countless times I have resolved to do so.

31:6.1 I realize how necessary it is that I should abstain from alcohol, and countless times I have resolved to do so.

I have fortified my resolution with prayer, by appeals to that Source from which we are promised that there shall be no denial if we go sincerely and humbly.

I have fortified my resolution with prayer, by appeals to that Source from which we are promised that there shall be no denial if we go sincerely and humbly.

How often have I read, “Whatsoever ye shall ask in prayer, believing, ye shall receive,” and how bitterly disappointed I have been that my appeals are always unheeded!

How often have I read, “Whatsoever ye shall ask in prayer, believing, ye shall receive,” and how bitterly disappointed I have been that my appeals are always unheeded!

I have strengthened my will by pledges to one whom I hold in higher regard than any one in the world; by physical discipline, and by counsel from your profession.

I have strengthened my will by pledges to one whom I hold in higher regard than any one in the world; by physical discipline, and by counsel from your profession.

I have sought refuge in the country, remote from centres where drink was to be obtained.

I have sought refuge in the country, remote from centers where drink was to be obtained.

SOURCE	31: WORRY AND NERVOUSNESS
I have availed myself of the sanity, the loyalty, and the devotion of my wife by sharing with her my fears and my determination to make a daily, an hourly fight against temptation.	I have availed myself of the sanity, the loyalty, and the devotion of my wife by sharing with her my fears and my determination to make a daily, an hourly fight against temptation.
I have even taken the Keeley Cure!	I have even taken the Keeley Cure!
Yet all to no avail.	Yet all to no avail.
My physician says I am threatened with neuritis and acute Bright's disease, and tells me that I must stop alcohol.	My physician says I am threatened with neuritis and acute Bright's disease, and tells me that I must stop alcohol.
He neglects to tell me *how* I shall stop.	He neglects to tell me how I shall stop.
I have no desire to disgrace my family or to fill with misery and incapacity the years that remain to me.	I have no desire to disgrace my family or to fill with misery and incapacity the years that remain to me.
I am a man of sentiment and of education, possessed of a sense of duty to my family, and to the community in which I live—and, delivered from this demon, it is possible that I might be able to do something that would contribute to the joy of living for others.	I am a man of sentiment and of education, possessed of a sense of duty to my family, and to the community in which I live—and, delivered from this demon, it is possible that I might be able to do something that would contribute to the joy of living for others.
But unless I can get aid I am done for, and the sooner I experience translation the better for me and for all those whom my existence concerns (Col 277-78).	But unless I can get aid I am done for, and the sooner I experience translation the better for me and for all those whom my existence concerns.
[contd] It is not alone the fact that my capacity for work has gone, but I am enthralled, enslaved, emasculated.	31:6.2 It is not alone the fact that my capacity for work has gone, but I am enthralled, enslaved, emasculated.
There was a time when I awoke each morning with a joy of life, a desire to accomplish, a capacity to do, a feeling of well being,	There was a time when I awoke each morning with a joy of life, a desire to accomplish, a capacity to do, a feeling of well being,
which, now that they are only memories, are to me as the sight of green meadows, winding rivers, and cool forests to the traveller, irretrievably lost in the desert.	which, now that they are only memories, are to me as the sight of green meadows, winding rivers, and cool forests to the traveler, irretrievably lost in the desert.

SOURCE	31: WORRY AND NERVOUSNESS
Occasionally I used to be able to go two or three days without recourse to drink, and then, despite my strongest effort, I would blot out every mental and moral resemblance to my Maker.	Occasionally I used to be able to go two or three days without recourse to drink, and then, despite my strongest effort, I would blot out every mental and moral resemblance to my Maker.
Gradually there fell from me, like rags from a beggar, the desire or the willingness to abstain at all, and in its place came my present incessant craving.	Gradually there fell from me, like rags from a beggar, the desire or the willingness to abstain at all, and in its place came my present incessant craving.
I see the necessity for work.	I see the necessity for work.
I see it lie before me in various stages of incompletion; I realise the weighty obligations that are imposed upon me by my children.	I see it lie before me in various stages of incompletion; I realize the weighty obligations that are imposed upon me by my children.
I am deeply conscious of the finger of contempt pointed at me by my fellow-men; I have a sincere desire to live a life of usefulness and to accomplish something worth while.	I am deeply conscious of the finger of contempt pointed at me by my fellow-men; I have a sincere desire to live a life of usefulness and to accomplish something worth while.
No one can realise more keenly than I do that I must deliver myself from this octopus which has fastened itself upon me, which has sapped my moral fibre and destroyed my will-power.	No one can realize more keenly than I do that I must deliver myself from this octopus which has fastened itself upon me, which has sapped my moral fiber and destroyed my will-power.
It availeth nothing to tell me that I must stop; as well tell water not to run down hill or sap not to well upward in the tree.	It availeth nothing to tell me that I must stop; as well tell water not to run down hill or sap not to well upward in the tree.
Nor are any of the devices or admonitions which have been suggested to me adequate to combat it (Col 278-80).	Nor are any of the devices or admonitions which have been suggested to me adequate to combat it.
It will not suffice to give me advice and a prescription.	31:6.3 It will not suffice to give me advice and a prescription.
That has all been done before and it has availed nothing.	That has all been done before and it has availed nothing.

What I ask is a resuscitation from a state of death as real as that from which Lazarus rose.

What I ask is a resuscitation from a state of death as real as that from which Lazarus rose.

That required a miracle, and I am convinced that nothing less will suffice for me (Col 280).

That required a miracle, and I am convinced that nothing less will suffice for me.

ADVICE TO DRINKERS

31:7.1 As illustrative of my own methods of reasoning with the unfortunate victims of drink, I can do no better than to quote Dubois:

X: INDULGENCE (Dubois 193)

Let us take an illustration: A young man came to me because he gave way to drink; he voluntarily sought the consultation in the desire of being cured.

31:7.2 A young man came to me because he gave way to drink; he voluntarily sought the consultation in the desire of being cured.

With the plenary indulgence that we owe to these strayed ones, I point out to him the various reasons why he should give up his habit: such as consideration for his physical health, his material and moral future and the remorse that makes him unhappy.

With the plenary indulgence that we owe to these strayed ones, I point out to him the various reasons why he should give up his habit; such as consideration for his physical health, his material and moral future and the remorse that makes him unhappy.

I urge him to take courage again and kindle his desire for a worthier life that will restore happiness to his family.

I urge him to take courage again and kindle his desire for a worthier life that will restore happiness to his family.

He listens and answers sadly: “What can you expect? It is stronger than I.”

He listens and answers sadly: “What can you expect? It is stronger than I.”

“My dear sir,” I say, “it is needless to tell me that; you speak of the past, and it is in fact past; we cannot alter it in any way. Your passions have been stronger than the motives of reason. Let us speak no more of the past.” —

“My dear sir,” I say, “It is needless to tell me that; you speak of the past, and it is in fact past; we cannot alter it in any way. Your passions have been stronger than the motives of reason. Let us speak no more of the past.” —

"It is the future of which I am talking," he replies, "I have so often tried to correct myself without succeeding, notwithstanding that I already quite recognized the value of the moral reasons you set before me" (D 205-06).

[contd] "Yes, I see that you judge of the future from the past, as when we say 'He who has drunk will drink.'

Do you not know that the temperance and abstinence societies have frequently given the lie to that discouraging proverb?

Besides, in the name of logic, I cannot allow you to speak of the future.

We have always the right to say 'It has been stronger than I'; but one cannot say 'It will be stronger than I.'

Doubtless the past may make you fear for the future, but do not forget that the latter does not belong to us.

Between now and to-morrow, or later, events may happen in your material, intellectual or moral life that will *determine* other conduct for you.

Suppose even that you relapse this evening, to-morrow, the day after or many times again.

Every time that you come to confide your fault to me, I shall have the same plenary indulgence for a past that no one can change.

Each relapse belongs to the past periods of life; of the future neither you nor I know anything yet.

"It is the future of which I am talking," he replies, "I have so often tried to correct myself without succeeding, notwithstanding that I already quite recognize the value of the moral reasons you set before me."

31:7.3 Yes, I see that you judge of the future from the past, as when we say "He who has drunk will drink."

Do you not know that the temperance and abstinence societies have frequently given the lie to that discouraging proverb?

Besides, in the name of logic, I cannot allow you to speak of the future.

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Each relapse belongs to the past periods of life; of the future neither you nor I know anything yet.

SOURCE

The faults of our life are like railway accidents; a train is derailed; that belongs to the past, and it is no reason that the next one should also run off the rails.

Is it not probable that the pointsman found to be at fault will give more careful attention to his duty in the future? (D 206-07)

[contd] "Reflect and realize more and more clearly that your conduct is leading you into a quagmire; the more you see the danger the more you will recoil from it appalled.

There has never been but one way to correct a vice, namely, to recognize the dangers it entails for us; there is but one way of acquiring a virtue; that is to see clearly the advantages it brings us.

Beyond that there is no wisdom.

Continue, not to make vain efforts of will, like a man uselessly waving his arms, but to acquire by reflection, by my counsels which are drawn from experience, the *moral clear sightedness* which safeguards our always difficult journey along the path of life.

The progress of a man in the moral world is like that of an explorer in an unknown country.

He often loses his way, and his only guides are his natural instincts, his own experience and that of the travelers who have preceded him.

When he discovers that he is astray he should retrace his steps and seek the right road.

31: WORRY AND NERVOUSNESS

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When he discovers that he is astray he should retrace his steps and seek the right road.

SOURCE

What would you say of the man who, instead of making inquiries, lay down at the side of the road and wept over his past mistakes? —

Go now and come back and see me in a few days.

You will always receive the same kindness, the same patience, but also, understand, the same arguments, because there are no others" (D 207-08).

What would you say of the man, who, instead of making inquiries, lay down at the side of the road and wept over his past mistakes? —

Go now and come back and see me in a few days.

You will always receive the same kindness, the same patience, but also, understand, the same arguments, because there are no others.

PHYSICAL AND MORAL TREATMENT

31:8.1 In the physical treatment of alcoholism we follow the same general lines as those suggested in connection with the tobacco habit, the purpose being to facilitate the elimination of the drug while the nervous system is toned up by means of hydrotherapy, electricity, and massage. In this way it is possible greatly to shorten the period of time in which the patient experiences those undesirable reaction effects which follow the sudden discontinuance of the regular use of any drug.

31:8.2 The moral treatment of the neurotic alcoholic consists in first having him sign a pledge solemnly promising to give up the use of alcohol. I prefer to have these patients sign a religious pledge;[2]

in fact, it has been my observation—and I have studied a great number of these cases—that the "religious cure" of inebriety, while far from being infallible and all-powerful, is nevertheless, able to exhibit a larger number of patients permanently cured than any other regime with which I am acquainted. The Rescue Missions of our large cities are able to exhibit a vast and interesting gallery of temperance heroes who have been raised up from the drunkard's gutter and who, by the combined religious and psychic forces kept at work in connection with their religious association, meetings, etc., are kept sober year after year. As I have pointed out elsewhere,[3] these moral associations and spiritual influences are all highly useful in uplifting the victims of drink.

MORPHINE

XV: THE CIRCULATION, OR THE HIGH-PRESSURE LIFE (*The Science of Living* 212)

FALSE AND HARMFUL METHODS OF LOWERING BLOOD-PRESSURE (*The Science of Living* 230)

1. *Morphine.* Morphine lowers the blood-pressure; so, when the individual has used tobacco or cocaine, which results in unduly raising the pressure,

31:9.1 Morphine lowers the blood-pressure; so, when the individual has used tobacco or cocaine, which result in unduly raising the pressure,

it is only natural that he should seek relief from this tension by the use of either alcohol or morphine.

it is only natural that he should seek relief from this tension by the use of either alcohol or morphine.

This is why alcohol and tobacco go hand in hand, tobacco producing high pressure, alcohol relieving the tension by producing a low pressure;

This is why alcohol and tobacco go hand in hand, tobacco producing high-pressure;

but a low pressure cannot be long tolerated—the individual must have something to *tone him up,* to restore the pressure, and this is secured by more tobacco.

but a low-pressure cannot be long tolerated—the individual must have something to tone him up, to restore the pressure, and this is secured by more tobacco.

Likewise, morphine and cocaine play into each other's hands—the one temporarily counteracting the effects of the other, until the unfortunate victim is a user of both.

Likewise, morphine and cocaine play into each other's hands—the one temporarily counteracting the effects of the other, until the unfortunate victim is a user of both.

All methods of relieving high pressure by drugs are snares and delusions (*SoL* 230).

All methods of relieving high tension or overcoming insomnia by drugs are snares and delusions.

31:9.2 I have observed that a great many victims of some drug habit especially in the case of morphine and its cousins, have begun the use of the drug as a means of relieving pain or some other physical distressing sensation. I think it will be helpful, therefore, in this connection, to call attention to the numerous ways in which pain can be relieved without resort to the use of pain-killers and other drugs and opiates.

TWENTY-FIVE WAYS OF TREATING PAIN WITHOUT DRUGS

"TWENTY-FIVE SIMPLE METHODS OF RELIEVING PAIN WITHOUT THE USE OF DRUGS" (Kellogg2 315)

31:10.1 An entire chapter could profitably be devoted to the subject of relieving pain without drugs, but we can here give but the briefest outline of the different physical measures which are serviceable in the treatment of pain.

3. *Hot Water Bag.*—

31:10.2 1. *Hot water bag.*

A rubber bag is filled with hot water, and is an excellent means of relieving pain in deep-seated parts, pain of the back, chronic intestinal pain, various neuralgias ... (K2 316).

Hot water rubber bags of various shapes and sizes are invaluable in the treatment of mild pains in the back and abdomen, not to mention neuralgias.

1. *The Fomentation.* (K2 315)

31:10.3 2. *Hot fomentations.*

The fomentations are excellent pain killers. They can be given in a series or followed by a cold rub or a cool compress.

In other cases they may be followed by the all-night heating compress previously described.

[See 30:4.9.]

2. *Hot Sponging.*—

31:10.4 3. *Hot sponging.*

The water should be used as hot as the patient can bear;

For the greatest efficiency the temperature [of the water] should be high enough to produce a sensation almost painful.

in fact, it should be almost painful,

It is especially good in cases of neuralgia, particularly of the spine (K2 316).

and is especially valuable in neuralgia and backache.

10. *Alternate Sponging.*—

31:10.5 4. *Alternate sponging.*

The application and effect are the same as in the alternate compress (K2 316).

This method is valuable in the pain of internal congestion and should be made over the painful part.

9. *Alternate Compress.*—

Alternate compresses are also useful.

The alternate application of hot and cold compresses is an effective means of relieving pain with internal congestion. The application is made over the painful part ... (K2 316).

SOURCE

13. *Heating Compress.*—

Wring a cloth out of cold water and apply over the painful part.

Cover with mackintosh and then with several thicknesses of flannel (K2 316).

[See 30:4.9.]

It acts as a poultice,

and is as fully effective as a poultice ... in deep-seated spinal pains, as found in pains due to indigestion, chronic catarrh of the bowels, and constipation (K2 317).

12. *The Ice Bag or Ice Compress.* (K2

Patients with inflammation or congestion are best relieved by the application of a small ice compress or an ice bag over the painful part (K2 316).

31:10.6 5. *The heating compress.*

This is applied by

wringing the cloth out of cold water, putting over the painful part,

covering with mackintosh and several thicknesses of flannel,

as previously described.

It acts like a poultice.

This is excellent in neuritis.

31:10.7 6. *Alternate hot and cold.* Many cases of pain which do not yield to heat are relieved by the alternate use of the hot-bag and the ice-bag, or the alternation of fomentations and the ice-bag.

31:10.8 7. *The ice-bag.*

Cold will sometimes relieve the pain of deep-seated inflammation better than heat,

as in the case of the ice-bag in acute appendicitis.

Cold rubbing is also some-times helpful, as well as cold compresses, in headache.

31:10.9 8. *Electricity.* Both galvanic and high-frequency electricity are used very effectively in the treatment of different pains.

31:10.10 9. *Diathermy.* This is probably the latest scientific treatment of pain and consists in the conversion of electric currents into heat after they have penetrated the tissues.

8. *Hot Air.*—

A current of heat driven into the ear is a most effective means of relieving earache. A general hot-air bath removes rheumatic pains (K2 316).

31:10.11 10. *Hot air.*

Hot air is a great pain reliever as used in "oven baking" for rheumatism, or in heated air currents for ear troubles.

31:10.12 11. *Live steam.*

[In sciatica he [Dr. Brieger, chief of the Hydro-therapeutic Institute of the University of Berlin] has the steam jet played on the painful points of the sciatic nerve and its main branches for ten or fifteen minutes. A combination of the steam jet with massage and passive movements is especially effectual. ("Therapeutic Importance of the Steam Jet," in *The Journal of the American Medical Association,* May 6, 1911, p. 1370.]

A jet of live steam directed upon the sciatic nerve is the best known treatment for relieving that painful condition.

6. *Arc Light.*—

A most effective means of relieving visceral and spinal pains (K2 316).

31:10.13 12. *The arc light.*

The therapeutic arc light is highly useful in treating neuritis and deep-seated pains in abdomen and other parts of the body.

7. *Sunlight.*—

Sick animals nearly always lie down in the sun, unless suffering from inflam-mation (K2 316).

31:10.14 13. *Sunlight.*

Sunshine is good for pain.

Animals when suffering pain always lie down in the sun.

5. *Flame heat.*—

Heat from an open flame.

The heat of an open flame

SOURCE	31: WORRY AND NERVOUSNESS
The heat rays which radiate from a blazing fireplace may be utilized for relieving [various pains] (K2 316).	or an open fire place may also be thus utilized.
4. *Radiant Heat.*—	31:10.15 14. *Radiant heat.*
Consisting of the application of a lighted electric lamp surrounded by a suitable shade or reflector to the part affected (K2 316).	This is applied by means of an incandescent electric lamp placed in some sort of a reflector,
It is a capital means of relieving pain of the spine, various joint pains, and all kinds of neuralgic pains (K2 316).	and is excellent in neuritis, neuralgia, and other acute pains.
	31:10.16 15. *Poultices.* Poultices when applied by means of
15. *Cotton Poultice.* (K2 317)	cotton,
	corn meal, flaxseed or
16. *The Clay Poultice.*—	
Potter's clay mixed with water to the consistency of very thick cream, and applied to the painful parts, often affords relief (K2 317).	potter's clay
Under the name of "antiphlogistin," a clay paste is sold in many drug stores (K2 317).	(antiphlogistine)
	are all highly useful in treating and relieving pain.
17. *General Hot Bath.*—	31:10.17 16. *General hot bath.*
Severe internal pain is best relieved by a general hot bath, which, drawing the blood to the surface, often affords complete relief in severe pains due to gall-stones, gastritis, antritis, and other visceral affections ... (K2 317).	Severe internal pain as in gall stones and even in sciatica is sometimes best relieved by a very hot full bath.
18. *The Hot Blanket Pack.*—	31:10.18 17. *Hot blanket pack.*

This is similar to the hot water bath, but is not so effective (K2 317).

Like the hot bath,

It is useful in relieving the pain of menstruation and the pain of appendicitis (K2 317).

the packs are very useful in generalized pain, rheumatism, and other achy sensations.

19. *The Foot Bath.*—

31:10.19 18. *Hot foot bath.*

The water should be as hot as can be borne (K2 317).

It should be taken as hot as can be borne.

The leg bath is still more efficient than the foot bath, but not always so convenient as the hot foot bath ... (K2 317).

The leg bath is still more effective.

It is an excellent means of relieving severe pain in the head, also ovarian and menstrual pains (K2 317).

These baths are especially useful in relieving nervous headaches and deep-seated pain in the pelvis.

21. *The Hot Hip and Leg Pack with the Ice Bag.*—

31:10.20 19. *Hip and leg pack.*

This is especially for the relief of pain due to pelvic inflammation in women, or appendicitis in either men or women (K2 318).

Hot packs to the hips and legs are especially valuable in deep-seated pain of the abdomen and pelvis.

In painful menstruation an ice-bag may be slipped in under the pack and applied to the seat of pain.

20. *Revulsive Sitz.*—

31:10.21 20. *Hot sitz bath.*

With the feet in hot water, the patient sits in water at a temperature of 102°

These baths should be started at a temperature of 102°,

and the temperature is gradually raised to 110°, 115°, or even 118° or as hot as can be borne (K2 317).

and gradually raised to 110 or 115° as hot as can be borne.

The feet should be in water as hot as can be borne.

23. *Hot Enema.*—

31:10.22 21. *The hot enema.*

SOURCE	31: WORRY AND NERVOUSNESS
The temperature of the water should be from 102° to 106°,	Temperature of the water may be from 102 to 107°,
A copious enema will relieve severe intestinal pain in a marvelous play,—the pain of gall-stones, renal colic, appendicitis, inflammation of the bladder, and neuralgia, also (K2 318).	and is an invaluable treatment for intestinal pain, as well as the pain of gall stones, rheumatism, pelvic pains, inflammation of the bladder, neuralgia, etc.
24. *Rest.*—	31:10.23 22. *Rest.*
	Many forms of pain will be greatly relieved if
Absolute rest of the painful parts is usually necessary (K2 318).	the painful member, or the entire body, is put at absolute rest in bed.
25. *Position.*—	31:10.24 23. *Position.*
Pain in the limbs ... may generally be relieved by raising the limb one or two feet from the bed or couch upon which the patient is lying (K2 318).	Pain in the limbs is often greatly relieved by elevating the feet, or by raising the foot of the bed upon which the patient lies.
	31:10.25 24. *Diverting the attention.* Patients are often relieved of mild pain by reading a fascinating book, or by the conversation of congenial friends.
	31:10.26 25. *Mental training.* Many patients are able to train themselves to bear a certain amount of suffering. In this way they avoid the use of drugs while time and nature bring about a cure.
One or more of these methods should be tried in nearly all cases in which pain is present to a distressing extent,	And so we would earnestly urge the reader to try one or more, or even a number of these methods for relieving acute or chronic pain,
and cases are very rare in which complete or substantial relief may not be secured (K2 318).	before resorting to the continuous use of any of the habit forming drugs.

SUMMARY OF THE CHAPTER

1. Whatever the arguments in favor of moderate drinking, it goes without debate that neurotics should abstain from alcohol and all other stimulating and narcotizing drugs.

2. The moral resolution and will-power exercised in giving up drink or drugs often constitutes the beginning of the cure of neurasthenia.

3. Those neurotics who seek Nirvana by the drug route invariably find instead a literal hell, mentally, morally, and physically.

4. It is advisable for nervous patients to discontinue the use of tobacco in all its forms.

5. Hydrotherapy administered in conjunction with psychotherapy are great aids in overcoming the nicotine habit.

6. Electric light baths, the silver nitrate treatment, and other cures are all helps in overcoming the cigarette habit.

7. Alcohol and morphine lower the blood-pressure, while tobacco and cocaine raise blood-pressure, and thus they play their victims into the hands of each other.

8. The “sugar cure” for alcoholism is based on sound chemical reasoning and is undoubtedly of some value.

9. Neurotics and alcoholics should eschew fiery condiments avoid those things which create a thirst which water cannot quench.

10. Neurasthenics need just the self-discipline and will-power which is required in the social and public abstinence from liquor.

11. The individual of neurotic constitution is the very one who should carefully avoid all practices which are likely to result in drug addictions.

SOURCE

31: WORRY AND NERVOUSNESS

12. It is the neurotic man or woman who starts out as a moderate or social drinker and ends up a dipsomaniac.

13. The cure of inebriety lies along the lines of hygiene, persistent psychotherapy, wholesome environment, together with strong moral and religious influences.

14. The neurasthenic inebriate must look forward, not backward; hope for such dwells only in the future.

15. The physical treatment of alcoholism by baths, etc., is along much the same line as that advised for tobacco users.

16. Neurasthenics should pay particular attention to avoid the habitual use of all pain-relieving and sleep-producing drugs.

17. There are twenty-five different non-drug methods of relieving pain and these should be fully understood and intelligently utilized by nervous sufferers.

1. According to Dr. D.H. Kress, a Seventh-day Adventist colleague of Sadler who worked at the Battle Creek Sanitarium in the 1890s:

> The purpose of the treatment is, *first,* to create a distaste for the accustomed smoke. This is accomplished by the silver nitrate solution and the Gentian root. *Second,* to lessen and eliminate the desire for tobacco by a change in diet and the eliminative baths (from "How to Cure the Tobacco Habit," published in *The Temperance Program* [1915], by Evangelist Thos. F. Hubbard).

2. When Sadler was a Seventh-day Adventist medical missionary working in Chicago and San Francisco, he and his fellow missionaries brought many drunkards to Christ. The May 1905 issue of *The Life Boat,* a magazine he co-edited in Chicago, contained the text of a religious pledge of abstinence, which the drunkard was to sign and date:

> Consecration and Temperance Pledge
>
> Realizing that my body with all its faculties and powers is the gift of God, and that Christ has purchased me with His own life, I hereby dedicate myself and all that I possess and am to the service of God and Christ in helping my fellow men, and by the aid of Divine grace I promise to abstain from the use of alcoholic liquors, tea, coffee, morphine, cocaine, and all other soul and body destroying habits (p. 155).

3. Sadler and his fellow missionaries advocated for temperance in *The Life Boat* and *The Pacific Health Journal. The Life Boat* contained many success stories by and about former drunkards who found Christ and maintained their sobriety by attending church and working for the Life Boat Rescue Mission and other agencies.