

Alcohol vs. Food

Alcohol is not good for us. It has no food value and is one of the many vices of the white man, used to keep our people blind to themselves.

The habitual user of alcohol has an intense craving for his drink.

Without it he is entirely unfitted for business. One never experiences such an insane craving for bread, potatoes, or any other particular article of food.

When alcohol is withdrawn from a person who has been accustomed to its daily use, most distressing effects are experienced. Who ever saw a man's hand trembling or his nervous system unstrung because he could not get a potato or a piece of bread?

Alcohol lessens the appreciation and value of brain and nerve activity, while the right food re-enforces nervous and mental energy.

Alcohol as a poison lessens muscular power, whereas food increases energy and endurance.

Lessens Cold Resistance

Alcohol lessens the power to endure cold. Food on the other hand, increases ability to endure cold.

Alcohol cannot be stored in the body for future use, whereas all food substances can be stored.

Food burns slowly in the body, as it is required to satisfy the body's needs. Alcohol is readily oxidized and eliminated, the same as any other oxidized drug.