



## Catechism for Little Water-Drinkers.

(Julia Colman, in National Temperance Society, New York.)

### LESSON V.—HOW WINE IS MADE.

1. What other fruits have been given us by our Heavenly Father?

Grapes, oranges, peaches, pears, cherries, and many kinds of berries.

2. Are these ever made into harmful drinks?

The grapes and the berries are often made into wine.

3. What poison does that contain?

The same poison alcohol that is made in the cider.

4. Is this poison found in the grapes and berries?

We do not find it in any kind of fruit.

5. How does it come into the wine?

By the decay of the fruit juices when they are left standing.

6. Is that the way in which alcohol is made?

Alcohol is always made by the decay of the sugar in sweet liquids.

7. What do we call this action that makes alcohol?

We call it fermentation.

8. What do we call the liquors that are made by fermentation?

We call them fermented liquors.

9. Name some of them.

Cider and currant, grape, and blackberry wines.

## Scientific Temperance Catechism.

(By Mrs. Howard Ingham, Secretary Non-Partizan, W. C. T. U., Cleveland, Ohio.)

### LESSON V.—NATURAL DRINKS.

1. What do the lower animals drink?

Nothing but water.

2. And are they strong and swift?

Yes, indeed. It is wonderful how swiftly birds can fly and horses can run; what great weights camels and elephants can carry.

3. What do you know about camels?

They can walk fifty miles in a day, carrying heavy loads, and supplied with the water which they have in great water cells in their own bodies.

4. Do they ever need any other drink than water?

No, they are perfectly satisfied and healthy with water alone.

5. Are men's bodies like those of other animals?

Yes, very much. The bodies of all animals and men are made very largely of water.

6. How large a part of their bodies is water?

In a jelly-fish there is only one part of solid matter in more than a thousand parts. In man's body about an eighth is solid matter.

7. What is the use of the water of the body?

It rounds it out and gives it graceful form and size and flexibility. Then it dissolves the solid food we take and prepares it for use in building up the body. Every part of the body has once been dissolved in water before it became solid.

8. What else does the water do?

It also carries out of the body the sub-

stances that are no longer needed. The fluid which passes out through the skin, and which we call perspiration, is filled with such worn-out substances.

9. What, then, would you say of the water of the body?

That it makes up seven-eighths of the whole body, and that it is like an ever-flowing river, carrying to all parts of the body the things needed, and removing what is not needed.

10. How is the supply of water kept up?

From the food and drink taken.

11. What is the natural food of many animals?

Milk, which contains everything the body can need, and of which eighty-eight parts are water and twelve parts solid.

12. Is there water in other foods?

Yes, in every kind of food; in bread, in meat, and especially in vegetables and fruits.

13. And what do we naturally drink?

All the lower animals drink only water, as we have learned; and millions of men all over the world do the same.

14. But what of other drinks?

All other drinks are less wholesome and useful than pure water; and they are used, after all, by only a small part of all the people of the world.

15. But how can they use these other drinks at all, if the body needs only water?

They could not, only that all other drinks contain a great deal of water. They use water that is very impure and very bad; but if it were not really largely water they could not use it at all.

16. If water is really the natural drink, and if it makes up so large a part of the body, what would it be wise to do?

To do as the dogs and the birds, and the horses do, and drink only water, which is sufficient for every need of the body.

17. And what is the other natural drink?

Milk, which is really both food and drink, and will support life and health for years, without any other food.

## Hints to Teachers.

This may be made a most interesting lesson. It will be a surprise to the children to be told that their solid little bodies, as they think them, are so largely made up of water. But you can show them how moist is every part. The saliva and the blood are two of the fluids which are, as they will readily comprehend, very largely composed of water.

The saliva is ninety-nine percent water; the juice of the stomach, 97 percent. Even the bones contain ten percent of water. The blood seventy-nine percent; the muscles seventy-five percent; the brain eighty percent. Explain very carefully to the children what is meant by the 'percent' of water.

Dr. Richardson tells us of an Egyptian mummy, which, from the length and the size of the bones, he knew must be the remains of a body which in life weighed at least 128 pounds. But with the water all dried out it now weighed only sixteen pounds, seven-eighths of the whole having been dried away.

The children will readily see how the amount of water in the body is constantly being lessened by the respiration, perspiration and other means, and how essential it is that it should be replaced by other water. Hence the thirst, whose proper satisfying is so essential. From this point it is easy to talk of natural drinks.

## The Boy and the Cigarette.

I read this in the paper: A big policeman entered Dr. B——'s office, saying; 'Can't you save my boy? He is dying of cigarette smoking.' Again I read: 'Byron Hawes died

yesterday at his home, of excessive cigarette smoking. He was sixteen years old.'

'Ben,' I said to an eight-year-old boy, 'stop smoking; it will be your ruin.' 'I just can't,' said Ben; 'I've smoked four years; I can't stop.' Truly this is terrible. There are nearly as many boys dying of tobacco, especially in the form of cigarettes, as are dying of strong drink; in fact more, I think, because more boys smoke than drink. What do doctors and lawyers say about this death-dealing habit? The Director of the United States Naval Academy says: 'Beyond all other things, the future health and usefulness of the boys at the Naval Academy requires absolute abstinence from tobacco.' Another medical man at the same academy says: 'The rules against tobacco in any form cannot be too severe.' Another doctor states: 'The chief cause of the rejection of the boys who wish to enter the navy is that the heart has been injured by the use of tobacco.' Another doctor remarks: 'I have been called to children who are in horrible convulsions from the use of tobacco.' Dr. Parker, of New York, writes: 'Tobacco is ruinous in our schools and colleges, both to body and mind.' Dr. Ferguson says: 'I am sure that no one who smokes tobacco before the bodily powers are developed will ever make a strong, active man.' Dr. Nott, the famous president of Union College, wrote: 'The lives and health of many have been destroyed by the use of this evil weed, which, next to strong drink, is more destructive to youth than any other agent.'

Sully, a surgeon in a great London hospital, said: 'I know of no single vice that does so much harm as smoking.' Another learned man says: 'Tobacco poison enters the lungs, stomach, and skin, and does equal harm wherever it enters.' Two doctors of Edinburgh, Scotland, say: 'The effects of rum and tobacco are nothing but evil.' 'It is painful to see how many fine youths are stunted in growth and weakened in mind by the use of tobacco.' Another doctor said: 'Tobacco produces in boys dyspepsia, sleeplessness, paralysis, cancer, and violent neuralgia.'

## Absolutely Fiendish.

From the 'Presbyterian Banner' of December 30, 1896, published in Pittsburg, Pa., we clip the following, given as the words of an officer of the Liquor League of Ohio, at a meeting in which the interests of the saloon business were being discussed:

'It will appear from the fact, gentlemen, that the success of our business is dependent largely upon the creation of appetite for drink. Men who drink liquor, like others, will die, and if there is no new appetite created, our counters will be empty, as will be our coffers. Our children will go hungry, or we must change our business to that of some other more remunerative.'

'The open field for the creation of this appetite is among the boys. After men have grown and their habits are formed, they rarely ever change in this regard. It will be needful, therefore, that missionary work be done among the boys, and I make the suggestion, gentlemen, that nickels expended in treats to the boys now, will return in dollars to your tills after the appetite has been formed. Above all things, create appetite!'

Such a statement seems absolutely fiendish; and yet, whether spoken or unspoken, the fact remains that the traffic exists only by recruits from among the boys. 'Wanted, a hundred thousand boys,' must be the constant motto of this infamous business, that a few may grow rich and their children live in luxury while their patrons go down to the lowest depths of degradation and poverty.

Such a frank statement ought to arouse parents to take proper steps to protect their children from a Moloch, beside whom the ancient minotaur of Crete, who fed on young men and maidens from Athens, was a patron saint.—'Union Signal.'