

Temperance Department.

The Tobacco Habit.

This habit when thoroughly fixed upon an individual, is scarcely less difficult of abandonment, in many cases, than the use of opium. Some persons are able to renounce their accustomed pipe or cigar at once, even after the habit has been indulged for many years, while others are only able to succeed after repeated attempts.

Treatment.—The secret of success in the treatment of the tobacco habit, is in relieving the system entirely from influence of the drug as quickly as possible. This is best done after the patient has discontinued the habit, by the use of hot-air, vapor, Turkish and Russian baths, or by the use of the wet-sheet pack. The last-named remedy is quite as effective as any of the others. The odor of nicotine can be distinguished in the perspiration of a patient long accustomed to the use of tobacco, for several days after the habit has been discontinued. 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, and frequent dry-hand rubbing are very effective measures of allaying the nervousness from which many patients suffer, after dispensing with their usual quid or cigar. We have treated hundreds of patients for the tobacco habit, and have rarely failed to obtain complete success by the above measures, well backed up by the co-operation of the patient, within a week or ten days. Substitutes for tobacco are utterly worthless. As was remarked with reference to substitutes for alcoholic drinks, anything which would produce the same effect would be equally detrimental, and nothing else would be accepted by a tobacco-user as a substitute. The so-called substitutes which are now sold quite extensively, undoubtedly contain a considerable proportion of tobacco. At least, this has been the case with those we have examined. —*Good Health.*

The Work-Cure For Sleeplessness.

John B. Gough says that work is the best cure for sleeplessness. He relates that the celebrated Lyman Beecher used to keep a wagon-load of sand in the cellar, and after his evening sermon he used to go down and shovel it from one side to the other. The vigorous exercise coaxed the blood away from his brain into his muscles, so he was prepared for healthful and refreshing sleep. Sometimes, when unusually wide awake, the old gentleman would take down his violin, and work himself into a sleepy mood by amateur fiddling. The narrator does not mention the effect of the fiddling upon the other members of the household. "Amateur fiddling" does not usually exert the most somniferous influence imaginable. The exercise prescription we can endorse without qualification. The persuasive effects of fiddling upon the sleepy god, Morpheus, would probably depend upon circumstances. Such methods are much more natural and much safer than the many resorts to alcohol or tobacco to soothe disquieted nerves.

IT DON'T PAY.

It don't pay to have ten smart, active, intelligent boys transformed into thieves to enable one man to lead an easy life by selling them liquor.

It don't pay to have fifty workmen ragged, to have one saloon-keeper dressed in broadcloth and flush with money.

It don't pay to have one citizen in the county jail because another citizen sells him liquor.

It don't pay to have one citizen in the lunatic asylum because another citizen sells him liquor.

It don't pay to hang one citizen because another citizen sells him liquor.

NEWS AND NOTES

Temperance readers of TRUTH desiring any leading temperance book, pamphlet or tract mailed to them will do well to communicate with this office. The editor of TRUTH will always be happy to accommodate any of its friends by selecting and purchasing such books as may be desired. There is a very large variety to select from in Toronto book-tories. In all cases please send the money

with the order, as it is not possible to open accounts of that class in the office.

TOBACCO AND DIVORCE.—A Michigan female physician has found the cause of many divorces to be tobacco. She reasons that tobacco affects the sympathetic nerves which control the heart; that these nerves become paralyzed, and the husband is estranged from his wife. But when the wife becomes estranged from the husband, what paralyzes the sympathetic nerve then? — [Detroit Post.

AT LAST.—*Public Opinion*, a leading English weekly journal, publishes the following. It is the history of hundreds:—

The reeling drunkard homeward turns
From drinking at the wayside inn;
His brow is hot, and fevered burns
His dense benumbed brain within.
His coils are gone, for which he wept;
To down his sorrows hard he strikes;
The cease of shame within has slept,
And drink he must—the devil drives.

His wife and children stare at home,
No ray of hope illumines his sight;
For work around his vain to roam
He finds that "Might is always right."
The river's dark and rolling tide
Is all for him that now survives;
He plunges on his bosom wide—
The helpless wretch the devil drives;

FOR THE SAKE OF OTHERS.—An exchange gives the following:—"A father who had been using tobacco from the early age of five years, was challenged by his oldest son to take the triple pledge. He came forward with the boy and said: 'This is one of the hardest battles I have ever been in—my life, but I can't go back on my boy.' Both put on the badge: 'Total abstinence from liquor and tobacco.' There are a good many fathers to whom a word ought to be spoken about the example they are setting before their sons regarding tobacco using. Tobacco using is an expensive habit, an offensive habit, an unnecessary and injurious habit, and the young boys whose habits are not yet formed ought not to have their fathers setting a questionable example before them regarding it. Who need be surprised when a young boy begins to use tobacco when he sees his father using it every day?

SCIENTIFIC TEMPERANCE INSTRUCTION.—The Woman's Christian Temperance Union of the United States has been working hard for some time past towards having provision made for scientific temperance instruction in the common schools, with a view of properly educating the children in regard to the danger of intoxicating liquors. Writing of the success of these efforts, Miss Frances E. Willard says:—"Much has already been accomplished in this direction. Every one of the admirable normal schools of the State of New York is obliged to make a specialty of drilling the teachers in hygienic physiology with special reference to the effects of alcoholic stimulants and narcotics. The same is true of Michigan, Vermont, New Hampshire and Rhode Island. Every child in those States must be equally instructed in this branch of study. This area comprises one-seventh of all the school children in the nation. Missouri's Legislature has adopted the same law, and Massachusetts and Pennsylvania are almost sure to follow before their sessions close. Nor is there a State or a territory in the nation wherein we are not making strenuous efforts to secure a similar law.

THE NORTH-WEST.—The Marquis of Lorne, who is a contributor to the *Boys Own*, tells the boys of England how prohibition works in the north-west, in very entertaining fashion. Writing of the transition from the provinces to the north-west territory and what may be seen on crossing the line he says: "You will soon observe at one of the stations a fine-looking trooper, clean, soldier-like, with white helmet and brass spike on head, scarlet jacket and broad yellow-striped trousers, boots, spurs, and carbine in hand. This is a member of the north-west mounted police—a force now five hundred strong, and having charge to keep order throughout the country between this and the Rocky Mountains. This cavalry regiment is well horsed and well officered, and woe to any whiskey trader whose barrels may come within their sight, for, owing to the trouble which spirituous liquors are sure to produce amongst the Indians, as well as amongst the white settlers in the initial stages of a country's development, none are allowed. Enterprising traders bring them in carts from the south, and often an exciting race occurs between the horses of the traders and the police, who have perhaps a long stern chase to undertake, but who finally ride up with pistols presented and make

our friend disgorge his goods, which are forthwith 'pilt upon the ground.'

HOW THE BEDOINS CONQUER THIRST.—In the "Waterless Land," water is the paramount question. If it be asked how a large body of Bedouins, like the ten thousand who nearly destroyed the British squares at Tamai, manage to subsist, the reason is plain. In the first place, they do not need so enormous trains required for an European army. They are the most abstemious of men. Each man carries a skin of water and a small bag of grain, procured by purchase or barter from caravans. Their camels and goats move with them, supplying them with milk and meat, and subsisting upon the scanty herbage and the foliage of the thorny mimosa, growing in secluded wadies. These people could live upon the increase of their flocks alone, which they exchange readily for other commodities; but being the exclusive carriers and guides for all the travel and commerce that cross their deserts, they realize yearly large amounts of money. As to water, they know every nook and hollow in the mountains, away from the trails, where a few barrels of water collect in some shaded ravine, and they can scatter, every man for himself, to fill their waterkins. On my first expedition, near the close of the three year's drought, I reached some wells on which I was depending, and found them entirely dry. It was several days to the next wells. But my Bedouin guides knew some natural reservoirs in the hills about six miles off. So they took the water camels at nightfall, and came back before daylight with the water-skins filled. An invading army would find it hard to obtain guides, and even if they did they must keep together and could not leave the line of march to look for water. Besides, the Bedouins, accustomed from infancy to regard water as most precious and rare, use it with wonderful economy. Neither men nor animals drink more than once in forty-eight hours. As to washing, they never indulge in such wasteful nonsense. When Bedouins came to my camp water was always offered them. Their answer would frequently be: "No, thanks; I drank yesterday." They know too well the importance of keeping up the habit of abstemiousness. No wonder they can subsist where invaders would quickly perish. —*Century.*

INSANITY FROM INTemperance.—On this highly important question Dr. J. B. Johnson, of Washington, has recently written as follows:—

"It is a well ascertained fact among those scientific physicians who have given special attention to the causes most prolific in the production of derangements of the mind, that of all single causes of insanity drunkenness is not only the most powerful but more than any other single cause incites the operations of other causes of insanity, and will at an earlier age develop sooner or more frequently any hereditary tendency to insanity than all other exciting causes combined, and that almost one-half of the idiotic children born are of parents who are habitual drunkards. Modern writers have the evidence that these facts were observed by ancient authors. Plutarch says that one drunkard begot another, and Aristotle taught that drunken women bring forth children like themselves; and the fidelity of these observations has been confirmed by the experience of centuries. If the drunkard does not always transmit insanity to his children, he surely entails upon them a propensity to drunkenness and frail constitutions. Such children are commonly delicate, weak, and nervous, bearing a visible absence of strength and vital energy; and this bodily frailty is accompanied by apparent mental waywardness, and the development of scrofulous diseases. It may be stated, without an exception, that a healthy condition of mind and body cannot co-exist with drunkenness, and that the habitual use of alcoholic drinks will sooner or later cause imbecility, insanity, or death. No truth should be more repeatedly and emphatically impressed upon the popular mind than that of the unmistakable and indubitably disease-producing character of drunkenness, and if the mind of one portion of the community more than the other should be sincerely impressed with the truth of the hereditary nature of drunkenness, the female claims pre-eminence, for upon her well being falls the greater force of the direct and reflected torture and misery of the sin of drunkenness."

GOOD TEMPLARS.

OTTAWA.—Regarding Cameron Lodge, Rev. E. Starr writes:—"When several members of Cameron Lodge started 'No Surrender' a few months ago, some fears were entertained that it might militate against us, but it seems that new life has been infused in our old members. Every meeting during this quarter, so far, we have had initiations. At last meeting we had five proposals for membership and one initiation. We have just got a new set of officers' regalia, costing \$37.00, and have a balance in the treasury. We made up \$75 in aid of Scott Act expenses in Carlton Co. We believe in showing our faith in God, and in the principles of our Order, by works. The new Lodge is also doing well. In fact I think there will be an increase from every Lodge in Carlton County.

A Temperance Acrostic.

Ishmael and Hagar were driven from home;
Daniel and David prayed much when alone;
It was suddenly killed by a fall;
Timothy and Timothy preached with St. Paul.
Ester, we learn, was a beautiful queen;
S alone was proud, immodest and mean,
T rash paid homage to gods that were mute.

S Solomon's wisdom no one can dispute,
N abal and Nimrod were men of renown;
U ziah, the King, was marked with God's frown.
F estus unwisely said Paul was his friend,
F ellus wrought actions deserving shame.

T ertullus a servant of Jesus accused;
O g a slight favor to Israel refused.
B aliam, when angry, ill-treated his ass;
A braham's faith 'twould be hard to surpass.
C ale's ill behaviour no one can defend;
C hederloemer was slain by God's friend.
O rpha loved idols as well as her home.

A hab's misdeeds caused Elijah to roam,
N aaman, by washing in Jordan, was healed,
D avid, when tried, to his Maker appealed.

A lmer by Job was cruelly slain;
L amech's ideas were foolish and vain,
L uifer fell in the midst of his pride;

I srael, in trouble to Moses applied,
N aboth, the Jew, had a resolute mind.
T obias was wise, a scoundrel unkind.
O mri wrought actions unworthy a king;
N erxes an army to Europe did bring,
I saac, through fear, once uttered a lie;
C aleb, we read, was a most faithful spy.
A dam soon yielded when tempted by Eve;
T hemis was slain by an arrow to believe.
I saiah, by faith, saw Jesus expire;
N adab was slain by Jehovah with fire;
G ollath, of Gath, was slain by a youth;

D emas, one time, was a lover of truth,
I sullen committed a terrible deed;
I mmannuel's death the sinner has freed.
N echob, the monarch, descended from Ham;
K onah was wife to a God-fearing man.
S ome monarchs were godly, David was one.

Music and Drama.

Miss Minnie Palmer's visit to this city after an absence of three or four years, was received with very great favor. Coming almost direct from the scene of her London triumphs, and with the English press still sounding her praises, her return to Toronto had awakened considerable interest. The Grand was filled at every performance with large, fashionable, and appreciative audiences. Miss Palmer herself is as beautiful, piquant, vivacious, and natural as ever, and her playing was received with marked evidences of approval. "My Sweetheart" is not a very powerfully built play, but the part in which Miss Palmer appears is eminently suited to her, and enables her to display her peculiar faculties of girlish naturalness and excessive exuberance of spirits to such an extent that the hearts of the audience are at once captured, and henceforth the little woman is mistress of the situation.

The attraction at Montford's Museum last week was unusually strong. Manning & Drew's company is composed of some of the best variety actors on the continent, and the large audiences at the Museum at every performance testified to the excellence of the entertainment. This week "The Bad Boy" is playing his pranks.

John C. Friend, the editor of "Friend's Music and Drama," the bright and now dramatic paper of New York, has written a play entitled "True Nobility," which Manager McVicker, of Chicago, has secured to open his new reconstructed theatre about July 1st. The play is spoken of as being unusually strong in dialogue and situation, and very original in plot, and Manager McVicker—who is perhaps the shrewdest man in the profession, and knows a good thing when he sees it—expects to make a big success with it.