

Gales and Sketches.

THE CRIMSON STAIN.

Girls, Be Warned!

"Oh, curse this awful appetite for drink, I feel that I am standing on the brink of a precipice, with not a friend around To draw me back to firmer, safer ground. Oh, the thirsting! Oh, the craving! Oh, the burning! Oh, the loathing! Oh, the loving! Oh, the spurning! Every nerve, every vein Throbs with pain. But I've sworn to never touch the stuff again.

"There's a bar-room over the way. Hear the clink Of the glasses as the 'boys' step up to drink. There is something now a pulling me that way. Hear the laughter! Hear the singing! All are gay! For a moment shall I step across the street! How hilarious would old companions greet! Shall I go? How my brain Throbs with pain! But I've sworn never to touch the stuff again.

"Ah! who is that beckoning to me! 'Tis my little sweetheart—none so fair as she. She is waiting now to take the promised walk. How I love to watch her smile, and hear her talk. She it was who plucked me from the ragged 'edge.' She it was who made her lover sign the pledge. No more throbbing of the brain, Vanish pain— I swear I'll never touch the stuff again."

Hear the bell—hear the clanging marriage bell. What a tale of hopes and fears doth it tell! See the bride—see the blushing, tearful bride. See the proud and happy bridegroom by her side. 'Tis he who cursed his appetite for drink— 'Tis he who stood upon destruction's brink. Every nerve, every vein Racked with pain— 'Tis he who swore to never drink again.

See the tears—see the bitter, scalding tears. See the wife—see the wife of two short years. See the child—see the puny, starving child. See the man—see the man unkempt and wild. See him raise his hand and strike with savage blow, Her whom he swore to love two years ago. Hear her beg for life in vain. See the stain—the crimson stain. She ne'er will weep o'er broken vows again. —Arkansas Traveller.

A Royal Service.

Dedicated to "the waiting ones" in the kingdom and patience of Jesus Christ.

Among the Master's callings of high honor, One oftentimes we miss, Because our hearts, in their impatient yearning, Fail to perceive its bliss; Fail to perceive the grandeur of its service, The deep, sweet joy it brings, And deem some other easier or nobler, With richer harvestings.

And so we may not choose, but Christ appoints us, The work of sitting still, And saith, "My child, in quietness and patience This service now fulfill. Since all these hours of weariness and waiting Are precious unto me, Each one must needs be freighted with with some blessing, Love's perfect choice for thee. "Then think not thou art kept within the shadow

Of long, inactive years, Without some purpose infinitely glorious, Some harvest sown in tears." And so there comes a glory and a gladness Into the weary days, And in our hearts there shines a solemn radiance, Inwrought with quiet praise.

We learn that we are given this sweet service Because the Master sees That thus His delegates must oft be fitted For higher embassies. We praise Him for those lonely hours of waiting, And, trusting, look above, Till all the hush and silence of their service Grows luminous with love.

We muse upon that ministry at Nazareth, Until it seems to be A fellowship most sweet, a royal honor, To wait, O Christ! with Thee. And over as we stand within the shadow Of these long years of Thine, Our waiting days grow better, holier, grander, Their service more sublime;

Until at last we hear Thy dear voice saying, "Child, I have need of thee To fill this vacant place of trust and honor, To do this work for Me." And then, as fellow-workers with the Master, We shall arise and go Forth to the harvest-fields of earth, it may be, The reapers' joy to know; Or to some perfect, wondrous service yonder, Within that Holy Place, Where, veiled, in its full, transfigured glory, His servants see His face. —Our Union.

How It Hurts the Little Ones.

A little girl laid ten pennies on the counter beside a black bottle and said: "Ten cents' worth of gin." The bar-keeper, anticipating her order, had already drawn from a case the odorous liquid. The child was barefooted. Her little thin legs were bare to the knees. She wore not even a hood. Her only attire was a ragged thin calico dress. As she passed out the door, the cold, piercing wind sent a shiver through the little one's frame. In a garret, on Mulberry street, in a foul room, lying in a drunken stupor on an old mattress, were a man and woman clothed in rags. Two ragged children were on the cold floor crying for bread. There was no coal in the stove, no warmth in the house. Listening to the cries of the drunkard's children was a poor woman who resided in a room adjoining. She enters hastily with a small basin of milk and a loaf of bread. The little ones seized the food as eagerly as do the wild animals in Central Park. They ate as if half starved. The oldest child entered with the black bottle. The two parents who had not heard their children's cries for food, seem instinctively to know their own physical longings were to be gratified. The father sprang to his feet and clutched the bottle; the mother half rising, clutched at it. Her feet were bare, for the money that paid for the gin had been obtained by pawning the woman's shoes. "One half the world does not know how the other half lives." —New York Telegram.

Sanitary Department.

HINTS WORTH HEEDING.

Important Points for Seekers after Health. JAK CLEMENT AMBROSE, the well-known author, has recently sent a letter to the Union Signal containing so many hints of value from a health standpoint that we believe the whole of his communication will be of interest to readers of the CANADA CITIZEN, and we have much pleasure in reproducing it.

"Tarrying a little time at the Sanitarium here—Battle Creek, Mich.—I renew my youth by turning reporter to pick up hygienic points dropped in the parlor on question box mornings by Dr Kellogg, the medical director, and the clearest, readiest respondent I ever heard to a batch of questions requiring exact scientific knowledge. Having his answers, you can guess the questions put by hundreds of patients."

A SIN TO BE NICK.

"In the majority of cases, it is a sin to be sick, for sickness implies wrongdoing; the man who, by use of liquor or tobacco, shortens his life ten years, is equally guilty with the man who shoots himself ten years before Nature would do for

him; and the woman who hangs herself by the waist is not less a suicide than if she used a rope about the neck. Into chewers and smokers one verse in the Bible should be executed as it reads in the Chinese version: 'Then came John the soaker soaking in the wilfulness.' And the drunkard who persists in using tobacco is incurable.

BUTTER AND MILK.

"We advise the use of cream as a substitute for butter, because it is much more easily digested. In cream the fat lies in minute globules that are readily broken up by the digestive juices and the fatty particles absorbed into the blood; but the first hard work the system has to expend on butter is to unchain it—to divide it into tiny globules and wrap them in an emulsion much like cream. Skimmed milk, too, is of great value as food, building good bone, nerve and flesh fibre, but no fat. And the safest preparatory treatment of milk is boiling, for the milk of consumptive cows will transmit the germs of the disease unless killed by heat. The flesh of such animals, too, is much worse than their milk, and more likely to come to the table, for as soon as the cow is discovered to be diseased, her milk is stopped by hurrying her flesh off to market. Don't drink milk; eat it with solid food.

HONEY.

"Strictly, children do not inherit disease, only bodies easy for it to work in. The smoker's boy is no born with a pipe in his mouth; but if the old man or other enemy put it there, the boy does not feel that dislike of it natural to the boys of clean fathers. So, too, the child of insanity or consumption needs not to die that way; there is simply a weak spot in his boiler at 100 pounds pressure, and he must not crowd on the 200 pounds of exposure, nicotine, liquor, vicious or morbid companionship, but must employ the best help to mend that weak spot—pure air, diet, clothing, exercise, associations, etc.

SUGAR.

"We do not recommend grape juice as a drink, though it is wholesome food if eaten slowly with solid foods; but no better than the grapes themselves. Sugar, beyond a very small amount, is a troublesome food. Injected into an artery and it shrivels the blood corpuscles. Its only use is to gratify the palate, because above fifty per cent. of bread and many other foods is starch, and digestion converts starch into sugar. In every ten cases of diabetes nine are the result of sugar-eating. And honey is a more unwholesome sweet, for with the sweet the bees gather more or less of the volatile oils at the base of the flowers, many of which oils are poisonous. They get also spores, grains of the pollen, etc. These elements constitute the difference in honey flavors. Many people can eat honey only with milk—an antidote to the poison. Honey culled from the tobacco flower often sickens whole families. There is, too, always formic acid in honey injected from the stingers of angry bees; and it is this poison of the bee stinger that gives some honey eaters the nettle-rash.

ONIONS.

The onion is not fit to eat unless first minced, and its acid oil washed away, as the poison is washed from tapioca root, for the oil whose vapor brings tears from the eyes, makes the linings of the stomach seep worse. Nor are the skins of apples and potatoes fit contents for modest stomachs. Their substance is woody, and needs the digestive force of an ox to properly convert them into bone and muscle.

BAKING-POWDER.

"Baking-powder we don't use, but pure air, in a gaseous form. The powder leaves behind it after partial evaporation, the tartrate of soda which no one would consent to swallow clear every day. Almost all, too, contain alum, it being cheaper than tartaric acid; and many contain ammonia, which is not worse than other ingredients.

TONICS.

"The majority of nervous invalids have indulged in tonics, all the way from whisky to mustard, but quinine and the whole family are injurious, because they make one feel well when not well. Whisky acts as a tonic, making the drinker feel warm when cold, and cool when hot, and rich when poor. And though some tonics are sometimes to be prescribed as medicines, the general effect of them all is unnatural and bad. They are whips and stings to nerves, and the extra effort they push men on to, leaves their second state worse than the first.

BRAIN FOOD.

"The best diet to build up with, both physically and mentally, is that which best agrees with the stomach; for there is no more barren humbug than the theory of special foods for nerves and brains. The Circassian women, living chiefly on barley gruel, are the handsomest in the world, while their neighbors, the Tartar women, eating oil and curry, are so homely as hardly to be distinguished from men.

DANCING.

"Yes, dancing is a good exercise; but nobody goes to the dance for exercise, as to the gymnasium; nobody goes off by himself to dance. If one does, he will find no moral harm in dancing."

"We've got a hen that laid two eggs in one day," boasted a six-year-old girl to a companion. "That's nothing! My pa has laid a corner stone." —Philadelphia Times.

"Ma, de fiziology say yore dat de human body am imposed of free-fourth watah." "Waal, yo' bettah money off to school, an, git outen dat hot sun, or fast 'ting yo' know yo' be 'vaporatin'."

A STARTLING OFFER!

VALUABLE BOOKS GIVEN AWAY. Useful Articles for Nothing! GIFTS! PRESENTS! GIFTS! For Men and Women; Girls and Boys.

IT WILL PAY YOU TO READ THIS WHOLE PAGE AND THE NEXT.

10 CENTS ONLY 10 WE ARE THOROUGHLY

Convinced that it is only necessary that THE CANADA CITIZEN should be known to ensure its very wide circulation. To secure this general knowledge, we offer to send it to any address ON TRIAL

SIX WEEKS FOR TEN CENTS. Here is a broad field of work for any one who wants to aid the great temperance reform. Take an hour to canvass your friends. Nearly every one you ask will give you ten cents as a subscription for a month and a half's trial. Get us up a club of a hundred, or fifty, or ten, or any number you like. We ought to have ten thousand trial subscribers on this short date plan.

BEAR IN MIND THE FACT that the ten cents secures for six weeks a 40 column weekly family journal of social progress and moral reform; a paper that must do good wherever it goes; bright, fresh, pure, able, attractive, and full of information and interest for young and old.

EVERY TEMPERANCE SOCIETY ought to send us a club. Are you not thoroughly convinced of the righteousness of the temperance cause, which you have so much at heart? Do you think it deserves and needs your assistance? How can you help it more effectively than by aiding thus practically in the circulation of sound, healthy, inspiring literature?

DO YOU WISH TO CONTRIBUTE

some money to the Prohibition cause? Send us a dollar, or five, or ten, or twenty, or fifty, with a list of addresses, and we will send the papers along. Ten Dollars will supply THE CANADA CITIZEN for six weeks to

A HUNDRED HOMES. We believe there are thousands of warm-hearted, willing friends of our cause, who would gladly aid in this great work. Kindly show this proposition to some of them and ask them to join you in helping us.

Address F. S. SPENCE,

19-21 RICHMOND ST. E. TORONTO.

It is specially requested that those who send us addresses without the knowledge of the parties whose names are given, will kindly inform us to that effect. We shall then notify these parties by post-card that the paper is sent them without charge, otherwise some might decline to take the papers from the post-office.

10 CENTS ONLY 10 THE CANADA CITIZEN. 10

SOMETHING MORE.

FOR SOME TIME we have had in this Paper the standing offer above made to send "THE CANADA CITIZEN" to any address for SIX WEEKS for TEN CENTS.

THE Response to this proposal has been VERY LARGE. In the Month of March we booked a great many of these trial subscribers, many friends kindly sending us in good lists. In view of this fact we have decided to CONTINUE THE OFFER for a time, also to offer some SUBSTANTIAL REWARDS for competition among these kind friends, and further, to present SOME TANGIBLE TOKEN of our appreciation to every one of them who will continue this generous assistance.

WE HAVE accordingly prepared the accompanying PREMIUM LIST and will send, to anyone getting us up a List of Ten Cent Subscribers with the Money for the same, any premium offered in the List for the number of Subscriptions sent.

Any person who gets up a list, may select any combination of premiums that could be secured by the number of his list.

For Example: A Person sending in a list of twenty names may take any premium offered for twenty names, or any two premiums offered for ten names each. A person sending in a list of thirty names may select any premium offered for thirty, or any premium offered for twenty and any premium offered for ten, or any three premiums offered for ten each.

A person sending a list of forty may select any premium offered for forty, or any two premiums offered for twenty, or any premium offered for thirty and any premium offered for ten, or any premium offered for twenty and any two premiums offered for ten, or any four offered for ten, and so on.

BETTER STILL:

Over and above all the premiums offered we propose to divide among those who are most successful in this effort THE SUM OF \$150.00 IN CASH.

THIS MONEY WILL BE DIVIDED INTO EIGHT PREMIUMS ONE FIRST PRIZE OF \$50.00

To be given to the person sending in the largest list of trial subscriptions.

TWO SECOND PRIZES OF \$25.00 EACH To the TWO Persons whose lists are next in size, and

FIVE THIRD PRIZES OF \$10.00 EACH To the FIVE Persons whose lists come next in size to those winning the Second Prizes.

IT is not too much to expect at least twenty thousand new subscribers on this plan, but we will not wait for them all. The premiums named in the list will be sent as soon as the subscriptions are received, and the CASH GIFTS will be awarded as soon as TEN THOUSAND new names have come in; and will be awarded amongst those who have sent the largest list up to the time when the number reaches TEN THOUSAND.

REMEMBER, these Cash Gifts are in addition to the Premiums selected from the Premium List by the parties who send the largest list of names.

ANY gentleman or lady, any friend of the cause, any member of a temperance society, any girl or boy, can easily, in a very short time, secure a good list of Ten Cent Trial Subscribers among his or her acquaintances.

YOU may thus POSITIVELY SECURE any premium on the list for which you choose to work, at the same time materially aiding the temperance cause, and becoming a competitor for the GRAND CASH PREMIUMS which are also offered for competition.