Tempegance Column.

The Effect of Alcohol on Children.

Professor Demme, of Berne, has published a pamphlet on the influence of alcohol on children. He proves by statistics that the abuse of alcohol by young people is frequent. This fact, he says, is due to extreme poverty and to the licentious habits widely prevalent among the lower classes. The impossibility of getting a sufficient quantity of good food drives poor folks to the brandy-bottle, of which the children naturally get their share. The bad example of the parents is, of course, followed by the children. But it is not among the poor alone that this evil exists; for many children of the comfortable classes alcohol in the form of beer and wine is a daily article of diet. The bad custom or letting children drink with their elders at table has become very general; nay, people take children with them to festive entertainments, and considerable quantities of alcohol are often consumed by them on journeys, Sunday and holiday excursions, &c. Parents often give their children a'cohol in the honest belief that it is good for them. A great many people regard it as a tonic. Many mothers add some drops of cognac to their infants' milk, and the older they grow the larger the quantity. When they are ill alcohol is regarded as the best means of combating slight distur-bances of nutrition, indigestion, &c. without sending for a dictor. These conceptions of the nutritive and therapeutic value of alcohol are quite erroneous. The excitement of the central nervous system by alcohol, which dispels weariness and seems to give new strength, is only temporary. Only coffee and tea can s.imulate the powers of mind and body for a length of time. The main symptom of acute alcohol poisoning in children is abnormal excitement, ending, in extreme cases, in convulsions, and followed by mental and bodily debility of the nature of para-These cases of drunkenness in children are fortunately still rare; the gradual destruction of the habitual excessive consumption of alcohol is much more frequent. Many of the frequent cases of chronic gastrointestinal catarrh in children, followed by progressive emaciation and decay of strength, are traceable to this cause. The fatal disease of drunkard's liver has been observed in children. The abuse of alcohol also impairs the growth of children. But the mest important disturbances of children's health from this cause are those of the nervous system. The fact that young people sometimes fall victims to the fashionable disease called "nervousness" is due in part to the early abuse of alcohol. More terrible, however, than all these physical evils, bad as they are, is hay the moral paralysis with which this vile habit smites its victims even in the springtime of life. Professor Demme has compared the children

of ten drunkards with those of ten other families. Of fifty-seven of the former, twenty-five died in the first weeks and months of life of want of vitaliy or convulsions, six were idiots, in five a striking, stunting of growth was observed, five suffered from epilepsy, one from severe chorea resulting in idiocy, and five had congenital malformations .- Lancet.

Liquor Traffic: Africa.

The liquor traffic among native races of Africa is one of the vilest methods by which men enrich them-It is responsible for the selves. demoralisation and ruin of tens of thousands of unfortunate, ignorant natives. These people ought to be protected, at least in those cases in which civilised European nations have seized their country for the purpose. ostensibly, of conferring the blessings of civilisation upon its inhabitants, from the rapacity of the unscrupulous traders who are ruining them morally and physically. Instead of doing so, or even trying to so, the Enropean invader has merely made it easier for the liquor-dealers to poison the natives with their so-called spirits. The extent of the evil maybe judged from the fact that in one week it is said the liquors being taken in European vessels to south and West Africa were valued at over a million of pounds.! They included 900,000 cases of gin, 24,000 butts of rum, 30,000 cases of brandy, 28,000 cases of Irish whisky, 200,000 demijohns of old tom, 40,000 cases of vermouth! It is this deluge of alcohol which largely neutralises the work for which missionaries have given and are giving their lives, and makes the natives of Africa hopeless drunkards - Church

Some people have an idea that total abstinence makes a man thin, and destroys his healthy apearance; but Mr. L. N. Fowler, the veteran phrenologist, who is eighty years of age, says that he is the oldest total abstainer in England. Even at this advanced age he works hard at lecturing, examining heads, and giving advice, both in London and the provinces; and he says: "I attribute my strength, activity, and constant good health entirely to my Temperance principles. I have never tasted alcohol, and never learned to smoke; and although for sixty years I have been a hard worker, often obliged to keep irregular hours and have irregular meals, my food has always been simple and plain. Those who wish to attain to length of days must practise the same principles.

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