

Temperance

Don't.

Don't marry a man to reform him;
To God and your own self be true,
Don't link to his vices your virtues,
You'll rue, dear girl, if you do.

No matter how fervent his pleadings,
Be not by his promise led;
If he can't be a man while a-wooing,
He'll never be one when he's wed.

Don't marry a man to reform him—
To repent, alas, when too late;
The mission of wives least successful
Is the making of wooden limbs straight.

There's many a maiden has tried it,
And proved it a failure at last;
Better tread your life's pathway alone, dear,
Than wed with a lover that's fast.

Mankind's much the same the world over;
The exceptions you'll find are but few;
When the rule is defeat and disaster,
The chances are great against you.

Don't trust your bright hopes for the future,
The beautiful crown of your youth,
To the keeping of him who holds lightly
His fair name and honor and truth.

To honor and love you must promise;
Don't pledge what you cannot fulfill;
If he'll have no respect for himself, dear,
Most surely you then never will.

'Tis told us the frown of a woman
Is strong as the blow of a man,
And the world will be better when women
Frown on error as hard as they can.

Make virtue the price of your favor;
Place wrong-doing under a ban;
And let him who would win you and wed you
Prove himself in full measure a man.
—Exchange.

What to Teach About Alcohol.

In connection with a Wesleyan Methodist Convention, held at Newcastle some time ago, Dr. F. C. Coley read an interesting and instructing paper, which was summarized and reported in the 'Methodist Times' as follows:

Alcohol as a Food.

Never teach what you do not know. Do not imagine you know a thing when you have merely heard it. Verify your facts. He pointed out that while it might be admitted that alcohol was a food in a very minute degree, it was a very expensive one. The very cheapest form of alcohol would be much dearer than its theoretical equivalent in food. Practically, alcohol in all forms was such an enemy to economy in a poor man's finances, that he had better sign the pledge without waiting to learn whether it is really a fact that economises in diet so far, that spending half-a-crown in drink might save a penny in food. He said that this question whether alcohol can be used as a substitute for food was much as if we were to propose to use sulphur as a substitute for coal to drive a steam-engine. Burning sulphur would produce heat, which might raise steam. But sulphur costs much more than coal, and the steam-engine would be very quickly destroyed by the sulphur, and the fumes of the sulphur would be a nuisance to the neighborhood. The analogy between alcohol as a food and sulphur as a fuel held at all points. It was absolutely indisputable.

After showing that valuable information might be obtained from insurance companies and other societies as to the value of teetotalism, he said it should not be forgotten

than for one person who drinks himself to death, there are many whose lives are shortened indirectly by habitual indulgence in alcohol. That total abstinence was economical needs no proof. The difference between even moderate indulgence and total abstinence to the working man was the difference between a comfortable house in a pleasant neighborhood and two rooms in a noisy, dirty tenement-house. Facts like these told better than scraps of science. We should not be too squeamish about recounting the horrible results of indulgence in drink. There are plenty of facts, and fresh every day, and so black that the finest Indian ink of eloquent word-painting laid over them would conceal, rather than deepen, the blackness.

What Drink Has Done.

When anyone was recommended to the First Napoleon as worthy of advancement, he always had just one question to ask, 'What has he done?' If we want to get the question settled beyond the possibility of doubt whether drink is on the side of God or the side of the devil, let us tell men what drink has done, and is still doing; let us go on telling it until they hate and loathe and fear the agent which works such frightful ruin.

A Doctor's Warnings.

We must also teach and enforce that there may be danger in the medicine glass as well as in the social glass. The Doctor gave instances which had come under his notice, of persons who had become the victims to intemperance through taking alcohol as a medicine. He also warned the audience against the abominations advertised as 'medicated wines.' These things were advertised to be used in just those conditions of weariness and worry which most lay people open to temptation to the abuse of narcotic drugs. He also pointed out that cocaine, opium, laudanum, and morphia had many victims. Large numbers also had become moral and physical wrecks through yielding to the fascinations of chlorodyne.

A Public Warning of Public Danger.

The following article from 'The Temperance Leader and League Journal' indicates an attitude on the question of alcohol that might well be imitated by official bodies in this country:—

In view of the increasing interest taken by Municipalities in England and Scotland in the question of public health as affected by the use of intoxicating liquor, many of the cities and large towns have decided to issue large posters in their respective areas in order to warn the people against the use of alcohol. Several of the London Borough Councils, Liverpool, Leeds, Tumbidge Wells in England, Glasgow and Dundee in Scotland, are among the places that have taken such action. The 'Trade' has raised an action in the law courts in order to arrest the spread of the movement. The following is the form of poster issued by the City of Dundee, which is typical of that issued by other Municipalities:—

CITY OF DUNDEE.

PHYSICAL DETERIORATION AND ALCOHOLISM.

The Report of the Committee, presented to Parliament by command of His Majesty, states that—

The abuse of alcoholic stimulants is a most potent and deadly agent of physical deterioration.

Alcoholic persons are specially liable to tuberculosis and all inflammatory disorders. Evidence was placed before the Committee showing that in abstinence is to be sought the source of muscular vigor and activity.

The Lunacy figures show a large and increasing number of admissions of both sexes which are due to drink.

The following facts recognized by the Medical profession are published in order to

carry out the recommendations of the Committee and to bring home to men and women the fatal effects of alcohol on physical efficiency:—

(a). Alcoholism is a chronic poisoning resulting from the habitual abuse of alcohol (whether as spirits, wine, or beer), which may never go as far as drunkenness.

(b). It is a mistake to say that stimulants are necessary for those doing hard work.

(c). Alcohol is really a narcotic, dulling the nerves, like laudanum or opium. Its first effect is to weaken a man's self-control while his passions are excited; hence the number of crimes which occur under its influence.

(d). For persons in ordinary health the practice of drinking even the milder alcoholic drinks apart from meals is most injurious.

(e). The habit of drinking to excess leads to the ruin of families, the neglect of social duties, disgust for work, misery, theft, and crime. It leads also to the hospital, for alcohol produces the most various and the most fatal diseases, including paralysis, insanity, diseases of the stomach and liver and dropsy. It also paves the way to consumption, and frequenters of public houses furnish a large proportion of the victims of this disease. It complicates and aggravates all acute diseases; typhoid fever, pneumonia and erysipelas are much more fatal in the subject of alcoholism.

(f). The sins of parents who have drunk to excess are visited on the children, both morally and physically.

(g). In short, alcoholism is the most terrible enemy to personal health, to family happiness, and to national prosperity.

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Town House, Dundee, January, 1906.

Glass Number One.

Glass number one, 'only in fun';
Glass number two, 'other boys do';
Glass number three, 'it won't hurt me';
Glass number four, 'only one more!';
Glass number five, 'before a drive';
Glass number six, brain in a mix;
Glass number seven, stars up in heaven;
Glass number eight, stars in his pate;
Glass number nine, whiskey, not wine;
Glass number ten, drinking again;
Glass number twenty, not yet a plenty.

Drinking with boys, drowning his joys;
Drinking with men, just now and then,
Wasting his life, killing his wife;
Losing respect, manhood all wrecked,
Losing his friends, thus it all ends.

Glass number one, taken in fun;
Ruined his life, brought on strife;
Blighted his youth, ruled his truth;
Gave him pain, stole all his gain;
Made him at last a friendless outcast.

Light-hearted boy, somebody's joy,
Do not begin early in sin;
Grow up a man brave as you can;
Taste not in fun glass number one.

—Central Baptist.

How Alcohol Works.

A patient was arguing with the doctor on the necessity of his taking a stimulant. He urged that he was weak and needed it. Said he:

'But, doctor, I must have some kind of a stimulant. I am cold and it warms me.'

'Precisely,' came the doctor's crusty answer. 'See here. This stick is cold,' taking up a stick of wood from the box beside the hearth and tossing it into the fire. 'Now it is warm, but is the stick benefited?'

The sick man watched the wood first send out little puffs of smoke and then burst into a flame, and replied:

'Of course not. It is burning itself.'

'And so are you when you warm yourself with alcohol—you are literally burning up the delicate tissues of your stomach and brain.'