



## Bible Wines.

(Dr. R. H. Macdonald, of San Francisco.)

## CHAPTER IX.—THE SCRIPTURES UPON WINE AND DRUNKENNESS.

1. Q.—What does Isaiah say of the doings and boastings of drinkers of wine?

A.—'Come ye,' say they, 'I will fetch wine, and we will fill ourselves with strong drink; and to-morrow shall be as this day, and much more abundant.' (Isaiah lvi., 12.)

2. Q.—What does Paul say about the connection of darkness with drunkenness?

A.—'They that be drunken are drunken in the night. But let us, who are of the day, be sober.' (I. Thess. v., 7 and 8.)

3. Q.—How does Paul exhort against intemperance?

A.—'Let us walk honestly, as in the day, not in rioting and drunkenness.' (Romans xiii., 13.)

4. Q.—In what list of sins does he place it?

A.—Among the works of the flesh, such as envyings, murders, drunkenness, reveling and such-like. (Galatians v., 19 and 21.)

5. Q.—Among what graces does he place temperance?

A.—'But the fruit of the spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.' (Galatians v., 22 and 23.)

6. Q.—Is temperance necessary to obtain the heavenly crown?

A.—'And every man who striveth for the mastery is temperate in all things.' (I. Cor. ix., 25.)

7. Q.—What should be our rule concerning intoxicating drinks?

A.—'Abstain from all appearance of evil.' (I. Thess. v., 22.) Then 'touch not, taste not, handle not.' (Col. ii., 21.)

8. Q.—What is said of the pride and luxury of drinking of the Israelites?

A.—'They drink wine in bowls and anoint themselves with the chief ointments; but they are not grieved for the affliction of Joseph.' (Amos vi., 6.)

9. Q.—What does Solomon say of the wicked?

A.—'For they eat the bread of wickedness and drink the wine of violence.' (Prov. iv., 17.)

10. Q.—What does he advise?

A.—'Ponder the path of thy feet, and let all thy ways be established.'

'Turn not to the right hand nor to the left: remove thy foot from evil.' (Prov. iv., 26 and 27.)

## Tobacco Effects.

In the Naval Academy at Annapolis an investigation was ordered to be made, by three medical experts, as to the effect of the use of tobacco upon the students, and the same thing was done at West Point. A careful report was made out from facts obtained strongly advising against its use.

They asserted unhesitatingly: 'The use of tobacco causes weakened bodies and impaired brain power.' Some of its special ill effects were enumerated as 'dyspepsia, irregular circulation, nervousness, lack of normal muscular force.'

In view of this report, strict rules were made forbidding the use of tobacco by our national soldier and sailor students.

In Germany physicians gave their opinion that the use of tobacco by youths was fast making of them a nation of small and weak men. German lads under sixteen are arrested if found using tobacco. In France its use is forbidden in all schools because the average grade of scholarship of smokers, as shown by their examinations, was found to be below that of non-smokers.

'Nicotine clogs the reasoning faculties and dulls the memory,' says a leading French physician.

Dr. Copeland, Fellow of the Royal Scientific Academy of England, says: 'The use of tobacco arrests the growth of the body, weakens the nerves, lessens courage and actual power to endure pain.'

Sometimes the effect of tobacco is quick and violent. A bright lad of thirteen years had St. Vitus dance as the result of cigarette smoking, and he still continued the habit secretly. He said, with tears in his eyes: 'I've tried to stop smoking, but I can't.'

A boy of eleven years was made insane by the inordinate use of cigarettes; and another lad of fifteen became paralyzed in his lower limbs from excessive smoking.

A boy of fourteen was taken violently ill and died 'from nicotine poison,' so the physician said; and it was found that he had for some time been smoking an almost incredible number of cigarettes taken secretly from his own father's store.

The 'Medical News' states that the records of a recent senior class of Yale College gives these facts: 'Non-smokers have gained decidedly over smokers in height, weight, and lung capacity. They are 20 percent taller, 25 percent heavier, and have 62 percent more lung capacity than the smokers.'

In the graduating class of Amherst College of the same year as that of Yale above quoted, non-smokers were found to be ahead of smokers in the above particulars, respectively, 24 percent, 37 percent and 42 percent.

Nearly all the prizes and honors in the leading colleges have been taken by non-smokers as against the smokers; and their average standing in scholarship is invariably higher.—'National Temperance Advocate.'

## Harry Simpson and the Baboon.

Harry Simpson had been on the spree. To go on the spree was nothing new for Harry Simpson to do. That was plain to be seen in his miserable, half-furnished home, and the wretchedness of his wife and children. But this time he had been drinking longer than usual; indeed, had drunk till he could no longer get anything to drink. He had spent his week's wage, had borrowed all he could from those foolish enough to lend, had filled up his trust shops, had pawned everything that was worth pawning, and was left with a parched, swollen tongue, a disordered stomach, a splitting headache and a mind unhooked. In this state he went upstairs and lay down on the bed, but not to sleep. No, no, he could not do that, for he was no sooner laid down than a visitor in the shape of a large baboon, imprudently came and sat right on his stomach, grinning and gibbering at him in the most comical, but to him, terrifying manner. He trembled with fear in every limb; his hair bristled; his flesh crept on his bones and the sweat burst out from every pore in his body, his teeth chattered. There the ugly brute sat. He felt its weight pressing on him. His brain throbed as it would burst. He tried to shout, but couldn't; he tried to move, but he seemed bound hand and foot. Oh, horror! what should he do? The monkey was making a spring at his face. There; it sprang. He felt its claws clutching at his hair; its gibbering face was close to his own; its teeth were snapping like castanets ready to tear the flesh off his face; its breath scorched him; the whole thing was a hideous monster. Suddenly his head swelled; a flash of fire shot through his brain; his skull seemed to burst with a noise of thunder. Then all was dark as midnight.

When Harry Simpson next remembered anything, he found himself lying on a hospital bed, strapped hand and foot. The situation was perplexing. How he got there he had no knowledge. But as he began to think, the recollection of the baboon came back to him, and he shuddered. At that moment his wife looked at him.

'Harry!'

'Well, Susan?'

'Are you better?'

'Yes.'

'Thank God!'

'I say, Susan, where's the monkey?'

'What monkey?'

'The horrid brute that came and tore me to pieces.'

'It's gone, Harry.'

'Are you sure?'

'Quite sure.'

'Will it come again?'

'I hope not, but that will all depend on yourself, Harry.'

'Why, how's that?'

'It will never come again if you never take drink again. It was the drink brought the monkey.'

Harry shuddered. 'Then it will never come again, Susan?'

'Thank God, Harry. I hope it never may.'

Harry Simpson completely recovered, and from that time no one could ever persuade him to look at—not to mention touch—intoxicating drinks, for he had no wish to have another visit from the horrid, hairy, gibbering baboon that for a time drove him completely demented.—Emma Whitelaw in 'League Journal.'

## Is the Brewer a Good Cook?

It is very important that all girls should understand cooking, and it would do the boys good if they, also had some knowledge in this way. Now, it is well to ask the question, What is the object of cooking? Why is so much trouble taken to prepare our daily food? The simple answer to this question is, that by cooking we prepare substances that are unfit for food, so that they become nutritious, and when eaten they build up the human body.

Thus flour, raw meat, and raw potatoes are not suited for human beings to eat, but when properly cooked and eaten they make blood, bone, flesh and brain. The meat, the flour, the suet which mother uses to make the meat-pudding are not good foods till they are properly cooked, out when they are, what a delightful meal they make for a hungry child! The wise mother gives to her child that kind of food which contains the very substances that are wanted to build up the child's body; the food must therefore contain substances to make bone, muscle, or flesh, and that kind of food must also be eaten that gives warmth to the body.

Foods which make flesh are called nitrogenous, because they contain the gas called nitrogen; foods which make heat are called carbonaceous, because they contain carbon or charcoal; foods which make bone contain mineral matter, such as salt.

The clever cook has first to select the foods which contain these substances, and then to be careful that in the cooking these substances are not destroyed or decreased.

The most perfect food is milk, because it contains all the substances necessary to build up the body in the right quantities.

Some people speak of beer as if it were a food; but if we consider how the maltster and the brewer cook the barley out of which the beer is made, we shall find that they do not try to make a nourishing drink, but only an intoxicating drink.

The barley is taken by the maltster and soaked in water; it is then piled up in a heap, and afterwards spread over a floor; it soon sprouts, and is afterwards dried over a furnace.

The object of the maltster is to increase the quantity of sugar. He never thinks of so preparing the barley that it may be more nourishing to the body.

The brewer takes the malt, grinds it, and allows it to fall into warm water. He extracts out of it chiefly the sugar, because it is out of the sugar that he will afterwards obtain the poison alcohol. Now, if the brewer allowed the ground malt to fall into boiling water, he would make a nourishing food, which we might call barley-porridge. That which is left behind after it has been soaked in the warm water is called grains, and is taken away to feed pigs and cows.

Some day you will be able to learn all the differences between the nourishment to be found in barley and the nourishment to be found in beer; you may, however, learn this, that in barley there are eleven parts out of the hundred to make flesh, in beer there is only one-five-hundredth part; or barley contains more than two hundred times more flesh-forming matter than beer.

We may put it in another way. A barrel of beer containing 114 quarts contains only one quart of flesh-forming matter, the rest is nearly all poison and water.

The maltster and the brewer must therefore be bad cooks, for they spoil the food they cook, instead of making it good to eat.—'Adviser.'

A man who was told by his physician that he could be cured of a serious disease if he would give up smoking, looked long at his cigar and slowly replied: 'Doctor, I believe I could give up drinking if I really set myself to do it, but I can't give up this,' and he pointed to his cigar. 'Very well,' said his physician, 'get another doctor and die.' The man did both.