

of nerve energy in the destruction of muscular tissue generates more energy, and during sleep it is secreted and stored in the brain and other nerve centres.

Some believe that nerve stimulus and heat are one and the same thing, but fat people are the warmest but by no means the strongest. While in the "Gospel Tabernacle" of Faith Cure fame in New York City the writer heard the wonderful theory put forth that health and strength were from God, but sickness from the devil. If this is really true, then John L. Sullivan is the most divinely blessed man to be found, and the Rev. A. B. Simpson is one of the most devil dogged people in America. It would be difficult to get a thinner or more delicate looking man than the Rev. A. B. Simpson, the great advocate of Faith Curing.

The last mentioned mode of obtaining stimulus is the emotional. A wearied horse, plodding along cannot be urged by even the whip, but a sight of his home causes him to prick up his ears, and increase his speed. A mother, wearied by a day's toil can scarcely drag herself to her couch, but sickness in her family at such a moment will call forth energy and may continue during nights in succession. This means is so common that we may leave it to the experience of the reader.

Now, what has all this to do with temperance? Simply this, that strength is not obtained from, but wasted on stimulants. One condition more needs to be pointed out before our case is clear. When anything injurious is put into the body, effort is put forth either to expel it or overcome it. If pepper or mustard is put into the mouth, saliva rushes in to wash it away. If anything injurious gets into the stomach, if necessary, that organ will try to throw it out. There is an internal monitor

looking to the inside just as the eyes, ears, nose and touch generally look after the external dangers. When, then, anything partially injurious is applied to, or put into the body as tea and coffee in the stomach, fumes of tobacco or tobacco in the mouth, snuff in the nose, or alcohol in the stomach, the amount of energy sent forth to overcome the injury simply creates a pleasant feeling as from emotion. Continued emotions weaken, so also do applications of stimulants. Expending stimulus in muscular contraction generates more stimulus, but energy expended on a stimulant is energy lost.

Temperance teaching in schools, then, should show both boys and girls that the proper regulators of their lives are bodily activity, proper food, and plenty of sound sleep. That when they are going to school or other place of study, or engaged in any occupation which is bodily inactive, that they will be inevitably weakened by such circumstances and desire stimulants; but that then is the time when they must be specially careful in looking to their food, bodily exercise and sleep, but avoid stimulants of all kinds as they would evil companions. A tobacco-using school teacher does generally great harm amongst male pupils, and should never be seen by his scholars using such a stimulant. The writer has seen numbers of young men induced to smoke cigarettes, simply because their teachers did it.

But a more injurious factor than this is at work in the community, and that is the sentiments of clergymen. Alcohols, wines, etc., are called "God's good creatures." Boys once had a rhyme something like the following:

God made man, man makes money;
God made bees, bees make honey.

So we might go on with, God made grapes, man makes wine; God made