

## The Temperance Worker

"INTEMPERANCE IS THE CAUSE OF MORE EVIL THAN WAR, PESTILENCE AND FAMINE COMBINED."—Right Hon. W. GLADSTONE, Prime Minister of Britain.

IN THE ENGLISH workhouses, the custom of dealing out beer to the inmates is by degrees being stopped. Another custom was to give beer to able-bodied paupers in payment for their work, but the Government has put its foot down on that as illegal. Certainly there could be no better way of persuading a pauper to remain one, than by giving him beer! One workhouse master who sent in a bill for \$355, which he had given in beer, has had to pay the sum out of his own pocket.

If You CAN'T shut up a liquor-shop, the next best thing is to take away its customers, and a good deal has been done in this way in the cities of the British Isles. Of course it is not the least use trying to compete with a public house unless your establishment has extra comforts and conveniences and brightness to make up for the absence of the rat in the poisoner. Lockhart's Cocoa Rooms in Glasgow must be of a very cheerful and well managed sort; for besides doing a good paying business it shows the splendid record of 1,400 pledges taken at its bar.

A GOOD IDEA of how the organization of Good Templars has spread over the world may be had by reading this paragraph from the journal of the Scottish Temperance League: "The Good Templar soldiers in the Soudan have held a lodge session three days' journey beyond Dongola. A new naval lodge has just been instituted at Alexandria. The 'Royal Lancers' lodge at Bangalore, India, is starting a juvenile Temple. The Madras Templar is the organ of the Good Templar Grand Lodge at Madras. A new lodge has been formed at the Mauritius, among the Creoles, and will work in the French language. The R. W. G. Templar, Mr. Malins, has just commissioned Mr. Ferdinand de Rou to go to Schleswig-Holstein, to plant the Order there. The new Spanish lodge in Uruguay is the only Spanish tetotal society in the world. There are now three lodges in Finland, and the members are awaiting the sanction of the Russian Emperor to proceed. On New Year's Day the corner-stones of a Good Templar hall were laid at Nassau, in the Bahama Islands."

THE ENEMIES of temperance are plenty, but by misrepresentation they try to make themselves out more numerous than they really are. They have recently published a statement that Cardinal Manning was opposed to prohibiting the liquor trade. A Glasgow gentleman, seeing the statement, wrote to His Eminence about it, and received this answer:

"Archbishop's House, Westminster, S. W.,  
"February 14th, 1856.

"SIR.—The statement that men cannot be made sober by Act of Parliament is none of mine, but a silly saying of the opponents of the temperance movement. I have often answered it by a saying almost as silly, though capable of being drawn out into very grave truth, namely, 'that men may be made drunk by Act of Parliament,' that is to say, that the present state of the law in respect to the drink traffic gives such enormous facilities to cover the whole face of the country with direct and glaring temptations to intemperance, that Parliament is responsible and culpable in a large measure for the drunkenness that is destroying our people.

"In my belief the only just and adequate remedy for this is Local Option, or Local Veto; that is to say, the people have a right of self-defence.

"You may make any use you like of this reply. Believe me, sir, your faithful Servant,

"HENRY E.—, CARD, MANNING."

It was Cardinal Manning who, only last year, said that no doubt a "Maine Liquor Law" was an extreme remedy, but that the necessity was also extreme.

THE CANADA TEMPERANCE ACT,—of the Scott Act, as it is familiarly called from the name of its introducer,—is not the least effective of the many "local option" laws now being tried by various states and provinces on this continent. It has had a chequered career in parts of Nova Scotia and

New Brunswick, owing to negligent and dishonorable officials, as well as to conflicting decisions of law courts. But in the one county of Ontario where it has been tried its success has already been very clear. The Deputy-Reeve of Evesing township, in the county of Halton, furnishes some very instructive figures in regard to the result of the Scott Act's working in his locality. He reports that there were expended, for the support of the poor in Evesing, the following annual amounts:

1880—Under licenses	.....\$583.14
1881—	.....455.45
1882—One third of year under licenses, the rest under Scott Act	.....342.37
1883—Under Scott Act	.....218.31
1884—	.....131.55

At a meeting of the County Council it was decided to vote \$600, the sum considered necessary to enforce the Act this year. It will be noticed that the amount required to support the poor in Evesing during the last two years of licenses was \$1018.59; and in the first two years of the Scott Act, \$351.86. The saving in poor rates in this one township is thus seen to be \$666.73,—considerably more than the sum necessary to enforce the Act in the whole county. Another comparison shows that the loss to the township in license fees—which brought in a revenue of \$322.06 in the year ending April 30th 1881, and \$288.47 in the year following, making a total of \$610.53 for the two years—is less, by \$56.20, than the amount saved in poor rates alone.

THE *Journal of Health* asserts that no thoughtful mother should rest until she has taught her daughter to do well the following things: To make a cup of coffee, to draw a dish of tea, to bake a loaf of bread, to cook a potato, to broil a steak or chicken, to cut, fit, and make a dress, and to set a tidy table, and say "no" when asked to drink wine. The success and permanence of the temperance cause depend largely on women. How necessary therefore that they should be well trained in right views about alcohol.

### AN IRISH GUIDE

Mr. S. C. Hall, in the recently published "Recollections" of his long life, tells of his visit to Father Mathew, the great Irish temperance reformer. The writer says:

Some months after my visit to Father Mathew, I was enabled to test the force of the pledge. Travelling through Wicklow, en route to wild Glendalough, I had stopped at Roundtown to find a guide. A young man was pointed out to me leaning against the door of his cabin. I at once engaged him, and in my impatience bade him get up on the car, rejecting his appeal for permission to go in and put on a more respectable dress. The afternoon of early autumn was raw and cold, and I drew up on the summit of a mountain to take some refreshment. Of course I offered the guide his share. The sandwiches he took readily, but much to my surprise declined the proffered flask. I urged him unfairly—to test his resolution; after trying persuasion, I laid a crown piece on the seat, and said, "Now, my lad, you shall have that if you will take a sup of this whiskey."

"No," he said; "I not for ten thousand times the crown piece, nor for all the lands of Lord Powerscourt if they were yours to give them, would I touch a single drop. Your honor must hear me. There wasn't in the county of Wicklow a greater blackguard than I was—fighting and drinking I was all day and all night; the rags I had on were not worth a tranee, and often the prates I ate I begged from a poor neighbor. The old granny, that lived with me, starved and prayed. There was no house but one, in the place or near it, would open the door to me, that one was the public house, where I spent all the little I earned. That was the way of it, yer honor. How is it now? Isn't this coat I'd have worn if you'd given me time to change it, for I have a better, and a top-coat besides. If you'd gone into my cabin, you'd say you'd seldom seen one more comfortable; and you'd have noticed the old grandmother sitting on her hunkers knitting, by the side of a turf fire. There isn't a neighbor, boy or girl, that wouldn't say to me, 'God save ye kindly,' and I have five pounds in the savings bank, and when I make it ten there's one I'll ask to share the cabin with the old woman and me. Now that I've told yer honor what I have to tell, and how all that is the work of the pledge I took—will yer honor ask me to break it and take the poison drop from your

hand?" It is needless to say I was greatly touched. My answer was instant. "Indeed, my lad," I said, "I will not, but I will at least pay you this compliment," and I flung the flask over the cliff, far into the lake beneath. The guide literally danced with joy. I think I never saw happiness expressed so strongly.

### TEMPERANCE PHYSIOLOGY.

FOR USE IN SCHOOLS AND BANDS OF HOPE, (Published by A. S. Barnes, New York, under the direction of the National W. C. T. U.)

#### CHAPTER III.—DISTILLATION.

When a liquid is changed to a vapor by heat, and that vapor is turned again to a liquid by cold, the process is called distillation.

Cold surfaces condense the moisture in the night air, and we say: "The dew is falling." By the heat of the sun, these drops of water are turned again to vapor that rises and spreads itself in the air; this is again changed to water by cold, and falls in the form of dew or rain. Thus, with her own heat and cold, "Nature is ever distilling."

Unless sugar is dissolved in water, it will not turn to alcohol; therefore, when first formed, alcohol is always mixed with water.

Alcohol and water could not be separated until men, in imitation of nature, learned to distil.

Every child who has watched the steam puffing from a tea-kettle, knows that heat will turn a liquid to vapor. Some liquids require less heat than others for this change. When two such liquids are mixed, one can be made to pass off in vapor, leaving the other. Thus alcohol and water may be separated.

Put a fermented liquor into a kettle over the fire, with a pipe in its closely fitting cover to carry off the steam. Nearly all the alcohol will pass off in vapor before the water comes to the boiling point.

If this pipe is of the right length, and is cooled by ice or cold water, the vapor, while passing through it, will turn to a liquid and drip from the end of the pipe. If you apply a lighted match to this new liquid, it will burn with a pale blue flame, giving out white heat.

It is mainly alcohol which has been separated—distilled—from the fermented mixture. What remains in the kettle is principally water. The alcohol is unchanged in its nature; but is stronger, because not so much diluted with water.

#### DISTILLED LIQUORS.

In the manner just described, brandy is distilled from wine or cider; rum from fermented molasses; whiskey from fermented corn, barley, or potatoes; gin from fermented barley, or rye, afterward distilled with juniper berries. Ordinarily these distilled liquors are about one half pure alcohol.

Some of the water passes over with the alcohol, so that these liquors are often distilled a second, and even a third time, to make them stronger alcohol.

The alcohol usually sold is distilled from fermented molasses; but it can be made from any fermented liquor. It is so greedy for water that entirely pure alcohol can be produced only by distilling it with some substance such as lime, that is still more eager for water, and will take it from the alcohol.

#### DRUGGED LIQUORS.

Wine in its many forms was probably the first, and for many centuries, the only known intoxicating drink.

The ancients supposed that each of the various fruit juices made a different kind of liquor; but you see all of them are mainly alcohol and water. The different taste of each, if it is really what it claims to be, is due to its own peculiar fruit, grain, or plant flavor.

Poisonous drugs and coloring matter are often added to alcohol and water to imitate the various liquors. So much of this is done that many of the fermented and distilled liquors now sold and used, contain other poisons added to their own ever-present one—alcohol—the most dangerous of all; therefore, the idea that "unadulterated whiskey," or that the "pure, fermented juice of the grape" can be "good," is a mistake.

#### HOW ALCOHOL WAS DISCOVERED.

The people who lived about 700 years ago thought that somewhere, if they could only find them, were two things that would greatly bless the world. First, something

that would turn iron and all common metals into gold, and thus easily and greatly enrich the finder; second, an "elixir of life," which would prevent sickness and death, and keep those who drank it forever young.

The men who tried many curious experiments in search of these two wonders, were called alchemists. It is supposed an Arab named Albucaiss was thus led to discover alcohol by distilling it from wine.

He thought it was the long sought "elixir of life." He drank heavily of it, urging others to do the same. His career of intoxication and violence was short. He had found not the "elixir of life" but the "water of death."

(To be Continued.)

### LATE HOURS.

The *Lancet*, the leading British Medical paper, says: The habit of writing and reading late in the day and far into the night, "for the sake of quiet," is one of the most mischievous to which a man of mind can addict himself. The feeling of tranquility which comes over the busy and active man about 10.30 or 11 o'clock ought not to be regarded as an incentive to work. It is, in fact, a lowering of vitality, consequent on the exhaustion of the physical sense. Nature wants and calls for physiological rest. Instead of complying with her reasonable demand, the night-worker hails the "feeling" of mental quietness, mistakes it for clearness and acuteness and whips the jaded organism with the will until it goes on working. What is the result? Immediately, the accomplishment of a task fairly well, but not half so well as if it had been performed with the vigor of a refreshed brain, working in health from proper sleep. Remotely, or later on, comes the penalty to be paid for unnatural exertion—that is, energy wrung from exhausted or weary nerve centres under pressure. This penalty takes the form of "nervousness," perhaps sleeplessness, almost certainly some loss or depreciation of function in one or more of the great organs concerned in nutrition. To relieve these maladies, springing from this unexpected cause, the brain-worker very likely has recourse to the use of stimulants, possibly alcoholic, or it may be simply tea or coffee. The sequel need not be followed. Nightwork during student life and in after years is the fruitful cause of much unexplained, though by no means inexplicable, suffering, for which it is difficult if not impossible to find a remedy. Surely, morning is the time for work, when the body is rested, the brain relieved from its tension, and mind power at its best.—*London Lancet.*

### USEFUL GIFTS.

There are many useful gifts for a bride who is to go to a new home at once which her humblest friend may prepare, and in the using of which she will be quite as grateful for their thoughts for her convenience as for the more showy gifts she seldom finds it convenient to use. Holders, dusters, nets for cooking vegetables or eggs, dumping cloths with a stout twisted string secured to each one, jelly strainers of flannel, bags for various purposes—I have such a penchant for bags—ironing blankets and sheets, clothespins, apron and mittens to wear to hang clothes out in, table covers for use when the table is laid over night, beside many other conveniences, may each be prettily ornamented by some design or letters in Turkey red marking cotton, which will wear well and insure care in laundering.

Bits of flannel left when making up winter clothing can scarcely be classed with linen outfitting, yet they are useful and may be quite ornamental if pinked or notched or bound and provided with cord or braid to hang up by; nothing makes better wash-rags, they hold the warmth of the water, preventing a chill which one sometimes feels in using linen ones; for straining jelly or any liquids requiring straining, flannel leaves a clear, "shiny" appearance, much more tempting than the cotton results often obtained after using cloths for that purpose; for holders and scouring cloths too, and even rolls of flannel and linen and "rags" nicely prepared are very useful in a house where everything is new. I know of a case where in serious sickness a fine flannel skirt was torn up for "flannel cloths" because the house had not any such rolls, of old or new, provided for such an emergency.—*Household.*