

Temperance Department.

IN FAVOR OF ABSTINENCE

DE LIVINGSTONE

I have acted on the primitive of total austinence from all absolute figuors during more than twenty years. My individual opinion is, that the most sovere labors or privations may be undergone without alcoholic tions may be undergone atthout mechalic ed the most had nothing else than water, and not aiways enough of that.

GENERAL SIR MICHARD DACRES

"Since I have become a Teototaler I have gune through great fatigue in hot dimetes. I have crossed the Atlantie, come here to the have crossed the Atlantic, come here to the Crimes, been exposed to disease and some discomfort, and I have never been sick, or had even a short attack of distribute I ascribe this to water. But I am a temperate eater also. I never est animal food more than once also I never est animal food more than once a day, no lunch but a piece of biscult I see also a very early man. All these things combined, earlie me to do as much hard work at fifty five as many men ten or fifteen years younger. What I began with as an example, I now continue, as I consider I am much bett r without wine, beer, &c., both in a religious and worldly point of view; and I shall continue as I am, please God, to my life's end."

OLIVER GOLDSMITE

How far it may be enjoined in the Suriptures I will not take upon me to say, but this may be asserted, that if the utmost benefit to the individual and me most extensive benefit w somety serve to mark any institution as of bearen, this of Abstinator may be reconsided among the foremost.

DENERAL SIR W P WILLIAMS THE HERO OF £4.98

"I ar indebted to a gramous Providence for preservation in very unhealthy blimates but I am estudied that a resolution early formfor preservation.

but I am establed that a resolution early formed and steeddry perserved in never to take epiritoous liquors has been a means of my escaping diseases by which multitudes have fallen around me. Had not be Turkish army I of Kars been literally a cold water army on persuaded they never would have performed the achievements which crowned them with

BICHARD COMDEN

Nubody has more faith than I have in the truth of the Tectotal doctrine both in a physisol and moral point of riew. I have accord upon the principle that fermented and distilled upon the principle that formented and dirinted drinks are useless for austrining strength, and the more work I have had to do, the more I have resorted to the pump and tempor. As for the more I hearing of the question, is as sourced; an exaggeration to say that all other reforms together would fail to confer at great blessing upon the masses as that if wearing them from intoxicating drinks"

Windian CBEETT

In the midst of a somete where wine or spirits are considered of a intue more value than water. I have area two years without either, and with no other drink than water except when I found it convenient to obtain Not an hour a timers, not a headache for an hour, not the smallest adment, not a restless night, not a drower morning have I known during those two famous yours of my

"THE SOLDIERS PRIEND

When in India I had more than time board and read of Miss Sarah Robinson and has work amongst our soldiers, and had resulted that if I hved to return to England I would inquire of I lived to return to England I would inquire inter particularly into the matter. One present summer day last year, as a watering place in the writh of England, I gradly accurate myself of the opportunity of attending one of Miss Robinson's meeting. It wasn't by any means a large meeting. There were from monus a large meeting forty to fifty ladios and four

forty to fifty ladice and four greatlemen, three temp congruen and myself the fourth. When Miss Robinson was introduced to the meeting I saw a pale, slight, suckly-looking woman, her frame evidently enfeebled by illness and her face marked with those unmistakely lines which tell of protracted and antenum mont dise beriam nei sed and are set in it is in group token at the tire in an expensional probability party patient of many their minimum of math to and to and to and to an and their full and the following more affecting and more university.

ments, her dimousses. Residing in Forcements and her final success. Residing in Forcements for the purpose of doing what she could for the purpose of doing what she can the could be compared to the cou annoted from day to day whon she caw the criss by which she was surrounded. She found that by which she was surrounded. She found that Portsmouth, so far as the soldiers and sailors were concerned, was wholly given to drink like described one short street in the town, in which there are no fewer than ' ... rtoen liquou shops. nine of these being in a row without any intervening houses. She told us of other any interrening house. She told us of places also dens of iniquity, where allurements to catch the men are superse those of drink And, while the temptations and ensires so abounded, at that time, the which a soldier desiring to maintain his selfrespect and to keep himself soler, could go for quiet reading or writing or amusement. Worse still, she saw there was not a lodging in all that large city in which a respectable soldier's wife could pass the night, and to which she could take her children So great was the prejudice against soldiers and their wive, and so firmly rooted the impression that it was impossible to be respectable in the ranks of the army, that all decent ledging-bouses were closed sgainst them. She told us that she had known, not one or two, but dozons of instances where the wives of soldiers had preferred to walk the stream the whole night, or had taken shelter

stroits the whole night, or had taken shelter under railway arches, or in rooms of half-finished houses, rather than go to the only lodgings into which they would be received. Then she gave us an account of the arrival of troop ships from foreign stations, and the scenes that too frequently, or indeed invaria-bly, follow in the streets of Portamouth.

The regiments coming home from foreign ervice usually bring a good deal of monor with hem. A regiment will seldom have less than 3,000, generally more one regiment that £3,000. 23,000, generally more and regimens that came from Abyesinia had eight or nine thou-sand pounds. Within a few days all thus money is spent in Pertumouth in drink and debauchery. Too often the best men in the regiment succumb to the manifold temptations. regiment succession to the manifold tempirations to which they are exposed, characters and good-conduct stripes, the rewards of the good behavior of years, are reaklessly lost in the saturnalize of the first few days after landing in England. The regiment no a body, is temporarily domoralized, and requires weeks of discipline before it can recover from the effects of the riot. But while the regiment may and does recover, there are many individuals who do not recover, and who date their rapid ruin from their isondary from service abroad, on the shores of their own country.

These things pressed upon her mind so heavily that, at last, she felt something sens be done, and that, if no one else would undertake it, she would herself. No one gave her take it, she would herself No one gave her any encouragement, on the contrary, every one, including those most favorable to the object she had in view, end that "her scheme was chimerical. In other places, they said, it might succeed, but in Pertamouth never The evil was too great, the opposition from those interested in maintaing the status que would be too powerful, it would not be fair, hardly homest towards the public to give money for an attempt which must certainly fail." So, however, thought not Miss Robinson Nothing daunted, she set herself to work, first, to devise and think out in its details a solume for a Soldiers Home at Pertamouth, and them to device and think out in its details a soleme for a Solidiers Home at Portamouth, and then to give it an existence. When she laid has proposal before the army authorities, they consented to grant a piece of land for a site, and to supply the stone required for the build-ing. This was conceded at first uncondition-ally. Afterwards, however, Government took alarm when it became known that Miss Robinson proposed that there should be religious teaching and sorvices in her institution. It was represented that, unless the Government was prepared to give an equal advantage to Homan Catholio soldiers, and to assist to the from Catholic solders, and to seek to the same action in providing a home for them, it might be accused of partiality and a departure from the great principle of toleration and equal-favor to all denominations. Miss Robinson was, therefore, informed that the one condition upon which the great would be made was, that the Bible should be amunded from the instituthe Bible should be anniaded from the institu-tion. To this the would not consent, and, in consequence, gave up the offered assistance from determinent and appealed to the public. In a short time she had raised £13,000, had purchased a house, and adapted it to her purpose, and had opened the "Purtamonth Soldiers' Institute."

At the constraint of the address I went up

tive than her speech. She told us what led her part of it, was formerly the Fountain Hotel, toundertake the work—spected her discourage—I'we adjoining houses were subsequently ments, her difficulties, her encouragements, acquired communications were opened so as and her final success. Residing in Portamouth to throw them all into one, and the whole was for the purpose of doing what she could for fitted up, furnished and adapted for the uses soldiers, her spirit like Paul's at Athens, was of the soldiers. I was shown over the place by Mr Tufneli, the intelligent superintendent who has been an invaluable aid to Miss Robin con, and who takes an immense interest in the work. On the ground floor there are a re-cuption room, where soldiers can receive their friends and relatives, both male and femarea kitchen where all the cooking is carried on —a bar where every kind of wholesome food and non-intoxicating drinks can be had at moderate prices, neatly and cleanly served— two billiard rooms, with excellent tables, one for the non-commissioned officers, and the other for the privates. In regard to these I may mention that every one who plays must pay the charge is a penny a game to each player. The accumulated ponnies received during the first year here been sufficient to pay the cost of the tables, and to provide other games. Betting at any game is strictly prohibited, and cards are not allowed. A comfortable smoking-room completes the accommodation on the ground floor. Unstairs are Miss Robinson's apartments, where she lives at her own expense, and a large airy reading-room, well supplied with papers, periodicate, and books, at one end of the room is a long table, apon which, at intervals, are blotting books. for the non-norminissioned afficers apon which, at intervals, are blotting books and inketands, where soldiers can write letters to their friends, pens are provided gratis, I think, but they must find their own paper and stamps. This room is extremely comfortand stamps. note, and us may be supposed, is a popular resort, especially on a cold or wet cay. Then there is a room which is used for sewing classes

and mothers' meetings, for the women.

In a retired part of the building there so the in a retired part of the oblining these of the Bible-class room, well provided with religious publications, and there a religious meeting is held daily, conducted usually by an officer or some competent person, and sometimes by Miss Robinson herself. A notice of the meetings to be held during the week is posted up in several conspicuous places about the house. There is a rule of aperiments intended for officers and their families, where they ed for omoors and their tamings, where they can be ledged and bearded quite as comfortably, and certainly more commically, than in any hotel, if they can make up their minds to do without wine or bear, for no relaxation is permitted of the rule which excludes all ferpermitted of the rais which exclines all fer-mented liquous from every part of the Instituto. The attice are devoted to domnitories and bath-rooms for soldiers and soldiers' families, and very clean and inviting they looked. In each bedroom there is washing apparatus and menty-of soap and from water. Here a soldier on leave can find a clean and

comfortable ledging for a night, or for pa long can he have, at a very moderate cost, and here the soldiers in garrisons can heing their wives, or mothers, or disters, or any female relation who may pay them a visit. But, as may readily be surmised, the accommodation for resaily be simmed, the accommodation for those purposes is vary limited, and Miss Robin-son has on hand a scheme for providing a set of lodging-houses to accommodate the famals relations of soldiers who come to Portamouth, as well as to take in those familles of soldiers in the garrison for whom the Government prothe garrison for whom the Government pro-vision is inadequate. Money only is wanted to bring this project to maturity. At the back of the Institute there is a large grass-plot, which has been converted into a bowling-green, at one aids of this there is a skirtle-alloy, and at the end of it there is a large hall that can hold upwards of eight hundred people, where lectures, ourserfs, and penny-readings are given, and public meetings are held.

Thus it will be seen that the Institue, is very Thus it will be seen that the institue, is very complete. It is, in fact, a well-ordered and comminal club for soldiers, where they can spend their days and their evenings in quiet and comfort, with choice of rational amusements and intellectual pursuits, and where they are sets from the tempushous to drunkenness and debauchery that are so abundantly pess and debanchery that are so abuncanti and alluringly set forth for them in Ports month.

I was greatly struck with the evide practical good sense that pervaces all the arrangements of the place. There is no show and no glitter, but everything about it, the furnishing of the rooms, the selection of the books and papers, the amusements, the arrangements of the bor, the rules of the strangements of the bor, the rules of the house all-seem to show a complete understanding of the wants and ways and insice of soldiers, and a strong common sense in dealing with them. Miss Robinson lays great-stress upon tectotallism, and considers it to be a powerful instrument for the preservation of soldiers from all sorts of evil. It is hardly necessary to say that hims Robinson's pracupal object in all has works is to win recruits to the service of her Divine Mester, but her endeavours after this are put forward in a broad and sympathetic sparit, and are observable mainly in their results. The sparit of the whole is Soldiers' Institute."

At the conclusion of the address I went up stress upon tecoralism, and considers it to be a unit officed myself, to Miss Robinson, as an editors much interested in his work and in his work and in his work and in his work and in the account she had given of it. I was invited to come to Portsmouth, and see the Institute object in all has works is to win recruit to the art judges for myself. This I was able to do service of her Divine Master, but her coles, and interest has upon the average politician.

— Vermont's new liquor is sold as a hererage politician.

— Vermont's new liquor is not the had, providing that every place where an office much interest has upon the average politician.

— Vermont's new liquor is not the model, providing that every place where an office much line with the nail on the knowle as a powerful instrument for the preservation of the works and the knew, and the knew and the knew hours and judges for myself. It was invited object in all has works is to win recruits to the fined \$200 or less; besides being forbidden to re-occupy the premises until he gives bonds as the freedy to relate what I saw thate.

The Institute is editated in one of the main in their results. The spirit of the whole is thoroughlarve of Portsmouth, and near the thoroughly outholis all are welcome to come the terminal of the terminal of

tion, the only condition imposed is, that every one who comes shall conduct himself with common propristy, and this condition is siways fulfilled, and the soldiers themselves are the first to insist upon its observance.

At the end of the first year, that is, in September, 1875, no less thim, 2,740 soldiers or soldiers' relations and friends had received a night's ledging in the Institute, and the daily average number of men using the house was 160. Although, as above stated, testestimm was not pressed upon any one, 195 men entered their names in a book kept in the bar for those who wished to take the pledge. There were 63 members of the methors' meeting and sewing class, and 110 members of the children's Wednesday meeting.

On the arrival and departure of troop-ships, the house was frequently filled with the

On the arrival and departure of troop-ships, the house was frequently filled with the families of soldiers, a large proportion of these being Irish Rorian Catholics and nearly destitute. Stores of books and papers were sent on board the ships for the use of troops canon board the saips for the use of troops embarking on foreign service, and agents from the Institute went on board the troop-ships that arrived at Portsmouth, and invited the men to go there when they landed instead of to the greg-shops.—Coiensi H. D. Taylor, in Sunday Mayazins.

The or Toddy —Dr Francis writce to the Lone? "May I be allowed to add my testimorp in favor of cold tea as a boverage in all sporting and other excursions requiring sustained physical vigor. A few years ago, at the commencement of the hot season, I accompanied a civilian (a well-known Nimred in that part of India) on a tiger-shooting expedition, extending over three weeks, in the fepaul forest, at the foot of the Himslayas. My friend, a man of keen narrous temperament, and in excellent health, had been recommended to always drink bettled bitter bear twice a day—at luncheon and at dinner—and he continued this practice in the forest. I drank nothing but cold tea throughout our trip. Every evening, shortly after dinner, my companion "turned in" quite exhausted; whilst I withdrew to my own tent (we had dur meels in his) and read or wrote, quite fresh, till midnight, raing at five the next morning, ready for another day's exertion. I could adduce from my own experience, extending over many years to a tropical disnate, several other instances, showing that tea, where it is not contra-indicated, is, in a odoration, one of the best beverages, if not the very best, we possess for assuaging thirst and maintaining nervous tracry; its use not being followed, uncreover, by the depression which, as a rule, succeeds alset of alcoholic stimulants."

The Evil of a Public Pecuniant Interest in the Deink Thatric—A dergymen, who had labored several years as a missionary in the island of Coylon, spoke of a very severe interpretable the work had suffered by the introduction of the practice of furnishing the juice of the Palmyre tree "Farmerly," he iroduction of the practice of formenting the juice of the Palmyra tree "Formerly," he said, "this practice was not used in the district in which I was located, but as a duty is levied on the formented artills, the Government officers have persuaded the natives to forment the juice on the ground that it would yield a better profit, and I am screy to say that it is making sad work amongst our people." There masing sau work amongst our propes. Incre was a case in which the duty upon interiorizating drink, so far from operating as a restraint was secusly the direct means of promoting its manufacture and consumption.—Alliance here.

According to the Lordon correspondent of the South Water Daily News sloohed is going out of fashlon with medical man, and milk is taking its place. That eminent physician, Dr. George Johnson, has discovered that an exclusive milk dist has a most remarkably curative effect upon persons suffering from Bright's disease. There seems some little doubt as to whether the milk should be skimmed or anakamaned. Dr. Johnson preferring the letter, Dr. Domkin the former.

Neel Dow favors more stringent penaltice against the sale of liquors in Maine. He says the steps taken to diminish this tradic in other States have cured in making the punishment so trilling that the liquor dealers laugh at it. The political influence of the salcons often suffices to parelyze the hands of justice General public sentiment has but little to do in really retarding prohibitive legislation. The true obstacls is the held that the liquor interest has more the surence politicism. interest has upon the average politician.