

W. C. T. U.

What We Do and How We Do It

I once had my head examined by a phrenologist, who informed me that my bump of ideality was abnormally large, and I am often painfully aware that he was correct in this assertion, since my ideal of what should be done, and how it should be accomplished, is frequently so far beyond the results actually achieved. A certain writer tells us that ideality, untrained and carried to excess, becomes exactness. Now, while I would not wish to so merge a virtue into a fault, I would like to ask the indulgence of my hearers, and our president, if I give to my portion on this programme a somewhat ideal turn, and speak not so much of "what we do and how we do it," as of "what we should do, and how we can do it, if we aim high, and keep at it."

In the first place I would assert that no union is so small or so weak as to be excused from having a superintendent of scientific temperance instruction, for the reason that I am quite sure no union exists which has not in its immediate vicinity at least one public school, and that fact settles the question.

I know the common complaint that there are not workers enough to take the offices. Let your president act as superintendent of this department, and the whole union be a committee to assist her.

Different members could visit the school at different times and hear the children at their recitations in this study. If you see that the teacher is not interested, and, as a result, that the children are simply learning by rote, without any real understanding of the subject, ask if you may say a few words to them after the lesson. Tell them how beautifully God has made these bodies of ours, with all their bones and muscles and nerves and sinews working so perfectly together, and has given them to us to take care of. Ask if any of them ever owned a watch. If so, how careful they are to keep it in good order that the works may move right and it may tell the time correctly. Tell them how much more valuable their bodies are than any watch, for if a watch gets broken and destroyed money will be another just as good, but we can never buy another body, so they must pay attention to these lessons they are learning, which teach them how their bodies are made and how to care for them, to keep them in good order, etc., etc.

Talk to the teacher as though you supposed she was, of course, interested in this new and important study. Ask her if she has seen the School Physiology Journal, and if not, tell her that your union would be glad to send it to her regularly, and that she will find it a great help in her teaching.

Do not act as though you had come in the capacity of a spy from the W. C. T. U., but make her feel that you are her friend and would like to help and encourage her in her work. Talk with the school children you know whenever you meet them, and ask them how they like the new study and impress them with its importance.

It would be a good investment if a union would own copies of such books as, Hargreaves' "Alcohol and Science," Johnston's "Chemistry of Common Life," and Pitman's "Alcohol and the State," and loan them to the teacher to read.

Plan to gather your teachers together once a year for a social hour, and hold the meeting in the home of some one who has children in the public school and whose influence is counted of value, even if she be not a member of the W. C. T. U.

Ask the boys and girls of the high school, if you have one, if, of your advanced classes, to write essays upon the "Effect of alcohol and tobacco on the human body." Offer prizes for the best one on each subject. Have four of the best essays read at an evening gathering and the prizes publicly presented. This will interest the parents. Fill in the programme with temperance music and recitations. If possible have a chorus of the school children trained for this purpose. The temperance songs they learn will be carried into the homes and will leave their impress on all who hear them there.

I think a Demorest Medal contest, the contestants to be taken from the public schools, would doubtless have a healthy reflex influence upon the whole school.

At parlor meetings for mothers this subject can be very appropriately introduced.

If you are to have a speaker in town for the Union, ask permission from the school authorities to hold a half hour meeting at one of the school houses for all the children of the school from ten years old upward, immediately at the close of the afternoon session. I would specially advise this if your speaker is Mrs. Ellis, corresponding secretary for the New Jersey State Union. Two such meetings were held for her in Passaic some years ago, one day for the boys, the next for the girls, which proved very profitable.

These are suggestions for the superintendents of local unions.

The county superintendent should be a very powerful factor in the work. She should be in close touch with all local superintendents and with the

county superintendent of public instruction; through the latter she may get the subject brought prominently before the County Teachers' Institute. She should take and read the New Jersey Gazette, and whenever she sees announcements of a newly organized union she should write at once urging the appointment of a superintendent of scientific temperance instruction, and asking that the name of the person appointed be sent to her, which name she should forward at once to the State superintendent.

Having now the undisputed right to vote at school meetings, all W. C. T. U. women in places holding such meetings should use their vote and influence in helping to secure school boards of such men and women as will see that this law is enforced.

These are some of the things which should be done, and which we surely can do if we are thoroughly interested in our department and filled with a sense of its importance. If any one tells you they do not see the necessity for having physiology introduced among the lower grades, and that it is just as well for children to wait until they are older before beginning it, ask them if they are aware that school statistics show that 60 per cent of the children who enter the primary schools never pass into the next grades, and 87½ per cent of those who enter the grammar grade at, or before the completion of that work; that those who remain to enter the high school constitute but 50 per cent of the number that enter the primary grade, and the graduates of the high school are but one half of one per cent of the number originally entering.

Said President Cleveland in one of his speeches: "The people must be educated, for the people rule." I presume Mr. Cleveland had reference solely to the voters among the people; but when the "people" of today, whether voters or not, shall have passed away, there will still exist "the people" of the future years, the children of today, and the unborn children of coming days, and are to be found in our schools. It is difficult to educate grown people, with minds prejudiced by the false teachings of a lifetime to overcome; but the children are ours, with their receptive and retentive minds, easy to mold, and through our schools alone can we hope to get a firm hold on them in their formative years.

"If we work upon marble," said Daniel Webster, "it will perish, if we work upon brass time will efface it; if we rear temples they will crumble into dust, but if we work upon immortal minds, if we imbue them with a just fear of God and love of our fellow men, we engrave on those tablets something that will brighten to all eternity."

Mrs. SWAN BROWN,
Superintendent Scientific Temperance in State W. C. T. U., Passaic, New Jersey.

Bruce County.

Purple Valley, Aug. 8th, 1895.
Dear Home Guard,—I promised some time ago to send a few items regarding our attempt at temperance work here in our backwoods union just lately sprung into life.

I was going to apologize for not doing so, by saying I had not had time, but I never like to use that old commonplace phrase. We have all the time there is. The question is do we systematize our work, so as to use our time to the best advantage; and again how easy it would be for the Lord to give us more time. A little Nora might be silenced and the little form laid away under "mother earth," where the little toddler would make no more trouble in this cold, cruel world. That indeed would be a sad way of giving us more time, we might ourselves be crippled or become helpless, and so have plenty of time, which also would be sad for ourselves and friends; and so instead of lamenting our lack of time, we should rather be thankful when we have strength to perform the duties which crowd in upon us, and aim to divide our time to the best advantage so as to make the best possible use of it.

We made two attempts to organize a W. C. T. U. here and failed. It is a country place and the women neither understood the work nor saw the necessity of it. So we got up an elocution class, and had a Demorest medal contest, and were afterwards able to organize a W. C. T. U. I think we owe our existence as a union to the sound prohibition sentiments expressed in the recitations.

Our first contest was held on the 5th of April, at which Ruby F. Ashcroft took the silver medal. The second was held on the 17th of May, when Miss M. E. Weatherhead received the medal, and the third contest was held on the 27th of June, when Miss Gertrude Watts was the successful competitor.

We expect to hold our next contest about the 23rd of this month, and I know no better way of spreading temperance sentiment.

Our union is officered by Mrs. Ashcroft, president; Mrs. Charbonneau, corresponding secretary; Miss M. Graham, recording secretary; Miss S. Robinson, treasurer. We expect to take up Band of Hope work and Gostall temperance meetings next month.

B. C. A.

Just as the sin of Judas was overruled for the good of the world, so the sin of the world will be overruled for the good of the universe.
—J. D. Kilburn.

Notes and Incidents.

A manufacturing firm in McKeesport, Pa., has given its employees the alternative of signing the pledge to abstain from liquor or quitting their jobs.

The beautifully executed bust of Mrs. Mary A. Livermore, by Anne Whitney, has just been received from Rome. The unveiling will probably occur on October 4, at Boston.

General Neal Dow has written to the Canadian Temperance League, Toronto, saying he does not think it would be advisable to undertake such a long journey to speak in the city the coming season.

A sample of whisky analyzed by a Topeka chemist contained water, cayenne pepper, just oil, tobacco stem juice, blue vitriol, fish berries, logwood and burnt sugar, but not the least trace of alcohol.

Dr. Norman Kerr says: "A few years ago I instituted an inquiry to expose the falsity of the statement that 60,000 drunkards died every year in the United Kingdom. I had not long pursued my inquiry before it was made clear to me that there was very little exaggeration in the statement, and at the Social Science Congress, I was compelled to admit that at least 120,000 annually lost their lives through alcoholic excess."

One of the most important features of the World's W. C. T. U. Convention was the appointment of Miss Mary F. Denton, of Kyoto, Japan, as resident missionary, at a salary of \$600 a year. Miss Denton is from California, and held an excellent position as a high school teacher in that State. She is in her prime, has splendid health, understands the Japanese language and is a devoted white-ribboner.

Messrs. Carlisle & Co., steamship owners, Liverpool, having come to the conclusion that the accidents on their vessels were largely due to intemperance, exacted a pledge of teetotalism from their captains, who were, however, permitted to drink claret. Capt. Harrison, one of their servants, being in Stockton on their business, took some whisky, by his doctor's orders. Messrs. Carlisle thereupon canceled his engagement, and forfeited his deposit. Captain Harrison sued them in the Queen's Bench, but, as he had no evidence to support his own statement, judgment was given for the defendants.

A remedy for phthisis is recommended by the Consul General of Bolivia, who writes that the air in the regions of La Paz, Sucre, and Oruro is so highly rarified and dry that it kills the bacilli of phthisis, and brings about a restoration to health in the patient. The time required depends, of course, upon the stage the disease has attained. Sufferers in the first or second stage would be "completely cured after a short sojourn;" those in the third stage would probably have to remain a few years. Still, according to the Consul General, there is hope for all; and no doctors or medicine are needed. He adds, however, that "complete abstinence from alcoholic drinks is essential."

At a public dinner given to General Harrison, when he was a candidate for the office of president of the United States, one of the guests rather conspicuously "drank to his health." The general pledged his toast by drinking water. Another gentleman offered a toast, and said, "General, will you favor me by drinking a glass of wine?" The general, in a very gentlemanly way, begged to be excused. He was again urged to join in a glass of wine. This was too much. He rose from his seat and said, in the most dignified manner: "Gentlemen, I have twice refused to partake of the wine cup. I hope that will be sufficient. Though you press the matter ever so much, not a drop shall pass my lips. I made a resolve when I started in life that I would avoid strong drink. That vow I have never broken. I am one of a class of seventeen young men who graduated at college together. The other sixteen members of my class now fill drunkards' graves, and all from the pernicious habit of wine-drinking. I owe all my health, my happiness and prosperity to that resolution. Would you urge me to drink it now?" The effect on the company may be imagined.

Miss Belle Kearney, recently elected president of the Mississippi W. C. T. U., was chosen a round-the-world missionary by the executive committee in London, but on conferring with her it was found that her health was not strong enough for such an undertaking, and that she would need some one to accompany her. A suitable companion was not found, and Miss Kearney felt that she would prefer to work in her own country, from which so many good workers have been taken away in these recent years by distance and by death. Mrs. Leavitt, Miss Ackerman, Mrs. Andrew and Dr. Kate Bushnell and Miss Alice Palmer were reappointed round-the-world missionaries, and the welcome news was announced from Mrs. Barney, who has long been under appointment to go round the world, that she hopes to return to England in the autumn to begin the organization of Ireland, and to go thence to Australia in the spring. It would be impossible for our officers to send out a better woman to any country than Mrs. Barney, of Rhode Island. Mrs. Leavitt and Miss Palmer are in this country; Mrs. Andrew and Dr. Bushnell

are recuperating in Switzerland; Miss Ackerman, accompanied by Miss Shaffner, goes to Iceland in July to help spread the work already introduced through the influence of our workers in Christiania.

The Sliding Scale.

This "sliding scale" is not new, but it is, alas, as true as when first written: Mother—Our boy is out late at nights.

Father—Well, we must tax the saloons \$50.

M.—Husband, I believe John drinks.

F.—We must put up that tax to \$100.

M.—My dear husband, our boy is being ruined.

F.—Try 'em awhile at \$200.

M.—Oh, my God! my boy came home drunk.

F.—Well, well, we must make it \$300.

M.—Just think, William, our boy is in jail.

F.—I'll fix those saloons. Tax 'em \$400.

M.—My poor child is a confirmed drunkard.

F.—Up with the tax and make it \$500.

M.—Our once noble boy is a wreck.

F.—Now I'll stop 'em; make it \$600.

M.—We carried our poor boy to a drunkard's grave to-day.

F.—Well, I declare, we must regulate this traffic; we ought to have made that tax \$1,000.

Good Fruit.

The Master desired his disciples to bring forth "good fruit." He often stressed the purity rather than the abundance of faith and love. Our virtues, like gold, vary much in quality. In estimating them we ought surely to use some such criteria as intensity and continuity. It is to be feared that avarice is more virile than charity, that revenge has a longevity which forgiveness has not. We persuade courage, show resignation of incentives, covetousness does not have to be stirred. Is the sanctity of the average Christian as delicious and absorbing as the worldliness of the average sinner?

Our Lord prayed that we might produce "much fruit." "Abound in every grace," wrote St. Paul. But we are "hobbyists," praising by parading our strong points. Even the pulpit is not free from special pleading. It is an easy feat to cultivate one grace to the neglect of all others. Christian character while very intricate must be symmetrical. "All things belonging to the Spirit" ought to live and grow within us. Bazar-like magnificence! When we sedulously tend some pet virtue it is generally accompanied by the opposite vice. One has great zeal and great temper, another is very pure and very indolent, others are quite conscientious and quite as uncharitable.

Our spiritualities do not work felicitously. It is hard for us to be at once patient and earnest. Each voice of the choir ought to sound at the right time. The virtues and graces alternate in usurpation. Today we are liberal, tomorrow, just. This is a familiar and sad experience, blurring the exquisiteness of the higher life. O to be at all times chaste, sincere and sympathetic in thought, word and deed. O for lives sublime with "love, joy, peace, long-suffering, gentleness, goodness, faith, meekness and temperance."—[New York Observer.]

Progress of Reform.

(New York Christian Work.)

Fresh and valuable information in regard to the opium traffic in the far East has been given to the public in the form of a pamphlet written by Mr. Joshua Rowntree. The pamphlet is based on the evidence given by witnesses before the English Royal Commission appointed to investigate the subject. It is made clear in this pamphlet that the Indian Government is hostile to reform of or interference with the cultivation of opium and the revenue from the traffic. The zemindars or land owners are generally in favor of the planting of the poppy. It is a consolation to be assured that the opium habit is not so widespread as is generally supposed. The consumption of opium has obtained little hold on women in India. Mr. Rowntree's conclusion is a sweeping condemnation of the use of opium apart from medical practice.

It is a highly gratifying report which comes from the Immigration Bureau at Washington, D. C. It is asserted that never before have the immigration laws been enforced more rigidly and the result is shown in a falling off of nearly fifty per cent in immigration since 1893. During the last year or two the steamship companies have found it to their interest to co-operate with the officials in keeping out undesirable persons. The Italian Government has also rendered valuable assistance, and to this agency is largely due the credit of breaking up the padrone system, which for many years has kept the Italian immigrant to this country in a condition bordering on slavery. Baron Hirsch's society is also exerting its influence to prevent the coming to this country of pauper Russian Jews. It is believed that if the immigration laws now in existence are strictly enforced, the evils resulting from an infusion of alien paupers and criminals into our popu-

lation will be largely if not wholly abolished.

National Christian Citizenship Leagues are one of the latest forms in which the aroused civic conscience of the people is finding expression. The parent society was incorporated some months ago under the laws of Illinois. This league is non-partisan and non-sectarian. Its object is to educate the public conscience and to secure a more generous support for all movements that make for the public welfare. It does not seek to bring about such a thing as a church party, or to combine Church and State. It was not organized in the interests of any party or against any party as such. Among the things to which the league devotes its attention are these: A crusade against the election of corrupt candidates and the passage of corrupt laws; the extermination of the saloon; the elevation of the franchise; and practical remedies for various social wrongs.

Effect of Alcohol on Eyesight.

Prof. A. Crum Brown, in a lecture on the eyesight and the movements of the head, delivered at the University Museum, Oxford, made some interesting remarks on drunkenness. Alcohol makes all the reflex actions of the body sluggish, so that the nerves and senses perform their automatic or "office" work, as the professor calls it, less promptly than usual. The conscious "I" or "Ego" of the person may not notice anything wrong, but even a moderate dose of alcohol may delay the transmission of a nerve signal to the eyeball, as much as to affect the balance of his head, and make the world outside appear to whirl round. A perfectly sober man sees the world go round if he wags his head, because the "office" work fails him, but a little alcohol makes it fail still more readily. Even in extreme intoxication a man may see the world steadily if he can keep himself steady, but if he allows his head to move, he reels and staggers. It is possible that a good many falls from scaffolds and such-like accidents are traceable to this cause.

Burned by His Own Breath.

The manufacture of distilled spirits, locally known as hoochinnoo, has been carried on by the natives of Alaska for a long period, and at times during the early days of the Cassiar excitement it was freely purchased by the white miners as the only liquor obtainable, owing to the strict enforcement of the prohibitory clause against the importation of liquors into the territory. Hoochinnoo is nothing more nor less than raw alcohol, being distilled mainly from raw sugar or molasses and corn meal. Undiluted the stuff has a double-proof strength, makes "drunk come" freely, and but a few swallows of it will set a man howling in demoniac glee, and nothing but an Indian, with his copper-lined stomach, can stand a protracted spree on it.

The Kake Indians probably lead all others in the manufacture of these spirits, and as proof of their knowledge in the art of making a double-proof article we give the particulars of the awful fate of an expert Kake distiller which happened recently on that island.

It seems that the Indian, while engaged in the manipulation of his little coal oil can still, imbued too freely of its tricklings, and in a drunken stupor lay down by his fire of cedar logs and fell asleep, with his face uncomfortably close to the flames. Through some reason, known only to the medical fraternity, gas accumulated in the stomach and, the breath of the sleeper reaching the flames, this alcoholic gas ignited. The sleeper suddenly leaped to his feet with a terrifying scream, and fell back again, writhing in agony. The man was burning internally. Smoke and even flames were issuing from his mouth, and his agony was something awful. His loud screams brought the members of the camp about him, who looked on in silent, terror-stricken awe, unable to do anything for his relief. The combustion continued until the Indian was literally consumed inside, and for some time after the spirit of life had fled.—[From the Alaska Mining Record.]

The great lung healer is found in that excellent medicine sold as Bickie's Anti-Consumptive Syrup. It soothes and diminishes the sensibility of the membrane of the throat and air passages, and is a sovereign remedy for all coughs, colds, hoarseness, pain or soreness in the chest, bronchitis, etc. It has cured many when supposed to be far advanced in consumption.

"Does this root tick always?" Agent—Oh, no, ma'am, only when it rains.—Chicago Inter-Ocean.

OUT OF SORTS.—Symptoms: Headache, loss of appetite, furred tongue and general indisposition. These symptoms, if neglected, develop into acute disease. It is a trite saying that an "ounce of prevention is worth a pound of cure," and a little attention at this point may save months of sickness and large doctor's bills. For this complaint take from two to three of Parmelee's Vegetable Pills on going to bed, and one or two for three nights in succession, and a cure will be effected.

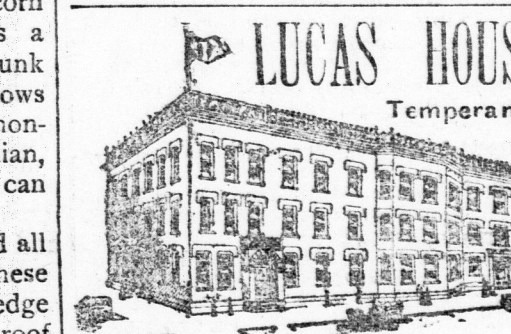
Sir Henry Thompson, the most noted physician of England, says that more than half of all diseases come from errors in diet. Garfield Tea overcomes results of bad eating, cures Sick Headache, restores the Complexion, cures Constipation, gives a free, healthy, fresh Garfield Tea Co., 271 Queen St. E., Toronto.

The Parts that Do Not Grow Old.

"In his work on the senile heart, Dr. Balfour tells us," says the Medical Times, New York, July, "that there are two parts of the human organism, which, if wisely used, largely escape senile failure. These two are the brain and the heart. Persons who think have often wondered why brain-workers, great statesmen and others, should continue to work with almost unimpaired activity and energy up to a period when most of the organs and functions of the body are in a condition of advanced senile decay. There is a physiologic reason for this, and Dr. Balfour tells us what it is. The normal brain, he affirms, remains vigorous to the last, and that because its nutrition is especially provided for. About middle life, or a little later, the general arteries of the body begin to lose their elasticity and to slowly but surely dilate. They become, therefore, much less efficient carriers of the nutrient blood to the capillary areas. But this is not the case with the internal carotids, which supply the capillary areas of the brain. On the contrary, those large vessels continue to retain their pristine elasticity, so that the blood pressure remains normally higher than within the capillary area of any other organ in the body. The cerebral blood paths being thus kept open, the brain tissue is kept better nourished than the other tissues of the body. Who is there among those who have reached or passed middle age that will not be rejoiced to find such admirable physiological warrant for the belief that the brain may continue to work, and even to improve, almost to the very last hour of life?"



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