

amount of work represented by lifting a weight of seven *tuns* one foot high.

If, after working hard all day, a man should be compelled to walk half the night, he would not be surprised that his heart was tired. But yet the effect upon it would not be any worse than for him to drink a few glasses of ale "just to set him up." People should remember that their lives depend on the beating of their hearts and should have some pity on that hard-worked organ.

The next point from which we shall look at the question is the danger of a man's becoming an immoderate drinker. Though moderate drinkers may scoff at the suggestion, we shall see that it is by no means a slight danger when we consider that the thousands of people who die every year from the effects of alcohol were all, at one time, moderate drinkers. Surely, no man of sense should run the risk of filling a drunkard's grave, for the sake of a habit which, at best, will but do him harm.

The third point we shall consider is the example to others. A man might certainly be strong enough to never become more than a moderate drinker, but think of the force of his example on others. A weaker brother might think he could do the same, and might go down to a drunkard's grave. The words of St. Paul seem peculiarly fitting: "Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend."

TEMPERANCE.

Essay read by Emma G. Schooley at Yarmouth First-Day School at the time of Pelham Half-yearly meeting in 8th month, 1892.

While we may observe temperance in many forms, I presume the subject our worthy Supt. wished me to write on was, temperance in regard to alcoholic liquors, or the total abstaining from them as a drink, or, any unnecessary use of them; and one of the altogether unnecessary uses is taking the social

glass "Woe un o him who giveth his neighbor drink."—Habakkuk 2, 15.

It is the beginning of the evil that robs the Church of its members, the home of its comsors, and a man of his soul, for "no drnnkard shall inherit the kingdom of Heaven."

Our hearts are filled with sorrow when we read of the great amount of evil caused by the use of liquor in the large cities; how families are left destitute of food and protection, and how much time and money is spent by Christian philanthropy to provide for the destitute and often homeless people, for though the law sanctions the making and sale of liquor, it never provides for those who are reduced to beggary by the use of it, until they have committed a definite crime, then, the jail and penitentiary opens its doors to receive the victims.

Not long ago I attended a temperance lecture, and when signers to the pledge were called for, the first to rise up was a gray haired man, who said probably he was the oldest person present, and he could not do better than to be the first to sign the pledge, which he always did at every opportunity, and taking his little son by the hand, they both went forward and signed their names; surely this was something in which a father might be proud to have his son follow his example. In contrast to the foregoing, I saw one day a father young in years, staggering along the street, falling down and getting up, until he reached his home. The next day his little boy went into the street and tried to imitate his father, by falling down and getting up. How sad that a good example had not been set him, for children usually copy after their elders. Eli Perkins says he knows a man meaner than a dog; this man and dog went into a saloon together, but the man got beastly drunk, while the dog kept sober and went home like a gentleman.

Now, my young sisters, let us make it a rule that in every possible way, we will use our influence with our brothers