TEMPERANCE COLUMN

CHURCH TEMPERANCE.

: "Be Temperate in all Things."

(Continued.) ardent spirits, fermented liquors, opium, tobacco, absinthe, hashish, and perhaps some others. In some of these the stimulating effect is most prominent, in others, the sedative; but the first effect of all is to excite the sensor nerves above their normal tone, and then leave them to sink below. In this de-pressed state there arises a desire for renewed excitement, and the disposition to repeat in increases till the soul is bound in fetters that only the strongest will can break. What increases the danger is, that with whichever of these stimulants and narcotics this tendency begins, any one of the others may very readily be made to supply its place. The milder ones cannot consent so easily to take the place of the more violent, (tobacco for whiskey, for instance) as the contrary, but it can be done, and as long as the use of tobacco is continued, the appetite for drink will not cease. This is doubtless one reason why there are so few permanently reformed. They only constitute one narcotic for another. Every temperance movement is said to immensely increase the sale of opium. The purpose of this article is to present calmy the reasons why Christians should by precept and example make every effort to keep pure and clean and heathful, this exceedingly delicate part of our physical constitution. As professed Christians, it must be remembered that we live not for ourselves, but for those that are to come after us, and whose happiness is dearer to us than our own; and God has so linked their destiny with ours, that we cannot harm ourselves even a little without harming them. A good man may take his cigar after dinner, and limit himself to one a day during life, and feel no particular inconvenience from it; but he hereby transmits to his son a more excitable, nervous system than his own, and that son cannot submit to the same limits, and his son goes down still lower. He, therefore, who indulges at all, can never estimate the account he may have to render in the coming judgment. The same is true in reference to drink, as illustrated in the case of John B. Gough. His father could drink to be temperate. He could not, because he inherited an exagger-

ated nervious irritability. It may not be known to most that the increase of insanity is astounding. In the last decade the increase of population in this country has been twenty-rix per cent; and that of ineanity sixty. Now insanity is was understood to be a nervous disease, and every unnecossary excitement of the nerves is an injury, and this injury, harm or damage is increased and accelerated in succeeding generations till it becomes insanity. The Christian father, therefore, who smokes his post-prandial eigar, is quite pro-

bably doing what may be the occasion of sending some one or more of his latter posterity to the hospital for the insane.

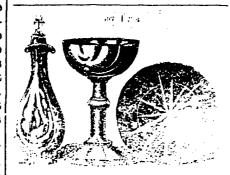
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