

TEMPERANCE COLUMN.

CHURCH TEMPERANCE.

"Be Temperate in all Things."

(Continued.)

Among the leading narcotics are 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 depressed 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 calmly the reasons why Christians should by precept and example make every effort to keep pure and clean and healthful, 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 exaggerated nervous 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-six per cent; and that of insanity sixty. Now insanity is understood to be a nervous disease, and every unnecessary 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 cigar, 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.

SUNDAY-SCHOOL

Lesson Leaflets

In accordance with scheme of Joint Diocesan Committee. Systematic, Simple, Comprehensive and inexpensive. Samples mailed free upon application.

WM. EGERTON & CO.,

Church Publishers,

10 Spruce street, New York.



M. S. BROWN & CO.,

ESTABLISHED A.D. 1840.

JEWELLERS & SILVERSMITHS,

-DEALERS IN-

Church Plate and Metal Altar Furniture.

128 Granville St., Halifax, N.S.

The following well known clergymen have kindly permitted their names to be used as references:-

The Ven. Canon Edwin Gilpin, D.D., Archdeacon of Nova Scotia, Halifax.

The Rev. Canon Brock, M.A., President King's College, Windsor, N.S.

The Rev. C. J. S. Bethune, M.A., Head Master Trinity College School, Port Hope, Ontario.

The Rev. E. S. W. Pentreath, Christ Church, Winnipeg, Man.

Prices can be had on application.

ADVERTISE

IN

THE CHURCH GUARDIAN

BY FAR THE

Best Medium for advertising

BEING

The most extensively circulated

Church of England Journal

IN THE DOMINION

IT REACHES EVERY PART OF THE DOMINION.

RATES MADE AT.

Address

THE "CHURCH GUARDIAN,"

190 St. James Street, Montreal

CORPULENCY. Recipe and note how to successfully and rapidly cure obesity without semi-starvation, dietary, &c. European Mail, Oct. 24th, 1884, says: "Its effect is not merely to reduce the amount of fat, but by affecting the source of obesity to induce a radical cure of the disease. Mr. R. makes no charge whatever. Any person, rich or poor, can obtain his work, gratis, by sending six cents to cover postage, to F. G. BUSELL, Esq., Websters House, Store Street, Montreal."

Dominion Line.

ROYAL MAIL STEAMSHIPS.

LIVERPOOL SERVICE.

Sailing Dates:

From Baltimore.

*Sarnia 17th Jan., Tuesday,

*Oregon 31st " "

*Vancouver 14th Feb., " "

From Halifax.

*Sarnia 21st Jan., Saturday.

*Oregon 4th Feb., Saturday.

*Vancouver 18th " Saturday.

Cabin Rates from Baltimore or Halifax: \$50 \$85 and \$75; according to position of Stateroom, with equal saloon privileges.

W. D. O'BRIEN,

143 St. James street.

S. SCHOFIELD, Agent Montreal.

A. G. JONES & CO., Halifax.

Or DAVID TORRANCE & CO., General Agents, Montreal.



Cures PAINS - External and Internal.

Relieves Swellings, Contractions of the Muscles, Sore Throat, Stiffness of the Joints, Sprains, Strains.

Heals Bruises, Scalds, Burns, Cuts, Cracks and Scratches.

BEST STABLE REMEDY IN THE WORLD.

Cures Rheumatism, Neuralgia, Hoarseness, Sore Throat, Croup, Diphtheria and all kindred affections.

Large Bottle! Powerful Remedy!

Most Economical!

As it costs but 25 cents.

THE FARMER'S REMEDY

FOR

Rheumatism.

A LINIMENT guaranteed to immediately remove Rheumatic Pain. It has been used for years and has never yet failed.

For Chills it will at once stop the irritation. No house should be without a bottle. Put up in 50c., \$1, and \$2 bottles, and sent on receipt of the price by

THE FARMER'S REMEDY CO

and 64 66 Broadway, and 19 New street, New York.

MUCILAGE AND LIQUID GLUE

Direct from the Manufactory. Cheaper and superior in quality to the best imported. In use throughout the Dominion.

Lithogram Composition in 2-lb. and 8-lb. tins.

Orders by mail promptly attended to. Office and Manufactory 750 Craig street,

E. AULD, Proprietor

Montreal Stained Glass Works.



CASTLE & SON,

Artists in English Conventional and Antique, Lead and Mosaic Memorial Stained Glass.

40 Bleury Street, Montreal, P.Q. and Fort Covington, New York.

Canada Paper Co.,

Paper Makers & Wholesale Stationers.

Offices and Warehouses:

578, 580 and 582 CRAIG ST., MONTREAL 1 FRONT ST., TORONTO.

Mills:

SPRINGVALE MILL, WINDSOR MILLS WINDSOR MILL, P.Q.

THIS PAPER IS ON FILE AT

the office of the H. F. HUBBARD CO., Judicious Advertising Agents and Experts, New Haven, Ct., who can supply our every lowest advertising rates.

THE CHURCH GUARDIAN

A Weekly Newspaper.

NON-PARTISAN! INDEPENDENT

Is published every Wednesday in the interests of the Church of England in Canada, and in Rupert's Land and the North-West.

Special Correspondents in different Dioceses.

OFFICE;

190 St. James Street Montreal.

SUBSCRIPTION:

(Postage in Canada and U. S. free.)

If Paid (strictly in advance) - \$1.00 per an

If not so paid - - - - - 1.50 per an

ONE YEAR TO CLERGY - - - - - 1.00

ALL SUBSCRIPTIONS CONTINUED, UNLESS ORDERED OTHERWISE BEFORE DATE OF EXPIRATION OF SUBSCRIPTION.

REMITTANCES requested by POST-OFFICE ORDER, payable to L. H. DAVIDSON, otherwise at subscriber's risk

Receipt acknowledged by change of label. If special receipt required, stamped envelope or post-card necessary.

In changing an Address, send the OLD as well as the NEW Address.

ADVERTISING.

THE GUARDIAN having a CIRCULATION LARGELY IN EXCESS OF ANY OTHER CHURCH PAPER, and extending throughout the Dominion, the North-West and Newfoundland, will be found one of the best mediums for advertising.

RATES.

1st insertion - - 10c. per line Nonparel

Each subsequent insertion - 5c. per line

3 months - - - - - 75c. per line

6 months - - - - - \$1.25 "

12 months - - - - - \$2.00 "

MARRIAGE and BIRTH NOTICES, 50c. each insertion. DEATH NOTICES free.

Obituaries, Complimentary Resolutions, Appeals, Acknowledgments, and other similar matter, 10c. per line.

All Notices must be prepaid.

Address Correspondence and Communications to the Editor

P. O. Box 594,

Montreal