

Health Column.

Joy and health are closely connected; for usefulness in this world, health is paramount. What is there like a joyful heart to keep the body in trim? It is not toil and burden-bearing, nor drudgery to the point of slavery, which breaks men down. Every where it is worry. Joy in the heart gives skill in work. Those who do the best work and work longest are those who know what joy is so well that when they go out in the dawn they are so fully in touch with God that they carry the calm of the dawn with them.

It is man's privilege to rise above the depressions of circumstances by which he is surrounded to the fullness of God's joy. Paul and Silas when in prison knew all about that, and songs and prayers flowed from their hearts and lips with converting power.

From our valued English contemporary, the *Herald of Health*, we learn of the demise of two centenarians, one at the ripe age of 105, the other at 101. Both of these exponents of longevity were of the so-called "weaker sex," yet the elder of the two had done her own gardening up to the age of 90, and had borne twelve children. How long she might have continued to live it is impossible to say, for her untimely taking off was due to the untoward accident of breaking her leg, which put an end to her activity. Both of these remarkable women attribute their length of years to plenty of outdoor exercise, good plain food; and, the younger of the two adds, avoidance of drugs, her only medical experience having been the extraction of a tooth. These examples of what may be accomplished by living, as nearly as possible, a natural life, is commended to the attention of that numerous class whose digestive troubles make life a burden; and also to those who, from indolence, patronize the street cars, for the most trifling journeys, instead of availing themselves of the means of locomotion provided by Nature. There are, of course, many unfortunates upon whom the sins of the fathers are visited, in the form of weak constitutions, but even in these cases, simplicity of diet, regular outdoor exercise, and an adherence to rational methods in treating minor complaints, will materially lengthen their days, and make life really worth living, instead of being endured, as is too frequently the case.

ENDEAVOR TO AVOID STOOPING.

Many growing girls, especially those tall for their age are inclined to stoop and well-meaning persons often advocate the use of braces or shoulder-straps as a means of correcting the tendency. The braces may force an upright carriage, but they do not give the wearer any means of maintaining it, since they prevent the exercise of those muscles which should be trained to produce an erect figure. Any exercise which strengthens the muscles of the back and shoulders will aid in correcting this defect. Old-fashioned mothers used to drill their stooping daughters to walk with a plate carried on their heads and this is really a good practice. High pillows and very soft mattresses are blamed as an aid in producing this defect, and without a doubt a flat, rather hard bed, with low pillows, is preferable for growing children. A stooping, awkward walk detracts so much from the appearance that there is every reason to avoid it, apart from the bad effect it exercises on the physical conditions.—*Healthy Home.*

The Boss Knows.

A building was being torn down, and a laborer, who was noted among the workmen for his lack of intelligence, was set to pull at a rope attached to the top of a wall.

"Do you think," a passer-by asked, "that you are going to pull that thick wall down in that way?" The man continued his tugs as he replied, "It don't seem so to me, but I guess the boss knows what he is about."

After an hour's pulling the man felt a slight vibratory response to his tug, and at last the wall swayed and fell. It had been undermined, and the man who gave the order knew that, although the man who pulled the rope did not. He obeyed, as Peter obeyed Christ's command to let down the net.

Perhaps, if more faith were exercised in Christ's commands now, we should be as much astonished at the result as Peter's was.

Temperance Column.

IS ALCOHOL A FOOD?

There has been much discussion in the papers recently concerning the question whether alcohol is or is not a food. Prof. Atwater, of Wesleyan University, has raised the question, having made a series of experiments in his laboratory which go to show that it is burned up in the body and produces heat and force. This statement has given some comfort to those who use alcohol, and thrown considerable consternation into the camp of the temperance people. I suppose it is generally admitted that at least a portion of the alcohol taken into the system is burned, and in burning produces heat. In this respect Prof. Atwater has made no discovery; but does this fact entitle alcohol to be classed as one of the foods? This is the all important question. In one sense anything that we habitually eat or drink is a food, no matter what it is, as clay among some people, putrid flesh among others; but this definition is not strictly correct. In another sense, a food is any substance which builds up our tissues, nourishes our bodies and supports life. Edward Smith, who wrote largely on this subject, thus defines food: "It is a substance which supports the functions and powers of the body by which it may live, act and grow. A medicine is not a food, though it may alter the functions of the organs and to some extent increase or control their activity. Hence a food must be identical with the elements of our bodies, and capable of transformation into them, of supplying the want caused by waste, and the material needed for growth. It must be adapted to the infant, the aged, to all conditions of life, to the climate in which one lives, the season, mode of life, and the bodily activities." Prof. G. Bunge, another authority of still more recent date, gives a still clearer definition of a food—with special reference to alcohol. He says: "We know that alcohol is to a great extent oxidized in the body. Only a small part is excreted unchanged by the kidneys and lungs. Alcohol is therefore, without doubt, a source of energy when taken into the body. But it does not therefore follow that it is a food. To establish this, it must be shown that the energy liberated by the burning of alcohol is used to promote the performance of the bodily functions in a healthful manner. It is not enough that energy has been liberated, it must be liberated at the right time, in the right place and in definite parts of the tissues. Our bodies are not so constituted that they can be nourished by any and every sort of material which will burn in them."

According to this definition a poison is not a food, though in certain quantities it may yield a limited force to the body and alter its activities. All books on toxicology define alcohol as a poison, and a poison no matter in what quantities we use it. It is not necessary here to go into the well known effects of even the moderate use of alcohol on the body and especially on the mind. They are well known. Instead of classifying it as a food it should be classified as a medicine, and so poor a medicine is it that scores and hundreds of physicians of high rank are using it less and less for this purpose, and many have discarded it altogether.

OBJECTIONS TO TOTAL ABSTINENCE CONSIDERED.

Dr. Brenfeit has made answers to those physicians and others who have raised objections to total abstinence, and the following condensed statements give in few words his views. They naturally and appropriately follow what Prof. Atwater has told us. Dr. B. puts the case as follows:

1. Does alcohol promote digestion?—No; its ingestion produces a passing excitation, interrupts the proper action of the muscles of the stomach, because alcohol acts as an anesthetic after having irritated the walls of the stomach, and it drives the blood to the skin, and so hinders the action of the gastric juice.

2. Is alcohol an appetizer?—No; it produces an excitation of the stomach which causes a sensation taken for hunger.

3. Is alcohol a food?—No; it does not correspond to the definition of food, and the heat that it seems to produce does not serve as an actual warmth.

4. Is alcohol heating?—No; it causes a flow of

blood to the skin, and a lowering of temperature.

5. Is alcohol a stimulant?—In no case, either physical or intellectual.

6. Is alcohol a protector against contagion?—No; it predisposes the body to contagion.

7. Can we live without alcohol?—This idea that we can not live without alcohol is a prejudice that numerous facts contradict. Multitudes do live well without it.

8. Is alcohol good for children?—It should never be given to children.

9. Does alcohol increase longevity?—According to reliable statistics alcohol diminishes longevity.

Notice.

The next annual session of "The New Brunswick Baptist Summer School of Christian Workers" will be held at Hillsdale, Kings Co., on the second day of July, A. D. 1900, and on the following days of that week. Teams will meet the trains on that day both at Sussex and Upham, and intending visitors are requested to notify the Rev. R. M. Bynon, of Hillsdale, of the train by which they expect to arrive. The arrangements will be the same as last year. All meals will be charged for at the lowest possible price, and sleeping accommodation will be furnished gratis. It is confidently expected that various addresses of great interest will be made, and this session will prove of more than ordinary interest. For further particulars address the secretary at Port Elgin, N. B.

R. BARRY SMITH, Sec'y.

May 26th, 1900.

Quarterly Meeting.

The Albert Co. Quarterly Meeting met with the Hopewell Cape section of the Hopewell Baptist church June 5th. The devotional exercises were conducted by Rev. H. H. Saunders. A large number engaged in this service which was very much enjoyed by all. The president being absent, Deacon Manning Tingley was appointed president. The delegation was large, although some familiar faces were absent. The reports from the churches showed no special ingathering during the quarter. All the pastors told of a amount of sickness and many deaths on the field of labor. A crowded house greeted Rev. C. W. Townsend, who preached the quarterly sermon. Brother A. C. Berrie (Lic) led an after-meeting, and the service was deeply impressive all through. Bro. G. H. Beaman, (Lic) led the prayer service in the morning. A half hour was profitable spent. After the meeting was called to order by Rev. C. W. Townsend, Rev. H. H. Saunders spoke on Missions. Spoken to by Secretary and Rev. R. Hurst. Rev. F. D. Davidson spoke on Temperance, discussed by S. C. Spencer, Deacon W. A. Colpitts, Rev. R. Hurst and others.

Resolutions of sympathy were unanimously adopted with pastor J. Miles and S. W. Keirstead in their affliction through ill health; and praying for their restoration to strength and happy service, also a resolution regretting the removal of Rev. Trueman Bishop from the county, and expressing desire for his prosperity in his new field of labor.

It was also resolved that the Quarterly Meeting put on record its unanimous desire that the proposed arrangement for prosecuting Home Mission work in New Brunswick be finally adopted at the meeting of each association.

The association quarterly is to meet with the 2nd Elgin Church (Prosser Brook) in Sept. The weather was lovely, the hospitality large, congregations good, and one of the best quarterlies we have attended as a result.

F. D. DAVIDSON, Sec'y, and Treas.

Acknowledgement.

The Tabernacle Baptist church of St. John acknowledges with gratitude the sum \$88 received from Main Street Church, in response to an appeal made by Pastor Stackhouse on June 10th, toward the erection of a new church building on Haymarket Square.