



Scientific Temperance Teaching.

(By Mrs. Howard Ingham, Secretary Non-Partisan W. C. T. U., Cleveland, Ohio.)

LESSON XXXV.—REVIEW.

1. What is alcohol?

Alcohol is a deadly poison.

2. Can it ever be safe to drink it?

Never. It is just as sure to do us harm as water is to make us wet or fire to burn us.

3. Can we not take a little without harm?

No; a little does harm. But it is almost impossible to stop with a little.

4. Why so?

Because alcohol never satisfies as milk and water do. It is the nature of a little alcohol to produce an appetite for more.

5. What part of the body does it harm most?

It harms every part of the body, but most of all the brain, and through the brain the mind.

6. How does it harm the brain?

It hardens and cooks the delicate substance of the brain. It weakens its blood-vessels so that they are likely to burst if crowded, and it crowds the blood-vessels with bad blood.

7. Why is the blood bad?

Because the alcohol sucks out a great deal of the water of the blood, and it kills the little air-cells which keep the blood pure.

8. What does alcohol do to the heart?

It weakens its walls, just as it does the walls of the blood-vessels. And it hurries its action and so wears it out faster than it ought to wear.

9. What does alcohol do to the stomach?

It destroys the juices necessary for the digestion of the food. And it burns its delicate surfaces, and in time covers them with sores.

10. How does alcohol affect the nerves?

It sucks out their moisture and leaves them dry, so that they cannot carry the messages between the brain and the other parts of the body.

11. What makes the drunken man stagger and fall?

Because his brain is so hurt by the alcohol that it cannot control the body, and the nerves are so asleep that they cannot obey the brain's commands.

12. What makes the drinker's face and nose so red?

The alcohol has put to sleep the nerves that control the amount of blood pumped into the small blood-vessels and they are crowded full of bad blood, and so show very plainly.

13. What makes so many beer-drinkers so large and heavy?

The alcohol has prevented the sending out of the body of the particles of matter that are continually dying, so the body is full of dead matter.

14. Is this stoutness and ruddy color then a sign of health?

No, indeed; a sign of disease. The blood-vessels are sick, the nerves are sick, the brain is sick, and the whole body is full of death.

15. What is the only safe course in regard to alcohol?

To let it altogether and always alone, never taking even the first drink of anything that contains it.

Hints to Teachers.

Two or three lessons will be given to a review of the more striking facts concerning alcohol and tobacco. Each teacher will find herself borne along on a current of interesting thought, and will take pleasure in questioning the children closely concerning what they have learned. These review lessons may be brightened by charts, pictures, etc., and varied by recitations and songs. The children's own minds will be full of self-gathered evidence of the truths they have learned.

A Great Temperance Triumph

The temperance people of Canada have won a great moral victory. They have demonstrated the fact that outside the Province of Quebec, where the French Catholic element is so strong, a vast majority of the people believe in the absolute prohibition of the liquor traffic. No matter what construction the politicians and the liquor sympathizers may place upon the fact that the vote was comparatively light, and that it had no mandatory power upon the Dominion Parliament, the truth remains that the majority of those who voted condemned the sale of intoxicating drinks, and are ready to oust the whole business from the country. It is also fair to presume that the vote is representative, and that if all the non-voters were compelled to express themselves they would swell, rather than reduce, the majorities for prohibition. The contest was a fierce one. The liquor fraternity was aroused. In cities especially, where the traffic holds the sympathies of the hoodlum elements, the vote was large. Therefore the apathetic element was probably among the moral classes, who, in a crisis, would vote for sobriety and the suppression of all crime-breeding haunts, but who are not sufficiently aroused in this instance to go to the polls and vote. Quite likely many voters in rural places knew little or nothing of the tremendous issues involved. This was the first national battle of the kind, and it is not to be supposed that the prohibitionists were able to reach their last friend and secure his vote. Against them was pitted the unlimited capital and influence of the national liquor traffic, the strong sentiment of the politicians and the practical opposition of the great body of Romanists. To carry the province of Ontario by 35,000 majority, Nova Scotia by 20,000, New Brunswick by 14,000 and Manitoba, Prince Edward Island, British Columbia, and the North-West Territories by smaller but clear majorities, was an achievement which may well give heart to the temperance forces and nerve them to demand their rights in coming legislation.—Michigan 'Advocate.'

Note.—The latest returns give the majorities as follows:

	Majorities for.	Majorities against.
Quebec		93 511
Ontario	38 344
Nova Scotia	28 736
New Brunswick	15 948
Prince Edw'd Isl'nd	6 200
Manitoba	9 000
North-West Territories	2 500
British Columbia	1 500
Total	102 228	93 511
Net prohibitory majority	8 717	

Habit.

It is more than likely that some of my little readers have written in their copy-books the words, 'Habit is second nature,' and that in doing so they have wondered what the word habit means, and yet if they had thought they would have found that the sentence really explains itself. When we say that a certain action is performed naturally, we mean that we do it without thought or trouble; thus we learn to eat and to drink without any effort; because these actions are part of ourselves, and without them we could not exist. Now, there are actions which men perform which are not natural, and yet when these actions are performed over and over again, they become as it were part of the life of those who perform them, and they become miserable if anything interferes with such actions. Thus smoking is a habit which is sometimes difficult to learn, but once the smoker has become accustomed to his pipe, how miserable he is if he cannot get any tobacco!

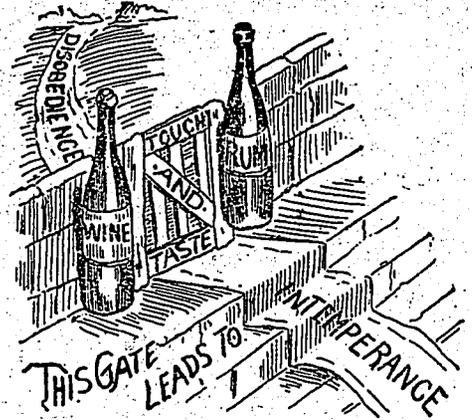
The word habit comes from a Latin word (*habeo*, meaning to have; so that a habit is something we have that is part of ourselves, something we cannot get rid of even if we would.

Now, it is quite right to cultivate good habits, it is quite right to begin while we are young to cultivate habits which will give us a pure mind and a strong body. This is the reason our parents will not allow us to read bad books, or to mix with bad company; for this reason our parents encourage us to rise early, to bathe in cold water, and

to have plenty of healthy exercise. They know that once these habits become part of our daily life, then it is very likely we shall cheerfully carry them out when we grow older, and are not under the control of our parents.

We must find out whether the habits we are forming are for our good or for our harm. We can very easily find this out; there need not be any trouble about it. Can we kneel down and ask God's blessing on such habits?

If you are learning to use bad language, or if you are getting into the habit of tell-



ing lies, you know at once that these are bad habits, because you would not dare to ask God's blessing on them.

We must not shut our ears to what kind friends say to us. When we hear mother say, 'Now, John, that is a bad habit, and some day you will be sorry if you do it,' we must not turn away and say, 'Well, I can leave it off when I like, it will make no difference to me.'

It will make all the difference, for in a few years the habit will become truly your second nature. You will find it very hard to break away from it.

There is a story told of a boy who had taken up his father's diamond ring, and was writing on the window-pane with it.

'Don't write there, my son,' said the father. 'Why not, Father?' was the boy's question.

'Because you cannot rub it out.' Of course you need hardly be reminded, that one habit against which you are often warned is the habit of drinking intoxicating drinks.

I remember once saying to a big man, 'Why don't you give up drinking? You know what harm it is doing you, and how your wife and children are suffering.'

He looked at me very sorrowfully, then the tears came into his eyes as he replied: 'Ah, you don't understand! Drink has got such a hold on me that I can't give it up.'

There are many people who want to give up their drinking habits, but find it very hard to do so. How much happier their lives would have been, then, if they had never learned to drink!—'Adviser.'



Bishop Tugwell's inquiry as to the spread of the drink traffic in West Africa was addressed to twelve African and two European missionaries, and the result shows, as might be expected, that the interior and less accessible parts of Africa are far freer from the drink traffic than the coast. Many of the coast missionaries bear out the statement that at the times of fetich festivals the whole of a town may be found drunk at once. A characteristic glimpse of African trade is given by the Rev. J. B. Wood in his account of his journey from Abeokuta to Lagos. Two-thirds of the caravans travelling towards the town, and every canoe on the river, were loaded with rum and gin. 'Not from the time,' says he, 'that we left the Abeokuta town gate till Lagos was reached did I see one piece of cloth on its way up country.' 'And yet,' says the 'Daily Chronicle,' 'we are always being asked to open up Africa to European trade! We strongly suspect that the only people who profit by all this opening-up are the gin-distillers.—But no: The rascally merchants who use this as currency also make great gain by it.—'Alliance News.'