

Temperance Column.**THE PRESS AS AN AID TO
BAND OF HOPE WORK.**

(By Frederick Sherlock, author of
"Illustrious Abstainers," "More
than Conquerors," etc.)

(Continued.)

The ministering mission of good books entering the homes of the people week by week is simply incalculable. "That wicked and perverse generation" who totally abstain from attending Temperance meetings, "charm" the Secretaries "never so wisely," may still be brought within the range of Temperance influence, if their little people are members of a Band of Hope which has a well-stocked and well-selected Lending Library. The relentless Bogey which meets us at every turn—Want-of-Funds—once again blocks the way. How can we get this much-to-be-desired Library of Temperance Books? My friends, believe me, there is but one way. Buy them! I repeat, Buy them! It may be that this advice is superfluous in Belfast, but, I assure you, it is not so in London. In the City of Dreadful Night there is a colony of good people whose cardinal creed seems to be that authors and publishers are concerned in the manufacture of books in order to give them away. It never seems to enter the heads of these amiable people that writers, and paper-makers, and printers, and binders, and publishers, have occasionally to eat and drink, and otherwise generally conform to the modern fashion of clothing themselves. Believe me, the dullest Temperance book that was ever penned can be promptly passed into a tenth edition by simply handing over copies to folk who have no difficulty in making out a convenient claim to a place on the author's free list.

Give entertainments, open a subscription list, and set to work in a way which plainly indicates to the good people in your parish that you mean to establish a Temperance Library, and the monetary difficulty will soon grow small by degrees and beautifully less.

When the Library is opened, it should of course be a condition that all members join the Band of Hope. I have found it useful to paste in the cover of all books a small paper, not only giving the rules as to the return of books, etc., but also a copy of the pledge of Total Abstinence, and an intimation that anyone can take the pledge, either by attending at the school-room on the Band of Hope meeting nights, or by sending to the Secretary, whose address is given. In this way each book, when it leaves the library, goes out as a singularly discreet Temperance missionary. It gives its message without any circumlocution, it refuses to be drawn into any wordy warfare, it doggedly sticks to one point—if you want to abstain, sign the pledge.

(To be continued.)

"DROPPED DEAD."**THE FATE THAT OVERCAME "LITTLE
MAC" AND FIVE OTHER
GOVERNORS.**

Apropos of the sudden death of Gen. Geo. B. McClellan, we note that the New York Sun points out the singular fact that Governor DeWitt Clinton, Governor Silas Wright, Governor William L. Marcy, Governor and Chief Justice Sanford E. Church, and Governor R. E. Fenton, all of New York State, dropped dead of heart disease, and under quite identical circumstances—each of them dying while reading a letter except Marcy, who was perusing Cowper's poems!

Hold your hand against the ribs on your left side, front—the regular, steady beating of the great "force pump" of the system, run by an unknown and mysterious Engineer, is awful in its impressiveness!

Few persons like to count their own pulse-beats, and fewer persons still enjoy marking the "thub-thub" of their own heart.

"What if it should skip a beat!"

As a matter of fact the heart is the least susceptible to primary disease of any of our vital organs. It is, however, very much injured by certain long-continued congestions of the vital organs, like the kidneys, liver and stomach. Moreover, blood filled with uric acid produces a rheumatic tendency, and is very injurious to healthful heart action,—it often proves fatal, and, of course, the uric acid comes from impaired kidney action.

Roberts, the great English authority, says that heart disease is chiefly secondary to some more fatal malady in the blood or other vital organs. That is, it is not the original source of the fatal malady.

The work of the heart is to force blood into every part of the system. If the organs are sound it is an easy task. If they are at all diseased, it is a very, very hard task. Take as an illustration: The kidneys are very subject to congestion, and yet, being deficient in the nerves of sensation, this congested condition is *not indicated by pain*. It may exist for years, unknown even to physicians, and if it does not result in complete destruction of the kidneys, the extra work which is forced upon the heart weakens it every year, an —a "mysterious" sudden death claims another victim!

This is the true history of "heart disease,"—so called, which in reality is chiefly a secondary effect of Bright's disease of the kidneys, and indicates the universal need of that renowned specific, Warner's safe cure.

B. F. Larrabee, Esq., of Boston, who was by it so wonderfully cured of Bright's disease, in 1879, says that with its disappearance went the distressing heart disorder, which he then discovered was only secondary to the renal trouble.

There is a general impression that the medical profession is not at fault if it frankly admits that heart disease is the cause of death. In other words, a cure of heart disease is not expected of them!

There may be no help for a broken-down, worn out, apoplectic heart, but there is a help for the kidney disorder, which in most cases is responsible for the heart trouble, and if its use put money and fame into the treasury of the profession instead of into the hands of an independent investigator, every graduated doctor in the world would exclaim of it, as one, nobler and less prejudiced than his fellows, once exclaimed: "It is a God-send to humanity!"

What therefore must be the public estimate of that bigotry and want of frankness which forbids in such cases (because forsooth it is a proprietary article), the use of the one effective remedial agency of the age?

"Heart disease," indeed! Why not call such things by their right names?

Why not?

"Dead without a moment's warning." This likewise is an untruth! Warnings are given by the thousand. Physicians are "not surprised." They "expected it!" They know what the end will be, but the victim?—"oh no, he mustn't be told, you know, it would only frighten him, for there is no help, you know, for it!"

The fate that attended "Little Mac" and the five governors is not a royal and exclusive one—it threatens every one who fails to heed the warnings of nature as set forth above.



CONTRACT FOR

SUPPLY OF MAIL BAGS.

SEALED TENDERS addressed to the Postmaster General, (For Printing and Supply Branch), and marked "Tender for Mail Bags," will be received at Ottawa until 12 o'clock noon, on MONDAY, the 2nd NOVEMBER, 1885, for the supply of the Post Office Department of Canada with such Cotton Duck, Jute and Leather Mail Bags as may from time to time be required for the Postal Service of the Dominion.

Samples of the Bags to be furnished may be seen at the Post Offices at Halifax, N.S., St. John, N.B., Charlottetown, P.E.I.; Quebec, Montreal, Ottawa, Toronto, London, Winnipeg, Man.; Victoria, B.C., or at the Post Office Department at Ottawa.

The Bags supplied, both as regards material and manufacture, to be fully equal to the samples, and to be delivered from time to time in such quantities as may be required at Ottawa.

The contract, if satisfactorily executed, shall continue in force for the term of four years, provided always the workmanship and material be satisfactory to the Postmaster General.

Each tender to state the price asked per bag in the form and manner prescribed by the form of tender, and to be accompanied by the written guarantee of two responsible parties, undertaking that in the event of the Tender being accepted, the contract shall be duly executed by the party tendering for the price demanded. Undertaking also to become bound with the contractor in the sum of two thousand dollars for the due performance of the contract.

Printed forms of tender and guarantee may be obtained at the Post Offices above named, or at the Post Office Department, Ottawa.

The lowest or any tender will not necessarily be accepted.

WILLIAM WHITE,
Secretary.

POST OFFICE DEPARTMENT, Canada,
Ottawa, 1st October, 1885.

N. B.—The time for the reception of Tenders for the supply of Mail Bags has been extended by the Postmaster General for one month (until noon on WEDNESDAY, the 2nd DECEMBER, 1885), certain changes having been made in the form of tender, as shown in the amended form of proposal, to be had from the Postmasters of the following places:—Halifax, N.S., St. John, N.B., Charlottetown, P.E.I., Quebec, Montreal, Ottawa, Toronto, London, Hamilton, Winnipeg, Man., Victoria, B.C., or at the Post Office Department at Ottawa.

WILLIAM WHITE,
Secretary.
POST OFFICE DEPARTMENT, CANADA,
OTTAWA, 24th October, 1885.

**THE CHURCH GUARDIAN
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