

TEMPERANCE.**A SCHEME FOR THE EXAMINATION OF BAND OF HOPE WORKERS.**

By THE REV. H. BYERLEY THOMSON.

It is generally admitted that the object of a Band of Hope is not merely to keep children out of mischief, but rather to instruct and train them in the principles of Temperance, that in after years they may continue abstainers and also become workers in this great cause. If, therefore, instruction is the most important work of a well-ordered Band of Hope, each such organisation should possess a body of efficient teachers, so that the ordinary and routine teaching can be given independently of outside help. Further, the regular worker is more fitted to act as a teacher than a stranger, on account of the personal influence and knowledge of the children, which the former has and can bring to bear on the work.

The occasional address, a most valuable feature in Bands of Hope, on the other hand, comes with more force and freshness from an outsider. Both are means of education, and for their efficacy, are equally dependent on the grasp of the subject and amount of information possessed by the worker; hence it follows that the regular instruction of the teacher—a matter almost entirely neglected up to the present time—is one of the first steps towards increasing the usefulness and power of Bands of Hope. Many engaged in Juvenile Temperance work have considerable experience in the art of teaching, in many cases being also teachers in elementary or Sunday schools; they, however, are wanting in sufficient knowledge of the subject. Temperance covers a wide field; and requires systematic study, and the small stock of ideas and facts which they possess, having been gathered hap-hazard from meetings, newspapers, and every other imaginable source, are confused and desultory; therefore, as an inevitable consequence, their lessons and addresses partake of the same chaotic character. It is evident that the remedy for such a state of things is to provide Band of Hope workers with a definite course of study. This end could be attained by either of the following methods—viz.: 1. Classes or lectures for definite instruction. 2. Examinations after a course of systematic reading. The first of these has been employed with excellent results by the United Kingdom Band of Hope Union in dealing with the pupil teachers of Board and other elementary schools, in which the Society is doing a very valuable work, and this seems by far the best way of instructing the class of teachers mentioned.

The second plan has been employed by several religious societies to increase the interest in and extend the knowledge of their special work. The Church Missionary Society has a "Gleaners'" Examination, and the Christian Evidence Society an excellent scheme of study and examination in evidences; it is open to candidates

of both sexes, who are at liberty to study either singly or in classes. The examinations are of three grades—elementary, intermediate, and advanced. Prizes and certificates are awarded to meritorious candidates. The Society expressly states that the object of these examinations is the promotion of the study of evidences, that persons may understand the foundations of our Holy Religion, and be thereby strengthened against the assaults of infidels,—an end, in some respects, not unlike that of the proposed examinations for Band of Hope workers.

(To be Continued.)

LIFE BECAME A BURDEN.**THE WONDERFUL NARRATIVE OF A PATIENT SUFFERER.**

The After Effects of La Grippe Developed into Inflammation of the Lungs and Chronic Bronchitis—After Four Years of Suffering Health is Almost Miraculously Restored.

From LeMonde, Montreal.

Mrs. Sarah Cloutier, who resides at No. 405 Montcalm street, Montreal, has passed through an experience which is worthy of a widespread publication for the benefit it may prove to others. Up to four years ago Mrs. Cloutier's health had been good, but at that time she was attacked by that dread scourge, la grippe. Every fall since, notwithstanding all her care to avoid it, she has been afflicted with inflammation of the lungs, which would bring her to the very verge of death. This was followed by bronchia for the rest of the year. Her bronchial tubes were affected to such an extent that it was with difficulty she could breathe, and a draught of outside air would make her cough in the most distressing manner. "There was," said Mrs. Cloutier to the reporter, "a constant rattling sound in my throat, and in the state I was in death would have been a relief. I could not attend to my affairs nor to my house, and had it not been for my niece, on whom I relied, I cannot say what would have become of me. It was in vain that I tried the numerous remedies given me by various doctors, and when I think of all the money they cost me I cannot but regret I have ever tried them. I had read frequently of the cures effected by Dr. Williams' Pink Pills, and I felt that they must contain the truth, for if they were unfounded none would dare to give the names and addresses of the persons said to be cured in the public manner in which these are given in the newspapers. I decided to try Pink Pills, and none but those who were acquainted with my former condition can understand the good I have derived from their use, which I continued until I felt that I was completely cured. As a proof that I am cured I may tell you that on the first occasion of my going out after my recovery I walked for two miles on an up hill road without feeling the least fatigue or the least pant for breath, and since that time I have enjoyed the best of health. Last fall I was afraid that the inflammation

of the lungs to which I had been subject at that period in former years might return, but I had not the least symptom of it, and never felt better in my life. You can imagine the gratitude I feel for Dr. Williams' Pink Pills, and I recommend them to all who will heed my advice, and I do not think it possible for me to say too much in favor of this wonderful remedy, the use of which in other cases as well as mine has proved invaluable."

A depraved or watery condition of the blood or shattered nerves are the two fruitful sources of almost every disease that afflicts humanity, and to all sufferers Dr. Williams' Pink Pills are offered with a confidence that they are the only perfect and unfailing blood builder and nerve restorer, and that, where given a fair trial, disease and suffering must vanish. Pink Pills are sold by all dealers or will be sent by mail on receipt of 50 cents a box, or \$2.50 for six boxes, by addressing the Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N.Y. Beware of imitations and always refuse trashy substitutes alleged to be "just as good."

QUOD SEMPER, QUOD UBIQUE QUOD AB OMNIBUS.

"Within the Catholic Church, we hold that which hath been believed everywhere, always, and of all men; for that is truly and properly Catholic which comprehendeth all things in general after an universal manner. And that shall we do if we follow Universality, Antiquity, Consent.

Universality shall we follow thus, if we profess that One Faith to be true, which the whole Church throughout the world acknowledgeth and confesseth.

Antiquity shall we follow, if we part not any whit from those senses which it is plain that our holy elders and fathers generally held.

Consent shall we likewise follow, if, in this very Antiquity itself, we hold the definitions and opinions of all, or at any rate almost all, the Priests and Doctors together."—(Vincent of Lerins, "Against Heresy," Ch. 11.)

The above is the celebrated *Vincient Rule*, by which this Church and our Mother Church of England is ready and willing at all times to be tried. Can the Church of Rome on one hand, or the many Protestant bodies around us on the other, abide this test?

"The Church," says St. Cyril, of Jerusalem, "is called Catholic because it exists over all the world, from one end of the earth to the other; and because it teaches universally (Katholikos), and with no omissions, the entire body of doctrines which men ought to know."—*Parish Record*.

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Church Guardian

A Weekly Newspaper,

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Is published every Wednesday in the interests of The Church of England in Canada, and in Rupert's Land and the Northwest.

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Exchanges to P. O. Box 1968 Montreal.