

Temperance Column.

IS ALCOHOL A FOOD?

OUR debt to Dr. Mortimer Granville increases. His last letter to the *Times* has resulted in a further reply from Dr. Alfred Carpenter, in which he thus deals with the question:—"First, is alcohol a food? Secondly, where, if any, is the line of physiological saturation at which it ceases to be a food and becomes a poison?" The reply to these questions is given in medical terms: but most of us are doctors enough to understand them. We give it in full.

I. "First, as to food. Nature divides food into several classes. These are fats, starch, and sugar, vegetables, and salts of various kinds (to this list Dr. Granville adds alcohol). If we exclude any one of these, nature rebels and disease is set up to a certainty. Take away salt, for instance, or lime, or fresh vegetables, and fatal diseases ensue. This rule is absolute: science can show no exception to it. Can Dr. Granville say the same of alcohol when we know that millions of the human race never touch it, and that no diseases arise in consequence of its exclusion from the diet table.

II. Physiologists are now acquainted with instruments of precision which give the absolute values of foods as producers of heat and force. The thermometer and the measurers of thermo-electric action have established the points in question on such a basis as cannot be gainsaid. These instruments prove that alcohol diminishes oxidation and lessens the production of heat, and consequently of vital force. I could, if necessary, multiply this evidence in twenty different ways. As to physiological saturation, if Dr. Granville's argument has any sound basis, there must be something to indicate when the point is reached and what is the condition induced. I will give a definition, as the doctor does not do so. It is the moment at which the effect of alcohol is to lessen oxidation and to diminish the purifying influence of the various excretory organs of the human body. I assert that this arises directly oxidation is diminished and impurities are allowed to remain within the precincts of the body. It is for the oxidation of these very excreta that the oxygen is required which alcohol, like a parasite, seizes upon for its own combustion. All the pleasurable sensations which follow the administration of alcohol and render its use so enticing arise from this faculty. Oxidation causes uneasiness, alcohol puts a stop to it; oxidation clears morbid matter out of the system, alcohol stops the process. It enables a man who is suffering from indigestion in consequence of having eaten too much to continue taking the same amount of food instead of doing what nature indicates—diminishing the supply of food, and so letting the stomach have rest; the glass of wine, acting as a narcotic, lessens the comfort and hurries the

man still nearer to the precipice which Dr. Granville shows to be at the edge of this path.

We agree, then, as to the precipice. I and those who agree with me keep as far from it as we can; our opponents, in admiring the beauty of the scene as viewed through a false medium, but too often fall over the edge.

There is another aspect of the case which may be glanced at—namely, where the line of saturation terminates. Looking at the immense mass of depraved humanity existing in the world, and recognised on all sides as the sequence of the action of alcohol, which has assisted to produce hereditary alterations in the constitution, will Dr. Granville state where this line ends as well as begins? We believe that this mischief is affecting millions of people at this moment in ways entirely beyond their own control, and that the errors of thought and conduct and consequent interference with human happiness are a sequence of the action of the drug when used as an article of food. We believe that it will take generations of persistent abstinence to remove this effect of the sins of the fathers visited upon the children of this generation. Our duty is to forego the pleasure which accompanies the use of wine from a desire to assist in restoring the human frame to something like a healthy state."

**A GOOD BOOK
GUIDE MARKS.
FOR YOUNG CHURCHMEN.**

Right. Rev. Rich. Hooker Wilmer, D. D.,
L.L.D., Bishop of Alabama.
Cloth pp. 66. Postage and duty extra
May be had through this office.

**Wesley Centenary
TRACTS.**

- No. 1—WESLEYAN METHODISM—A Schism.
 - No. 2—WESLEY'S ATTITUDE towards the Church.
 - No. 3—PLAIN STATEMENTS from John Wesley's Works.
 - No. 4—JOHN WESLEY, Priest of the Church of England.
Per Dozen, 6d; per post, 7d; 100, 2s 6d.
- SERMONS BY JOHN WESLEY.**
- The Duty of Constant Communion.
 - A Treatise on Baptism.
 - The Means of Grace: their necessity and spiritual Authority.
 - The Ministry (known as the Korah Sermon)
 - Also, John Wesley's Relation to the Church.
- Price 2d each; 1s 8d per dozen; 50 post free 5s 6d.
- J. CHARLES & SON,**
Middle Abbey Street, Dublin, Ireland.

WARRANTED
MORTIMER GRANVILLE'S
"SMALL ROLLERS"
NOTICE
Beware of Imitations
AUTOGRAFPH
OF
THE GENUINE
MORTIMER GRANVILLE'S
"SMALL ROLLERS"

**GAIN
ONE POUND
A Day.**

A GAIN OF A POUND A DAY IN THE CASE OF A MAN WHO HAS BECOME "ALL RUN DOWN," AND HAS BEGUN TO TAKE THAT REMARKABLE FLESH PRODUCER,

**SCOTT'S
EMULSION**

OF PURE COD LIVER OIL WITH Hypophosphites of Lime & Soda IS NOTHING UNUSUAL. THIS FEAT HAS BEEN PERFORMED OVER AND OVER AGAIN. PALATABLE AS MILK. ENDORSED BY PHYSICIANS. SCOTT'S EMULSION IS PUT UP ONLY IN SALMON COLOR WRAPPERS. SOLD BY ALL DRUGGISTS AT 50c. AND \$1.00

SCOTT'S BOWNE, Belleville.

**PAROCHIAL
Missions to the Jews Fund.**

PATRONS:—Archbishop of Canterbury Earl Nelson, Bishops of London, Winchester Durham, Lincoln, Salisbury, Chester, Lichfield, Newcastle, Oxford, Truro, Bedford, Madras, Fredericton, Niagara, Ontario, Nova Scotia, and Blyth of the Church of England in Jerusalem and the East.

PRESIDENT:—The Dean of Lichfield D.D.

CANADIAN BRANCH.
President.
The Lord Bishop of Niagara.

Committee: The Archdeacon of Guelph, The Archdeacon of Kingston, The Provost of Trinity College, Very Rev. Dean Norman, Rev. J. Langtry, Rev. A. J. Broughall, Rev. J. D. Cayley, Rev. E. P. Crawford, Rev. C. H. Moxkridge, Rev. G. C. Mackenzie, L. H. Davidson, D. C. L., Q.C.

Honorary Secretary: Rev. Canon Cayley, Toronto.
Honorary Treasurer: J. J. Mason Esq., Hamilton, Treasurer D. & F. Mission Board.

Diocesan Treasurers: The Secretary-Treasurers of Diocesan Synods.

- Honorary Diocesan Secretaries:**
- Nova Scotia—Rev. W. B. King, Halifax.
 - Fredericton—Rev. Canon Neales, Woodstock, N.B.
 - Toronto—Rev. J. D. Cayley, Toronto.
 - Montreal—L. H. Davidson, D.C.L., Q.C., Montreal.
 - Montreal—Rev. A. J. Balfour, Que.
 - Ontario—Rev. W. B. Carey, Kingston.
 - Niagara—Rev. Canon Sutherland, Hamilton.
 - Huron—Rev. C. G. Mackenzie, Brantford.

**SUBSCRIBE for the
CHURCH GUARDIAN.**

M. S. BROWN & CO.,
ESTABLISHED A.D. 1840.
DEALERS IN COMMUNION PLATE, BRASS
ALTAR FURNITURE, JEWELLERY
AND SILVER WARE.
138 Granville street, Halifax, N. S.

Our special chalice 7½ inches high, gilt bowl and Paten 6 inches, with gilt surface of superior quality E. B. on White Metal and Crystal Cruet with Maltese Cross stopper, at \$14 per set. Is admirably adapted for Missions of small Parishes, where appropriate articles at small cost are required.

The above set E. P. on Nickel, per set \$18 00
Crystal Cruets, singly, each..... 3 50
E. P. Bread Boxes, hinged cover and front, 21 x 21 x 1 inch..... 2 50
Brass Altar Crosses, 15 to 24 inch, \$10 to \$15
Brass Altar Desks..... 8 to 25
Brass Altar Candlesticks, per pair, 5 to 10
Brass Altar Vases, plain and illuminated, 5 to 12
Brass Altar Dishes, 12 and 14 inch, partly or wholly decorated, each 8 50 to 18
Freight prepaid to Montreal on sales for Manitoba and further West.

**THE INSTITUTE LEAFLET
FOR
CHURCH SUNDAY-SCHOOLS.**

Senior and Junior Series.
Based on the well-known publications of the Church of England Sunday-school Institute, London.

Used largely in all the Canadian Dioceses and heartily approved by many Bishops.

Recommended by the Synods of Montreal, Ontario and Toronto, and by the Inter-Diocesan Sunday-Schools' Conference embracing Delegates from five dioceses. Now in the Eleventh year of publication. Prepared by the Sunday-School Committee of the Toronto Diocese, and published by Messrs. Rowse & Hutchison, Toronto at the low rate of Six cents per copy, per annum. The CHEAPEST LEAFLET in the world. Moderate in tone, sound in Church doctrine, and true to the principles of the Prayer Book, New Series on "The Prayer Book," and "The Acts of the Apostles," begins with Advent next.

Send for sample copies and all particulars Address ROWSE & HUTCHISON, 76 King street, East Toronto.

**BISHOP'S COLLEGE SCHOOL
LENNOXVILLE, P. Q.**

The work of Lent term will begin on SATURDAY, January 23rd, 1892, in the new building. Special preparation for the Royal Military College and the Universities.

RESIDENT SHORTHAND MASTER.
Candidates for entrance must be under fifteen years of age, and must pass entrance examination.

SPECIAL PREPARATORY DEPARTMENT.
Special rates for sons of the clergy of Dioceses of Quebec and Montreal.
Infirmary under charge of trained nurse.
H. J. HAMILTON PETRY, M.A.,
Headmaster.
ARMINE D. NICOLLS, M.A.,
Secretary.
For terms, &c., address R. H. ARCHER, ct. Acting-Sec'y.

**J. E. TOWNSEND,
LITTLE ST. ANTOINE STREET,
MONTREAL.**

BEDDING, patented for its purity. Every description of Bedding, Curled Hair, Moss, Alva, Fibre and Cotton Mattresses. Patentee of the Steam-winder wove wire Mattress. Feather and Down Beds, Bolsters, Pillows, etc.
The trade supplied. Bell Telephone 190. Federal Telephone 2224.

McShane Bell Foundry.
Finest Grade of Bells,
Chimes and Pads for Churches,
Colleges, Tower Clocks, etc.
Fully warranted; satisfaction guaranteed. Send for price and catalogue.
J. E. McSHANE & CO., BALTIMORE, Md., U.S.A. Mention this paper.

McShane Bell Foundry & Co.
SUCCESSORS IN BLYMER BELLS TO THE
BLYMER MANUFACTURING CO
CATALOGUE WITH 1800 TESTIMONIALS.
THE CHURCH GUARDIAN'S