

Temperance Column.

Million More Scheme.

Probably one of the most extensive efforts ever attempted by the Temperance party, is that being made to-day by our own and other societies working amongst the young, on the suggestion of the United Kingdom Band of Hope Union. No less than 30,000 men and women have undertaken to visit a million houses with the object of securing the adhesion of the children (of course with consent of their parents) to the Band of Hope movement.

In our case each visitor is armed with the printed appeal to parents by our Chairman, the Bishop of London, which appeal we published in our impression of the 3rd inst., on the reverse side of which are some telling extracts from the evidence given at the great Medical Conference on "Alcohol and Childhood," with a copy of the resolution they unanimously passed, "That this meeting fully agrees with the principle that alcohol is not necessary or desirable for children as a dietary, but should only be used by them under medical direction, with strict regard to quantities and duration." This will be recommended to the consideration of parents by the visitors, who will at the same time leave a "parents' consent paper" with each appeal, and again call in a few days to receive those which have been filled up. We wish every success to this effort, and hope that it may lead to a large accession of numbers to the Bands of Hope throughout the country, for, after all, with the children most truly lies the nation's hope.

A Bishop on Temperance.

Dr. Temple, Lord Bishop of London, England, addressed an overflowing meeting at the Church of England Temperance Society's tent mission in Seven Sister's road on October last. He asked his audience to imagine the terrible struggle of the man who had fallen into the coils of drink, and to think of the misery in which the man himself was not only living, but into which he was plunging his family, and then to remember that their sympathy alone could really help that man. The Bishop said he well knew that no words—no words of denunciation, no pictures of the misery which was sure to come upon them, no pictures of the awful wrath which had been proclaimed against a drunkard, no picture of his doom in the world to come—would really have more effect in helping him to struggle upwards than saying to him, "My brother my heart is with you; I will abstain side by side with you." They knew that a word of sympathy had a mysterious power, and that it held together the whole of humanity; and if any proof were needed that men were of one blood, it was shown in the fact that the same power of humanity over human kind. Indeed, they found that the power which preached to them at every turn, and which had really been appointed to

be preached in the Gospel, was the attitude of man to man, and he, therefore, asked them, in regulating their lives, not to think so much of what was good for themselves as what was good for their fellow-men, and especially for their fellow sinners.—*Family Churchman.*

The Secret of a Good Memory.

Whatever may be said in regard to training the memory, it must be remembered that memory is not, as used to be supposed, an independent faculty of the mind that in some mysterious way may be directly strengthened by exercise, as the blacksmith strengthens his arm; but that memory as retentive is due to the plasticity of nerve-substance, and to the property of nerve-centres by which they retain in growth their functional modifications; and that recollection depends upon physiological conditions such as the cerebral circulation and the proper functioning of nerve-cells; moreover, that a complete act of recollection is a complex process involving comparison, inference, and the like. Hence, whatever in general is conducive to vigorous health, and whatever tends to habits of clear and orderly thinking—such conditions will aid recollection. And whatever is detrimental to the normal functioning of the nerve-cells—fatigue, intense emotion, or the like—and whatever blinds the judgment, (such as alcoholic liquors) will hinder recollection. In short, all psychological beatitudes are on the head of him who has good health, sane emotions, and trained power of attention. But no amount of study, nor all the prescriptions of mnemonic doctors, from Simonides to Loissette (except so far as they train attention) can atone for anaemia of body or lack of the power of attention.—*PROF. WILLIAM H. BURNHAM, in Scribner's Magazine.*

Dr. Barnado, who received last year upwards of £110,000 for the maintenance of his work among destitute children, affirms that a very large proportion of these children owe their social ruin to the drinking habits of their parents, or other relatives.

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