

blood that flows in the arteries. It carries oxygen and all the nutriment needed for the tissues, bones and the organs. Alcohol shrivels up the corpuscles and deprives them of their oxygen, and it poisons the blood by itself. When alcohol comes to the venous blood, it clogs the blood vessels and in this way causes many diseases.

4. The three classes of nerves are: sensory nerves, motor nerves, and sympathetic nerves. Alcohol deadens or puts to sleep the sensory nerves and causes them to carry wrong messages to the brain, or else not send any messages at all. Alcohol hardens the brain and makes it so that it cannot send messages, or sometimes it does send messages but they are wrong ones.

5. In the fourth state of intoxication, the nerves that control the involuntary muscles, or the nerves that control the lungs and the heart, remain true.

6. Alcohol and dipsomania are the names of the condition of man when he is under the influence of alcoholic drinks.

8. Alcoholic drinks reverse the work of digestion by preventing putrefaction and decomposition of the food.

9. The uses of water in the system are: It forms the greater part of our blood; it contains mineral matter for different organs; it oils the joints and forms a cushion for the brain. Alcohol cannot substitute water because it is not a food, and it has none of the good qualities of water; besides it is a terrible poison and destroyer of life.

10. The brain is the most affected by strong drink because the greater share of blood goes to the brain. Alcohol mixes with the blood, and so a great amount reaches the brain. The brain is a very tender and sensitive organ and so alcohol does most damage to it (the brain.)

11. Alcohol is more mischievous in a hot temperature because it makes the body hotter than ever and causes fever. Generally, the people of a hot climate are not so healthy as those of a colder

one, and so a disease or a poison easier kills those of a hotter climate.

ESSAY.

Alcohol is a substance obtained from fruits, grains and wood by fermentation and distillation. In many ways alcohol is very useful, such as preparing medicines and preventing putrefaction and decomposition in museum specimens; but like many other valuable and useful things, it may be and is misused. Men have prepared drinks containing alcohol, and although alcohol is useful otherwise, it is a poison when taken into the system. It destroys every organ of the body and thus hinders them from performing their duties or functions. In the first place, it hinders digestion by preventing decomposition of the food. It absorbs moisture from the tissues and juices; it inflames the mucous membrane. The blood vessels are caused to dilate; it hardens and thickens the tissues. By its action the heart is caused to beat faster and with more force. It hinders the power of assimilation or absorption. It is particularly harmful when a person is growing, as it hinders growth and destroys strength. It particularly affects the stomach, the brain, the nerves, the muscles, the liver, and the heart. In all of these it does great harm. Next to the brain, it hinders and does most harm to the liver. It changes the color of the bile from yellow to green, and even to black in some cases. Besides this it shrivels up the liver, leaving ugly lumps. This is called a "hob-nailed" liver.

A CENSUS OF THE BLIND.

It is stated that there are 1,000,000 blind people in the world, or one to every 1,500 inhabitants. Latest reports show 23,000 blind persons in Great Britain, or 870 for each million inhabitants. Blind infants of fewer than five years, 166 for each million; between five and fifteen, 288; between twenty and twenty-five, 422; between forty-five and sixty, 1625, and above sixty-five years 7,000 for each million. Russia and Egypt are the countries where the blind constitute the largest proportionate number of the total population.