

Temperance

The Drunkard.

(By B. Magennis, in the 'Alliance News.')

Who loafs about from bar to bar,
His face begrimed with many a scar,
Whose garments torn and tattered are?
The drunkard.

Who staggers home quite late at night,
And puts his children in a fright,
Is so grieved to see the sight?
The drunkard.

Who spends his money night and day
On drugs that steal his brains away,
And makes him like a donkey bray?
The drunkard.

Who lets in rags his children go,
Around the streets a sorry show,
Their faces pale with want and woe?
The drunkard.

Who acts the pothouse hero still
And swears and curses with a will,
While calling for his pint or gill?
The drunkard.

Who scolds and kicks his hapless wife,
And miserable makes her life,
And home a scene of endless strife?
The drunkard.

Who robs his family of their bread,
And others gives to instead
(The publicans who well are fed)?
The drunkard.

Who seems to love to see them shine,
In broadcloth, silks, and satins fine,
While ragged still his own may pine?
The drunkard.

Who quaffs away the damning bowl,
Till steeped in sin his guilty soul,
Yet never reaches pleasure's goal?
The drunkard.

Who makes himself a wretched sot,
And God's bright image still doth blot,
From out that soul to save he's got?
The drunkard.

Who's blinded by the demon drink,
And seldom can be got to think,
Or else he'd from the tempter shrink?
The drunkard.

Who still from drink's vile chains may rise,
Where low, debased, and scorned he lies,
To God if he but lift his eyes?
The drunkard.

Then take the pledge where'er you can,
Keep it, and then you'll be a man,
It is the surest, safest plan,
You drunkards.

What to Drink in Cold Weather.

Cold acts as a depressant on the human body, and injures in other ways the general health. Well-fed people, who are able to take exercise, look upon dry, frosty weather as highly exhilarating—as to them, no doubt, it is. Their circulations react admirably to the primary effect of cold, and they experience a sense of well-being and buoyancy which they do not feel at any other season. It is very different, however, with the underfed and under-clad, and even with the adequately nourished and fully clothed who are debarred from taking active, muscular exercise. In the case of those who do not have enough food, or who have plenty of food of the wrong kind, exercise cannot warm them, because the tissues have no fuel to burn, and the fire of life only flickers instead of burning with a steady glow. On the other hand, those who partake readily of

their three, or even four, substantial meals per day, may suffer much from cold because lack of exercise prevents the due burning up of their ample supplies of food-fuel.

To be able to resist the liability to disease which this season brings in its train, the temperature of the body must be maintained at its normal level. Persons whose occupation is of a sedentary nature must not only be warm, they must feel warm, if they are to do satisfactory work. A normal temperature of the body does not necessarily imply equal warmth in all its various component parts. A man whose feet and hands are icy cold, and whose skin is in a perpetual shiver, derives no satisfaction from a knowledge of the fact that in all probability the red corpuscles of his blood are enjoying a snug temperature of 102 degrees, or thereabouts. An indoor occupation that debars one from using the muscles is sufficiently trying to those whose circulations are sluggish, and to whose cold hands, feet, and skin surface generally, the indolent and comfortable corpuscles are driven only with the utmost difficulty. It is not to be compared, however, with those outdoor employments such as driving, motoring, cycling, serving in open shops like bookstalls, refreshment stalls, doing 'point' duty, as in the case of policemen, and so forth.

It is not surprising that persons who are habitually engaged in out-of-door work of the nature just described should develop a craving for something hot. The comforting effect of a hot drink is immediately perceptible. An agreeable sensation of warmth is rapidly diffused throughout the body, the skin breaks into a glow, while the hands and feet lose to some extent their apparently leaden characteristics. The mere act of sipping and swallowing the fluid stimulates the heart and circulation, whilst the heat of the beverage is imparted to all those tissues with which it comes into contact in its passage from the gullet to its ultimate destination in the blood. This immediate result, the production of a feeling of bodily comfort and mental content, is the same, whatever the nature of the hot drink imbibed—whether it be soup, milk, brandy, whiskey, gin, tea, coffee, or cocoa.

The subsequent results of taking a hot drink in the circumstances alluded to will depend, however, entirely on the nature, substance, and quality of the beverage selected. Alcoholic drinks produce a sensation of warmth which is of only short duration, and soon passes off, to be succeeded by a more pronounced feeling of cold on the part of the drinker. This is not to be wondered at when it is borne in mind that alcohol is employed medicinally (if it ever is so employed nowadays), as a refrigerant, and has the effect of reducing the temperature of the body. It does this by causing dilatation of the blood-vessels in the skin (thus accounting for the sensation of warmth), with the result that the blood rapidly parts with its heat to the cold air, and the general temperature comes down with a run. Moreover, after the undue dilatation of the blood-vessels under consideration, there is a corresponding reaction, the vessels become abnormally contracted, and the victim of misplaced confidence in alcohol becomes colder than ever. The teachings of science and the experience of common sense coincide on this point, if no other.

Travellers in the Arctic regions, who are 'ex officio' experts in the matter of food and drink in low temperatures, have demonstrated over and over again that alcoholic liquors, in any shape, are not only completely useless, but positively injurious. They stimulate for a time, but exhaustion occurs more rapidly, and the cold becomes more difficult to bear when they are used. The Arctic Expedition under Sir George Nares was not so successful as everyone wished; and the committee which inquired into the causes of its failure found, on the evidence of the officers and men who took part in it, that the taking of alcoholic stimulants to keep out the cold is a fallacy, and that nothing is more useful for the purpose than a good fatty diet, with hot tea or coffee, and not spirits, as a drink. The monks of St. Bernard find that death from cold is hastened by alcoholic drinks; and this was also the experience of the leaders of Napoleon's campaign into Russia.

Alcohol should never be taken by repeat that alcohol should never be taken by

those who are out in the open air, or about to go out of doors, at this time of year.

In such circumstances, non-alcoholic beverages like tea, coffee, and particularly cocoa or soup, are by far the safest and most satisfactory—the two latter in particular, because they possess an additional value as food. The warmth resulting from the consumption of beverages like those is more permanent than that from alcohol, and is not followed by a depressing reaction. The commonest fate of those who habitually seek to keep out the cold with alcohol is to fall victims to pneumonia, or inflammation of the lungs.—Temperance Leader.

God Bless Our Cause.

Tune, 'National Anthem.'

God bless our sacred cause!
We plead for righteous laws,
Our homes to shield.
Our land has suffered long
From an accursed wrong,
Whose roots are deep and strong
Nor do they yield.

Now let the people come,
And vote for God and home
And temperance laws!
We'll be no more deceived;
Our land must be retrieved,
And from this curse relieved!
God bless our cause.

—Selected.

'My Guests Touch No Wine.'

'The most effectual temperance lecture I ever heard in my life was preached to me on New Year's Day,' said a young man, recently, in our hearing.

'Why, Horace, where were you? And who delivered it?' was asked.

'I was visiting in Philadelphia, and with my cousin, John Levins, set out to pay a number of New Year calls. It is not the custom now, as formerly, to set out wine before guests, but it is still done sometimes. Our second call was at the princely home of Franklin Graves, of whom you have heard. His lovely daughter greeted us, smiling and beautiful, a very queen among women. There was also an elegant assortment of choice wines which the father pressed upon the guests. "Did you come to see papa or me?" was always the question asked of each guest, and, so far as I know, there was but one answer, "We came to see you." "My guests touch no wine," she said. "I have other refreshments provided for them." The wine glasses stood untouched, the fair young girl fitted to and fro among her guests, ministering herself to their needs. The father gracefully acquiesced, and finally had the wine glasses removed.

'Did you ever witness anything so effectual as that?' said Cousin John, as we started up the street together.

'Never,' I answered, 'No temperance lecture ever touched me like that quiet speech, "My guests touch no wine." God helping me, it is the last time the glass shall ever touch my lips.

'I have since learned that more than one young man began reformation on New Year's day, the result of that very call.

'"My guests touch no wine." They were simple words, quietly spoken, but what did they not imply?

This Christian girl performed a service as faithfully as though the kingdom of God depended upon her fidelity. Perhaps it does!—Selected.

A man who was told by his physician that he could be cured of a serious disease if he would give up smoking, looked long at his cigar and slowly replied: 'Doctor, I believe I could give up drinking if I really set myself to do it, but I can't give up this,' and he pointed to his cigar. 'Very well,' said his physician, 'get another doctor and die.' The man did both.