



Catechism for Little Water-Drinkers.

(Julia Colman, in National Temperance Society, New York.)

LESSON XX.—LET US GIVE THANKS.

- To whom should we give thanks for this wonderful house we live in?
To our Heavenly Father, who gives us all the good things we enjoy.
- How can we give thanks for our hands?
By making them do good works and acts of kindness.
- How can we thank God for our lips?
By making them sing his praise, and speak the truth in love.
- How can we give thanks for our eyes?
By making them look for what is good and right.
- How can we thank God for our brains?
By making them think good thoughts and study to know his will.
- How can we give thanks for our feet?
By making them to go on good errands and run away from temptation.
- How can we take the best care of the house that contains these gifts?
Mostly by taking good food and drink, air and exercise.
- What good will it do us to take so much pains?
It will help us to be healthy, happy and useful.
- What is a scripture form of thanks to our Heavenly Father for such blessings?
To 'present our bodies a living sacrifice, holy and acceptable unto God which is our reasonable service.'

Scientific Temperance Teaching.

(By Mrs. Howard Ingham, Secretary Non-Partisan W. C. T. U., Cleveland, Ohio.)

LESSON XX.—DISEASES CAUSED BY ALCOHOL.

- What have you learned that alcohol is? Alcohol is always a deadly poison.
- But it does not cause death at once? Not often. But it makes the whole body sick, and cuts off many years from the drinker's life.
- What part of the body does it especially poison?
The brain. It seems to fly through the body to reach the brain as quickly as possible.
- Does alcohol produce real disease of the brain?
Yes, it produces many different diseases. By taking away the necessary moisture from the brain, it in time produces a brain paralysis, when the person ceases to know or to feel, and loses all control over his movements. By the weakening of the blood-vessels it often produces apoplexy, some little blood-vessel bursting and allowing the blood to flow out into the substance of the brain. By the crowding of the blood-vessels it produces other dangerous diseases.
- Can the mind remain healthy and active in such a condition of the brain?
Certainly not, since the brain is the organ of the mind. A little alcohol is often seen to affect the mind very strongly, the person becoming very silly, or very cross and angry. He laughs or cries, or raves, saying things that are not true, and imagining all sorts of foolish things.
- What often happens if he continues to drink?
Often he becomes quite insane, and in his madness injures or perhaps kills some one whom, when he is in his right mind, he strongly loves. Many men have committed murders, when in such a state, of which they had no intention, and which they could not afterwards even remember.
- Does the madness continue after the immediate effects of the alcohol have passed away?
Not at first; but very often, through the repeated action of alcohol, constantly weakening the vessels of the brain more and

more, permanent disease and permanent insanity are produced, and the poor victim has to end his days in an insane asylum.

8. Should a person be blamed for crimes committed when he was intoxicated, or when his brain has become diseased through drink?

Certainly; he had no right to get into such a dreadful state.

9. Have we any proof that alcohol often produces lasting insanity?

Yes, the records of the asylums prove this. In one asylum it was found that forty out of every hundred admitted had become insane through drink.

1. What other diseases does alcohol produce?

By its poison in the stomach it produces terrible ulcers. It so hardens the food that it cannot be digested, and so burdens and weakens the poor stomach till it can do almost nothing of the work it was made to do.

11. What does it do to the blood?

It steals the water from the blood, kills the little air cells, and makes it quite unfit to repair the waste of the body.

12. Does the heart also become diseased?

Yes. It begins to beat irregularly. Its walls become weakened and worn out, and its valves diseased. Many people die from heart disease produced by drink.

13. What other diseases does alcohol produce?

Consumption, and other diseases of the lungs. Fatty changes in the muscles, producing dropsy, and other fatal diseases. Indeed, alcohol makes every part of the body sick, from head to foot, and makes a man half dead while he is yet alive.

14. What, then, is the only safe thing to do about alcohol?

To let it entirely alone.

15. May we not take a little safely?

No, for it is the nature of a little alcohol to produce an appetite for more.

Hints to Teachers.

Experience and observation will give abundant illustrative material for this lesson. The children themselves, sadly enough, know sick and miserable and prematurely dying people who are being killed by alcohol. The fact that life insurance companies find it necessary to make entirely different rates for drinkers and non-drinkers, because of the vastly increased risk in case of the former, may well be dwelt upon. So, also, the fact that, as public records tell us, no other class of men die so fast as do liquor-sellers, who, though living, usually, very easy lives, protected from cold or want or hard work, are killed by the alcohol they are constantly tempted to drink.

A Bequest Refused.

The late Robert G. White, of Philadelphia, made several bequests by will to the Central Presbyterian Church, with the following conditions:—That the legatees should never at any time commit any act or in any manner whatever give any countenance to what the testator called the 'pernicious folly of prohibition, or its bantling, local option, or any scheme for the total suppression by law of the manufacture, sale, or consumption of liquors, that will intoxicate when abused or used to excess, or commit any act of proscription against any person of good moral character, by reason of being engaged in the manufacture or sale, owing to the rational and temperate use of such liquors.' The board of trustees of the Central Presbyterian Church decided that the acceptance of these legacies would constitute an implied acquiescence in the conditions of the testator and an implied approval of the manufacture and sale of intoxicating liquors, and refused to accept the legacies. The estate amounts to twenty-six thousand dollars.

Why They Were Astonished.

What the effect would be upon the industrial and commercial as well as the moral and social interests of the nation were in temperance to disappear may be inferred from the following facts:

A few years ago a large number of persons who were earning considerable wages at the Nottingham potteries signed the pledge, and the residents in the neighborhood discovered, to their astonishment, that their business had increased in a remarkable manner, and

the solution was found in the fact that about \$50,000 had been taken in a short space of time, out of the liquor-shops, and about \$100,000 had been put into the pockets of tradesmen. If a man spent a shilling in the saloon, he lost, on an average, a shilling in the wasted time he took to spend it in.

In the time of Father Mathew, a number of miners, who used to spend at the store connected with the Knockmahon mine about \$2,000 every month, joined the temperance movement, when the demand for alcoholic liquor entirely ceased, and the men who had only been enabled to spend \$2,000 were found to earn twice as much wages, and they were enabled to spend \$4,000 per month in the store, because they abandoned strong drink.

These are facts worthy the consideration of every patriot.—National Temperance Advocate.

The Prohibition War.

(By John B. Williams, in the 'Witness.')

Thank heaven for the people's dawning day of plebiscite,
The day of declaration for the darkness of the light;
The faithful of the darker past died longing for this day,
And glad we read the signs of time foretelling soon we may.

Their patient efforts in the cause of man oppressed and maimed,
By a heartless and barbaric foe, at last have gained
Attention in their country's legislative dome; this hour
A spark of zeal seems kindled in the hearts of men of power.

By struggles long, heroic, waged against fierce, giant odds,
God's few have helped our sinking race to breast the liquor-floods;
Now, with a cry for liberty from every patriot hand,
We'll bid our rulers rum's red tide to exile from the land.

For many who could never ply the pen to paint the woe,
Can cross a ballot to declare they want the curse to go;
And thousands not endowed with skill to lead blind multitudes,
Can bind with iron votes the thief that robs the nation's good.

We wrestle not to-day with foes of flesh and blood alone,
For Satan, with his hosts of death, will battle for his own;
But in the strength of heaven's God, and heaven's power of right,
We dare to charge Death's frowning ranks, led on by Heaven's light.

Are there in Canada's domain, blind traitors, cowards base,
Who'd dare desert their gallant trust in liberty's tight race?
Sell conscience for the motley spoil and join the tyrant's power?
God help them! Rum shall crush their sons in some unlooked-for hour.

Or does their stand in temperance dress a man of rotten heart,
Singing the song of liberty, while working Satan's art,
Collecting praise from upright men with cant and false pretence,
But voting in the rule of hell? Hell, take thine offspring hence!

Oh! may the tongue of fire descend to sift us for the strife,
God grant thy herald's flaming words to rouse the people's life.
May all men's love of liberty and hate of lawless claims,
Be mustered for the needed power to break our tyrant's chains.

Let's pluck from Canada's blue eye the stinging, blinding mote,
And let this be the patriot voice of every true man's vote,
To cleanse our maiden land from blight that savoreth of hell,
And heaven's waiting hosts will bow and sing 'They did it well.'