

**TEMPERANCE COLUMN.**  
**CHURCH TEMPERANCE.**

"Be Temperate in all Things."

Where does the evil of intemperance begin? If we can find this, we shall understand where the work of temperance begins. It needs, I think, no proof that the evil of intemperance begins in the nerves. Mark, then, the relation of the nervous system to the human constitution. It is commonly thought that the brain is the only part concerned. True; but the brain is simply the central office of a telegraph system that reaches to the extremities of the body. An invasion of the brain is by no means confined to the head. It affects every part of the body. The two systems of nerves, sensor and motor, and their connections and combination, are the most minute, the most wonderful and essential parts of the minute structure. The minuteness and delicacy of these nerves is almost beyond conception; and yet extend to every twentieth of a cubic inch of all the tissues of the human body. Every hair of the head has its nerve. The sensor nerves are those through which the world of matter and mind communicates with us, and the motor nerves those through which we act upon matter and mind, outside of us. Through the one others make us feel, through the other we make others feel. Through the one God commands with us, through the other we respond to Him. This, then, is the very door or wicket gate through which everything must pass that comes into the mind or goes out from it. But its analogies are rather those of the most delicate musical instrument. It is a harp of more than "a thousand strings." If this be so, the perfections of its functions will depend upon that of its tone, i.e., a nervous system either above or below its normal tone, will derange man's mental action, as really as a harp out of tune will fail to produce music. No man who needlessly or wantonly takes or does what will disturb the tone of his nervous system, can discharge his duty as perfectly, or be as good a Christian, as he would be with nerves in a normal state. He will not as readily feel what God would have him do, nor be as capable of doing it, if he should feel, as he otherwise would. Now, we who pray daily, "Thy will be done on earth as it is in Heaven," are bound by obligations high as heaven and deep as hell, not to do what will in the least hinder us from doing our duty, i.e., not to do harm to our nervous system. But the whole and the immediate effect of narcotics, whether opiate or stimulant, is first to excite the nerves above their normal tone, and then leave them to sink below. In either case we are so far unfitted for doing God's will. This is the point at which a Church Temperance ought to aim, viz, to destroy the very fountain of intemperance.

It is evident that if the nerves were never thrown out of tone by

narcotics, were always kept in a condition for doing the best work of which the Christian is capable, there could be no inebriates, and this every Churchman is bound to do by his baptismal vow. The whole mischief of intemperance is wrought here, and here the efforts are required to be put forth to arrest it. A Church Temperance Society should take ground against the use of any and all narcotics except as necessary remedies, for all that are unnecessary must do harm.

(To be continued.)



**M. S. BROWN & CO.,**  
ESTABLISHED A.D. 1840.  
**JEWELLERS & SILVERSMITHS.**  
—DEALERS IN—  
Arch Plate and Metal Altar Furniture.  
**(28 Granville St., Halifax, N.S.)**

The following well known clergymen have kindly permitted their names to be used as references:—  
The Ven. Canon Edwin Gilpin, D.D., Archdeacon of Nova Scotia, Halifax.  
The Rev. Canon Brock, M.A., President King's College, Windsor, N.S.  
The Rev. C. J. S. Bethune, M.A., Head Master Trinity College School, Port Hope, Ontario.  
The Rev. E. S. W. Pentreath, Christ Church, Winnipeg, Man.  
Prices can be had on application.

**ADVERTISE**

IN

**THE CHURCH GUARDIAN**

BY FAR THE

**Best Medium for advertising**

BEING

The most extensively circulated

**Church of England Journal**

IN THE DOMINION

**IT REACHES EVERY PART OF THE DOMINION.**

RATES MODERATE.

Address

**THE "CHURCH GUARDIAN,"**  
190 St. James Street, Montreal

**G. ARMSTRONG & CO.,**  
**Funeral Directors,**  
VICTORIA SQ., MONTREAL.

Country orders promptly attended to.

**Dominion Line.**

**ROYAL MAIL STEAMSHIPS.**  
**LIVERPOOL SERVICE.**

**Sailing Dates:**

From Baltimore.  
\*Sarnia ..... 17th Jan., Tuesday,  
\*Oregon ..... 31st " "  
\*Vancouver ..... 14th Feb., " "  
From Halifax.  
\*Sarnia ..... 21st Jan., Saturday.  
\*Oregon ..... 4th Feb., Saturday.  
\*Vancouver ..... 18th " Saturday.  
Cabin Rates from Baltimore or Halifax: \$50, \$35, and \$25; according to position of stateroom, with equal saloon privileges.  
W. D. O'BRIEN,  
143 St. James street.  
S. SCHOFIELD, Agent, Montreal.  
A. G. JONES & CO., Montreal.  
Or DAVID TORRANCE & CO.,  
General Agents, Montreal.



**Cures** PAINS—External and Internal.  
**Relieves** Swellings, Contractions of the Muscles, Stiffness of the Joints, Sprains, Strains.  
**Heals** Bruises, Scalds, Burns, Cuts, Cracks and Scratches.  
**BEST STABLE REMEDY IN THE WORLD.**  
**Cures** Rheumatism, Neuralgia, Hoarseness, Sore Throat, Croup, Diphtheria and all kindred affections.  
*Large Bottle! Powerful Remedy! Most Economical!*  
At all costs but 25 cents.

**THE FARMER'S REMEDY FOR RHEUMATISM.**

A LINIMENT guaranteed to immediately remove Rheumatic Pain. It has been used for years and has never yet failed. For Chills it will at once stop the irritation. No house should be without a bottle. Put up in 50c., \$1, and \$2 bottles, and sent on receipt of the price by  
**THE FARMER'S REMEDY CO**  
and 94 66 Broadway, and 19 New street, New York.

**MUCILAGE AND LIQUID GLUE**

Direct from the Manufactory. Cheaper and superior in quality to the best imported. In use throughout the Dominion. Lithogram Composition in 2-lb. and 3-lb. tins. Orders by mail promptly attended to. Office and Manufactory 759 Craig street,  
**E. AULD, Proprietor**

**Montreal Stained Glass Works.**



**CASTLE & SON,**  
Artists in English Conventional and Antique, Lead and Mosaic—Memorial Stained Glass.  
40 Henry Street, Montreal, P.Q., and Fort Covington, New York.

**Canada Paper Co.,**  
Paper Makers & Wholesale Stationers.

Offices and Warehouses:  
578, 590 and 552 CRAIG ST., MONTREAL  
1 FRONT ST., TORONTO.

Mills:  
SPRINGVALE MILL, WINDSOR MILLS  
WINDSOR MILLS, P.Q.

**THIS PAPER IS ON FILE AT** the office of the H. P. HUBBARD CO., Judicious Advertising Agents and Experts, New Haven, Ct., who can quote our every lowest advertising rates.

**THE CHURCH GUARDIAN**  
**A Weekly Newspaper.**

NON-PARTISAN! INDEPENDENT

Is published every Wednesday in the interests of the Church of England in Canada, and in Rupert's Land and the North-West.

Special Correspondents in different Dioceses.

OFFICE;  
190 St. James Street Montreal.

**SUBSCRIPTION:**

(Postage in Canada and U. S. free.)  
If Paid (strictly in advance) - \$1.00 per an  
If not so paid - - - - - 1.50 per an  
ONE YEAR TO CLERGY - - - - - 1.00

ALL SUBSCRIPTIONS continued, UNLESS ORDERED OTHERWISE BEFORE DATE OF EXPIRATION OF SUBSCRIPTION.

REMITTANCES requested by POST OFFICE ORDER, payable to L. H. DAVIDSON, otherwise at subscriber's risk

Receipt acknowledged by change of label. If special receipt required, stamped envelope or post-card necessary.

In changing an Address, send the OLD as well as the NEW Address.

**ADVERTISING.**

THE GUARDIAN having a CIRCULATION LARGELY IN EXCESS OF ANY OTHER CHURCH PAPER, and extending throughout the Dominion, the North-West and Newfoundland, will be found one of the best mediums for advertising.

**RATES.**

1st insertion - - - 10c. per line Nonparol  
Each subsequent insertion - 5c. per line  
3 months - - - - - 75c. per line  
6 months - - - - - \$1.25 "  
12 months - - - - - \$2.00 "

MARRIAGE and BIRTH NOTICES, 50c. each insertion. DEATH NOTICES / free.

Obituaries, Complimentary Resolutions, Appeals, Acknowledgments, and other similar matter, 10c. per line.

All Notices must be prepaid.

Address Correspondence and Communications to the Editor

P. O. Box 504,  
Exchanges to P. O. Box 196 Montreal