

**BROTHERHOOD.**—The race of mankind would perish did they cease to aid each other. From the time that the mother binds the child's head, till the moment that some kind assistant wipes the death-damp from the brow of the dying, we cannot exist without mutual help. All, therefore, that need aid have a right to ask it from their fellow-mortals; no one who holds the power of granting can refuse it without guilt.—*Sir W. Scott.*

God never allowed any man to do nothing. How miserable is the condition of those men who spend their time as if it were given them, and not lent; and as if hours were waste creatures, and such as should never be accounted for; as if God would take this for a good bill of reckoning; Item, spent upon my pleasure forty years! These men shall once find that no blood can privilege idleness; and that nothing is more precious to God than that which they desire to cast away.—*time.—Fish-op Hall.*

**TO SHAKE OFF TROUBLE.**—Set about doing good to somebody; put on your hat, and go visit the poor; enquire into their wants and administer unto them; seek out the desolate and oppressed, and tell them of the consolations of religion. I have often tried this, and found it the best medicine for a heavy heart.—*Howard.*

**HOW TO READ.**—Mr Henry Tyrell gives the following practical advice:—"Stand as far from your audience as the size of the room will permit, and speak to those farthest from you. Do not be in a hurry. Pause before you begin speaking or reading, and also whenever you have uttered anything on which you wish the minds of your auditors to dwell. To make a longer pause than usual after the utterance is like speaking it in italics; the more especially so if you have spoken the words with emphasis. To pause after a word in the middle of a sentence has the same effect as laying considerable emphasis upon it. Speak loudly and clearly. Remember that you are speaking to an audience, and not to yourself. Do not keep your eyes fixed upon your book or manuscript. Take in a sentence at a time with your glance, and then by rising your eyes, and looking in the face of your auditors while speaking it, you will give it in something of the nature of extemporaneous delivery. This may be difficult at first, but practice will soon make it easy. Stand still while reading, and be careful not to adopt any nervous, and consequently unmeaning actions. Finally, endeavour to introduce some variety into the tone of your voice. The hear a person speak for an hour, or half an hour, in the same tone of voice is very painful to the listeners. It also destroys attention, for the mind shrinks from what is disagreeable to it, and wanders to other subjects. In excitement use a high tone of voice, in solemnity a low one, while all ordinary circumstances should be made in the monotone which is the medium of familiar conversation."

**THE MOTHER.**—A writer beautifully remarks, that a man's mother is the representative of his Maker. Misfortune, and even crime set no barriers between her and her son. While his mother lives, he has one friend on earth, who will not desert him when he suffers, who will soothe him in his sorrows, and speak to him of hope when he is ready to despair. Her affections know no

ebbing tide. They flow on from a pure fountain, and speak happiness through his vale of tears, and cease only at the ocean of eternity.

#### NOTICE.

The Deputies are requested to forward the Returns and per capita tax due from Divisions for March and June quarter, without delay. They will also please report to the undersigned the names of such Divisions as are not in working order.

The Recording Scribes will please forward the Credentials of Representatives to the Grand Division, immediately.

P. MONAGHAN,  
Grand Scribe.

Oct. 1856.

The Grand Scribe acknowledges the receipt of the following amounts on account of the *Abstainer* :—

Railway Division, 16 copies, 40s.; Father Matthew Div., 10, 25s.; Daniel Thompson, Gore, Douglas, 12, 30s.; John McLearn, South Rawdon, 10, 6 months, 12s. 6d., Mr Blackburn, Shubenacadie, 16s. 9d. Single subscriptions, 20s.—In all, £7 4s. 3d.

#### SONS OF TEMPERANCE.

**THE GRAND DIVISION, SONS OF T.**, of the Province of Nova Scotia, will meet in Annual Session in the TEMPERANCE HALL, Halifax, on WEDNESDAY, 22nd of October, at 10 o'clock, A.M., of which Officers and Representatives will please take notice and govern themselves accordingly.

The D.G.W.P.'s are earnestly requested to have the returns and per capita tax of the Divisions under their charge forwarded to the G. S. before the 15th of October. By order,

PATRICK MONAGHAN,  
GRAND SCRIBE.

Oct 15.

#### PROSPECTUS OF THE ABSTAINER:

A Temperance Periodical, to be published under the auspices of the Grand Division of the Sons of Temperance of the Province of Nova Scotia.

**A**T the Quarterly Session of the Grand Division of the Sons of Temperance, held at Shubenacadie in May last, the following Resolution was adopted:—

"That in the opinion of this Grand Division the publication of a monthly periodical at a cheap rate, wholly devoted to the cause of Temperance, would materially promote the interests of that cause in this province; that the brethren heretofore acting as the Athenaeum Committee be now appointed a Publication Committee, for the purpose of taking this subject into consideration; that if they should succeed in making satisfactory arrangements with any person for the publication of a monthly periodical, they be authorised to declare the same the Organ of the Grand Division, and to take such steps as they may judge advisable in order to procure for the said periodical the patronage and support of the Subordinate Divisions, and of the friends of Temperance throughout the province."

The object has been secured. It is now proposed to publish a monthly paper, to be entitled "The Abstainer." It will be about the size of the late *Athenaeum*, but folded in sixteen pages instead of eight. The subscription will be half a dollar per annum, payable in advance.

The proposed paper will be wholly devoted to Temperance. The argument will be presented in the form of Essays, Tales, Letters, etc., as need may require. The history of Temperance move-

ments will be a prominent feature of the work, and intelligence will be procured from all parts of the world illustrating the progress of the great reform. Special attention will, of course, be given to Nova Scotia, and measures will be adopted to furnish accurate accounts of all Temperance Organizations in the province. *Prohibition will be the Watch-word.*—The prohibition spirit will characterise every department of the paper.

The low rate at which "THE ABSTAINER" will be published will necessitate economy in all the arrangements. The paper will be sent in bundles, containing not less than ten copies each. If one friend in every place or neighbourhood, will kindly undertake to canvass for subscribers, and to distribute the numbers when forwarded, the business may be easily despatched. Subordinate Divisions, or Temperance Watchmen's Clubs, may, in like manner, agree to take a certain number of copies each, which may be sent to the proper officer.

It is earnestly hoped, that the friends of Temperance generally will exert themselves on behalf of the "ABSTAINER." Success can only be achieved by securing an extensive circulation. Motives to effort need scarcely be enumerated. Will it not suffice to advert to the *present* defeat of the Prohibitory Liquor Law—to the increase of intemperance in most parts of the province—and to the necessity for a constant endeavour to enlist public opinion in favour of the Temperance cause, by means of the press? How can information be communicated—how can existing evils be exposed—how can the lukewarm be aroused, and zealous advocates sustained—how can the union of Temperance organizations in support of the great prohibitory movement be constituted and carried into effect—if we have no Temperance periodical? The force of these considerations will doubtless be admitted.

Correspondence is respectfully solicited, with particular reference to the progress of Temperance organizations and the effects of the Liquor Traffic.—Communications may be forwarded by post to the editor—Rev. Dr CHAMP, Wolfville.

The first number of the "ABSTAINER" will be published on the 15th of October.

All orders and remittances will be thankfully received by Mr P. MONAGHAN, Grand Scribe, 148 Albemarle Street, Halifax.

JAMES BARNES, Publisher.

Halifax, Sept mber 20, 1856.

[Papers friendly to the undertaking will oblige by inserting the above.]

#### Form of Application for a Charter for a Division of the Sons of Temperance.

The undersigned, inhabitants of ———, believing the Order of the Sons of Temperance to be well calculated to extend the blessings of Total Abstinence, and promote the general welfare of mankind, respectfully petition

THE GRAND DIVISION OF THE PROVINCE OF NOVA SCOTIA,

to grant them a Charter to open a new Division, to be called the ——— Division, No. —, Sons of Temperance of the Province of Nova Scotia, to be located in ———, and under your jurisdiction.

We pledge ourselves, individually and collectively, to be governed by the rules and usages of said Grand Division, and also by those of the National Division of North America.

Enclosed is the Charter fee, \$5, Books, &c. Address Mr. P. MONAGHAN, Grand Scribe of Grand Division, Halifax.

#### THE ABSTAINER. ORGAN OF THE GRAND DIVISION OF THE SONS OF TEMPERANCE OF N. S.

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