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## Temperance Talk.

Help!

By Mrs. Wm G. Matheson,  
Port Morien, C. B.

Give him a cheery greeting;  
Hold out a friendly hand.  
The "Pharisees" may censure you,  
But God will understand.  
He "Watch and Ward" is keeping  
O'er every straying one.  
Help! for by little deeds like this  
A greater work is done.

Give him a word that's helpful!  
Men preach, and rant and rave,  
But oft some simple act may hold  
The wondrous power to save.  
You'll never reach a sinner  
By gazing at the sky,  
And you must never own defeat,  
Till every means you try.

Help! Ah! you know of someone  
Too easily led aside—  
With spirits gay and winsome like,  
Who walks where roads are wide;  
Someone your heart aches over,  
For whom you often pray  
That one day he may clearly see  
A saner, safer way.

Reach out for any victim  
The "drink-fiend" holds in thrall;  
Once he had just begun to hear  
The luring tempter's call.  
Help! for that voice grows louder  
With every flying year;  
Grim Death may mock your tardy soul,  
Beside a quiet bier.

Frances.

### Testimonies Against Beer Drinking.

The professor of physiological chemistry in the University of Basle, Switzerland, says:—"Beer is the most injurious of alcoholic drinks because no other is so seductive. One can accustom himself more readily to the drinking of beer than any other intoxicant, and no other so readily destroys the appetite for normal food and nourishment. It is not only the concentrated alcoholic liquors that cause heart and kidney trouble, but pre-eminently the continued use of beer."

An American scientist says:—"The use of beer has been found to produce a species of degeneration of all organs. In appearance the beer drinker may be the picture of health, but in reality he is most incapable of resisting disease."

The late professor of physiology in the University of Wurzburg, Germany, said:—"It is quite beyond doubt that every dose of alcohol, even the most moderate, diminishes the strength."

Dr. August Forel, of Zurich, says:—"There are any alcoholic drink which, taken moderately either as a supposed tonic or as a means of nutriment, is beneficial to human health? I answer the question with a decided 'No.'"

Dr. Alfred Wolff, in a remarkable article on the increase of cancer in Great Britain, which appeared in a recent number of the "Nineteenth Century," quotes figures to show that the deaths from cancer have risen in England from 67.6 per 100,000 in 1890 to 82.8 in 1900; and that in Prussia, Holland, and Norway there has been an increase of over 30 per cent. It is equally noteworthy, however, that the districts in which the cancer death-rate is a high one are just those where beer is largely consumed.

Dr. Wolff says:—"The evidence is extremely convincing. The amount consumed in the United Kingdom, which was twenty-seven gallons per head in 1885, was thirty-one and a half gallons in 1900, and in German Empire the consumption rose from ninety to 125 litres per head. In countries such as Italy and Hungary, in which the consumption of beer is small, the mortality from such diseases is small. In no country could any instance be discovered in which a large consumption of beer was accompanied by a low cancer mortality."

### World's Temperance Congress

Summaries of Addresses by Distinguished Leaders—Statements Show Remarkable Progress.

Interesting summaries of some of the addresses delivered at the great International Temperance Congress in London have been sent out by the Associated Prohibition Press. The following are some of the most instructive statements:

Vice Admiral G. King-Hall, in an address on the topic, "Alcohol and Efficiency of Navy Service," declared:

"My experience after forty-four years' service, is that about 80 per cent. of the crime against discipline, such as leave-breaking and insubordination, is owing to excess in taking spirituous liquor."

"During the last thirty years great and growing advance has been made by temperance in the navy."

"There are now about 25,000 total abstainers belonging to the Royal Navy Temperance Society. The Lords of the Admiralty, and most of our admirals and captains are patrons, and there are branches in nearly all ships."

"Small substitutes, such as tea and cocoa are given in the service to men who stop their grog, and many more would stop it if given a 1d day in lieu of their grog."

"Admiral Lord Charles Beresford writes that 'The marked decrease of crime in the service is due to decreased drinking habits, and marked improvement in temperance sentiments in the fleet, and to the support given to it by officers and men. Temperance habits add to the happiness, cheeriness, and manliness of the men and directly to the efficiency of the fleet.'"

"Admiral Von Muller, chief of the German Emperor's Naval Cabinet, writes 'In Germany many grog rations are excluded from ships, and all can-teen on shore and afloat, and to every recruit joining the navy is given a pamphlet warning them against alcohol abuse.'"

"Prince Bernadotte, Swedish Admiral, writes: 'Alcohol is the greatest cause of disobedience to discipline, and of all the punishment given to sailors in our navy, and it would be a great blessing to our naval forces if we could get rid of the use of alcohol.'"

### Alcoholism Responsible For Inefficiency In Postoffice Service.

F. J. Brown, M. A. Sc., in his paper on "Alcohol and the Efficiency of the Post-office Service," noted the fact that during the years of 1907 and 1908, the number of dismissals from intemperance was 114, which was 36 per cent. of the total number of dismissals, while the number of dismissals from "good conduct stripes" on account of intemperance was 158, and 66 per cent. of the total number. Three thousand men are members of the British postoffice service temperance organization, but they comprise but a small percentage of all abstainers in the service.

### Contrast of Abstainers and Drinkers in British Navy.

"Twenty-five per cent. of the soldiers in the British army are now total abstainers, and in some depots sixty-six per cent. of the recruits before enlisting are total abstainers," declared Colonel L. G. Fawkes, R. A., Honorable Secretary of the Royal Army Temperance Association, in his address before the congress on the subject, "Alcohol and the Efficiency of the Army." "The consumption of drink in the British army is rapidly decreasing," declared Colonel Fawkes, who noted the fact that there are now 203 branches of the Royal Army Temperance Association in England and the colonies; that in India the temperance room is recognized as part of the regimental institutions. H. M. King Edward VII. is patron of the Association, and every encouragement is given the movement by Field Marshal

## Was So Bad With Heart and Nerves Could Not Sleep At Night.

Many men and women toss night after night upon a sleepless bed. Some constitutional disturbance, worry or disease has so debilitated and irritated the heart and nervous system that they cannot enjoy the refreshing sleep which comes to those whose heart and nerves are right.

Mrs. John Gray, Lime Lake, Ont., writes:—"Last summer I was so bad with my heart and nerves that I couldn't sleep at night. There was such a pain and heavy feeling in my chest that I could not stoop, and at times I would become dizzy and have to grasp something to keep from falling. I tried different things but never got anything to do me any good until I tried Milburn's Heart and Nerve Pills and I can now recommend them to all troubled as I was."

Milburn's Heart & Nerve Pills are 50 cents per box, or three boxes for \$1.25, at all dealers, or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.



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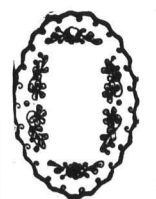
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