

**TEMPERANCE.****THE LATE SIR ANDREW CLARK  
ON TEMPERANCE.**

Sir Andrew Clark said, several years ago, that alcohol is "an enemy of the race." Let us try and focus the facts which induced him to give it this condemnatory name. Note, in the first place, the very happy definition he gave of health as "that state of the body in which all the functions of it go on without notice or observation, and in which existence is felt to be a pleasure, in which it is a kind of joy to see, to hear, to touch, to live." Well, he said, that state is one which "cannot be benefited by alcohol in any degree," but "in nine times out of ten is injured by alcohol." He said further that this state of health may sometimes bear alcohol "without obvious injury, but be benefited by it—never," emphasizing the word *never*. Who can be surprised that, while confessing he did not speak as a total abstainer, he should have thought it his duty to express a hope that "all the rising generation will be total abstainers?" The profound sympathy which Sir Andrew Clark felt for nervous people, "always ailing, yet never ill," who from habit imagine that alcohol does them good, induced him to sanction the use of "minute doses;" but, he adds, "I do not defend it as right." For he always came back to the cardinal fact—from which he saw as clearly as any one that the practice he in such cases permitted was a dangerous departure—that perfect health, "the loveliest thing in the world," "will always be injured even by small doses of alcohol."

Sir Andrew Clark found the truth of this teaching confirmed by what he observed in his hospital practice. He made a special study of his patients in the London Hospital in view of the lecture from which we have been quoting, and found that seven out of every ten owed their ill health to alcohol—in the hospital they lay "maimed for life by this agent." And yet they were not what are called drunkards. He described them just as the organ of the "trade" describes the customers for whom licensed victuallers cater—as men "who feel jolly and comfortable, and full of jokes and fun . . . who go into company, and are full of life." But how different his estimate of them from that formed by their fellow *convives*! He said, "Under this fair and genial and jovial outside the constitution is being sapped, and suddenly some fine day this hale and hearty man—whose steps seem to make the earth rebound again, and the rafters to echo with his tread—tumbles down in a fit."

Another temperance fact which was very clear in the teaching of Sir Andrew Clark he expressed thus: "However pleasant alcohol is for the moment, it is not a helper of work. It is not only not a helper of work, but it is a certain hinderer of work." And he cites in support of this teaching the experiment made by the late

Dr. Parkes, of Netley,—"the most loyal, careful, faithful, and truthful of observers it was ever my good fortune to know"—who employed gangs of soldiers to do certain work that required great physical exertion, and found the non-alcoholic gang to beat the beer-drinking gang both in the amount of work performed and in the length of time the physical exertion could be sustained.

**A STRANGE EXPERIENCE.****AN INTERVIEW WITH A WELL-KNOWN  
BRANT COUNTY LADY.**

Suffered for Two Years With Sick Headache, Dizziness and Dyspepsia—How She Found Relief—What Well-Known Chemists Say.

From the Brantford Expositor.

Mrs. S. W. Avery lives on Pleasant Ridge, about four miles out of the city of Brantford, that being her nearest post-office and where all her trading is done. Mr. and Mrs. Avery have always lived in that neighborhood, and he is the owner of two splendid farms, the one where he lives consisting of 160 acres, and the other lying near Brantford comprising 100 acres. They are highly respected residents of the community in which they reside, and every person for miles around knows them. Having heard that Mrs. Avery had been cured of chronic dyspepsia and indigestion, by the use of Dr. Williams' Pink Pills, a reporter called there recently and asked if she was willing to make public the facts concerning the cure. Mrs. Avery replied that she had benefited by the use of Pink Pills, and was perfectly willing to give her experience for the benefit of those who might be similarly suffering. "For the past two years," said Mrs. Avery, "I had been greatly troubled with a very sick headache, dizziness, and a cough which I believe were the symptoms of dyspepsia and indigestion, and I could find nothing to relieve me although I tried several different medicines. I could not even find anything which would relieve my cough, which at times would be very severe. Early last winter I read in the *Expositor* of Dr. Williams' Pink Pills, and as the symptoms mentioned were somewhat similar to mine I was thus induced to try them. I procured a supply from Messrs. McGregor & Merrill, druggists, of Brantford. Before I had used two boxes of the Pink Pills I felt so much better and relieved from my distressing symptoms that I thought it would be best to continue taking them through the winter, and I accordingly got another supply, and used them with the result that I have been totally relieved. I have not once since had the severe headaches which formerly made my life miserable, and my cough has entirely disappeared. I strongly recommend Pink Pills to anyone who suffers similar to what I did, from dizziness, headaches, indigestion, etc., and I believe they will derive great benefit from their use."

Mrs. Avery's statement was corroborated by her husband, who was

present during the interview, and who said that without a shadow of a doubt Pink Pills had accomplished more for his wife than any other medicine which she had taken.

Messrs. McGregor & Merrill were interviewed, and in reply to a query as to the sale of these pills, Mr. McGregor said: "We have sold in the neighborhood of 5,000 boxes during the past twelve months, and there is no remedy we handle gives better satisfaction to our customers than Dr. Williams' Pink Pills. I have every confidence that Pink Pills are the best on the market, and something the people can depend upon." Mr. Merrill, the other member of this well-known firm, said: "I have more pleasure in selling Pink Pills than any other medicine we handle, because it is rarely there is any disappointment in them, and the people who purchase them unanimously express themselves as well satisfied. I am well acquainted with Mrs. Avery and I know that all her statements are reliable, and I have watched the improvement Pink Pills have made in her case, and have seen a great change for the better. Many other druggists recommend some preparations, sometimes their own, to be equally as good as Pink Pills, but we cannot conscientiously say so, knowing that as a system tonic Dr. Williams' Pink Pills stand unrivalled."

Dr. Williams' Pink Pills are a perfect blood builder and nerve restorer, curing such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration and tired feeling therefrom, the after effects of la grippe, diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc. Pink Pills give a healthy glow to pale and sallow complexions, and are a specific for troubles peculiar to the female system, and in the case of men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of any nature.

Dr. Williams' Pink Pills are sold only in boxes bearing the firm's trade mark and wrapper (printed in red ink.) Bear in mind that Dr. Williams' Pink Pills are never sold in bulk, or by the dozen or hundred, and any dealer who offers substitutes in this form is trying to defraud you. The public are also cautioned against other so-called blood purifiers and nerve tonics put up in similar form and intended to deceive. They are imitations whose makers hope to reap a pecuniary advantage from the wonderful reputation achieved by Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y., at 50 cents a box, or six boxes for \$2.50. The price at which these pills are sold makes a course of treatment comparatively inexpensive as compared with other courses of treatment.

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