



Catechism for Little Water-Drinkers.

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

LESSON XI.—DISTILLED LIQUORS.

1. How are these distilled liquors taken?
They are commonly mixed with water and sometimes sweetened.
2. Are they ever given to children?
Yes, often with the sugar in the bottom of the glass.
3. What comes from this practice?
First the children like the sweet taste, and then they like the strong drinks which often make them drunkards.
4. What lesson should we learn from this?
Never to take bad things because they are made to taste good.
5. What is the best way to be careful?
To take no kind of drink that contains alcohol.
6. What fancy names do they have for these mixed drinks?
Punch, bitters, toddy, flip, eggnog, and many others.
7. In what other way does alcohol come on the table?
In puddings, sauces, mince pies, and other fancy dishes.
8. What danger is there in candies?
Brandy drops and rock-and-rye contain alcohol with syrup.
9. What is best to do about them?
Never take them lest we learn to like the alcohol.

Scientific Temperance Catechism.

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

LESSON XI.—THE BLOOD.

1. What have you learned about the repair of the body's waste?
That it is repaired by the material contained in the food, which is greatly changed by the juices of the stomach and other organs until its useful part is finally poured into the blood.
2. And what becomes of it when it reaches the blood?
It is carried to all parts of the body and made into bone, or hair, or nerve or skin as may be needed.
3. What, then, may we call the blood?
We may call it the river of life, carrying needed material through the body.
4. Of what is the blood composed?
Of a sticky, white fluid, in which little red bodies are swimming—like tiny fishes in a brook.
5. What are these little red bodies called?
They are called corpuscles; a word which means 'little bodies.'
6. Are there many of them?
Yes, there are millions of them, so close together that we cannot see the white fluid between them; so we think the blood is all red.
7. What is the shape of the corpuscles?
They are round and flat, like a penny in shape; but they are so very small that the point of a pin would hold about 50,000 of them.
8. What is the use of these little bodies?
They are tiny air-boats, carrying the fresh, life-giving air to all parts of the body.
9. Is the blood always in motion?

Yes, it is never still for a moment, and flows so fast that it makes the complete round of the body in about two minutes.

10. What sends it so fast through the body?

The heart, which is like a wonderful little pump, forcing the blood along.

11. Through what does the blood flow?

Out from the heart through a large pipe, which branches over and over like a tree, till its tiny twigs reach the farthest parts of the body.

12. What then becomes of the blood?

It is gathered up again by another set of little pipes, which unite over and over till they form another large pipe flowing into the heart.

13. What are the pipes called?

Those going out from the heart are called arteries, those coming to the heart are called veins.

14. How are the two sets joined?

By other little pipes, which are called capillaries—a word which means hair-like. But they are a great deal finer than any hair.

15. What is the heart like?

It is like a strawberry in shape, and of the size of the closed fist. It is divided into four little rooms by two partitions, one running up and down and the other across.

16. Are there any openings in these partitions?

There are none in the one running up and down; but in each side of the cross partition there is a little trap-door or valve, so arranged that the blood can flow through from the upper room to the lower but cannot flow back again.

17. How are the arteries and veins connected with the heart?

The veins enter the upper rooms of the heart, and the arteries go out from the two lower rooms.

Hints to Teachers.

If possible, in all the anatomical lessons have a chart of the organs under discussion, or a picture drawn upon the blackboard. The representation of the circulatory system, with the heart, the continually branching arteries, the tiny capillaries and returning veins, will be of great interest to the children, especially in the lesson following this, where we shall teach them to trace the whole course of the blood through the body. The composition of the blood may be illustrated by a bottle filled with small red beads and filled up with water. The children will see that the whole seems red, and they will not notice the presence of the water until their attention is particularly directed to it. The water-works system of our towns and cities will illustrate the forcing of the blood through the arteries and veins, to which the branching water pipes may be compared, the strong pumps at the supply station answering to the busy heart.

A Plea for Good Cooking.

(Genevieve Bemis, in 'Connecticut Citizen'.)

Many good thinkers have claimed that a large percent of the toppers to-day have been made so by lack of proper nourishment in their homes and boarding-houses. There is far more truth in the statement than is generally supposed.

A physician of large practice in the city of Baltimore says that many of his patients have told him that they were obliged to take something to give them strength for their daily tasks.

A case of this kind came to the knowledge of the writer. A college student was compelled by poverty to work during vacations as a conductor on a cable-car. He must eat

breakfast before reporting at the car barn at six a.m. The food served at that meal usually consisted of bacon and liver, or beef-steak fried to death. Perhaps, for variety, an egg would be served up in the same leathery style. This, with a few slices of greasy fried potatoes, bakers' rolls and doughnuts, with coffee, made up the meal. 'A very good bill of fare,' do you say? Let us analyze it.

In the first place, the meat was spoiled by too much cooking, for the goodness had all been sizzled out by the long frying, and a sort of tanning process had taken place. It is a fact now so thoroughly demonstrated that ignorance is inexcusable, that steaks, chops and roasts of all kinds, should be quickly seared over by heat to retain the juices, which are the life of the meat, and then cooked to taste.

Then the fat so hardens the albumen of the eggs, that they are nearly indigestible, as well as less nutritious. The ideal way is to simply drop them from the shell into boiling water, or place them whole in cold water and let them remain until they are sufficiently boiled. The potatoes, baked, boiled, or cut in dice and stewed in cream or milk, are all more healthful than the fat-soaked, burnt, toughened chips, so commonly furnished. As to the rolls and doughnuts—light? Yes, but oh so light! A workingman must needs eat twice the quantity of them to obtain the amount of nourishment real 'home-made' food would contain. Hot bouillon, milk, cocoa or cereal coffee, would furnish drink far more nourishing than coffee.

After working three or four hours the young conductor would feel a peculiar, gnawing sensation in his stomach. This would continue until it gave place to a faintness he could hardly endure. He suffered in this way until he became sure something must be done. Having had good moral training at home he would not visit a saloon as do most of such half-starved men, but he did go to a drug store and purchase a bottle of port wine. A small quantity of this each day when the faintness came on made life a little more endurable until dinner time. It did not give him strength, but dulled the sense of hunger. He told this to a friend, who, seeing his danger, urged him to buy fruit instead of wine. This he did, and found the result satisfactory. In the meantime a better boarding-house was obtained, and thus was prevented the formation of the drink habit which most surely would have followed.

Workingmen need substantial food properly cooked and served. They pay for it. The real trouble of hygienic cooking is no greater than that of 'messing.' Attention to this matter would keep thousands from sickness and multitudes from drink and ruin.

True Giving.

I read once of a man who dreamed that he was sitting in church while the collection was being taken. But as the plate went round, though everyone seemed to put something in, the plate remained nearly empty. And as he watched he seemed to be able to see into the people's hearts, and he saw that if they were not willing to give, or only gave because they thought they must, or because they wanted their neighbors to think well of them, then the money that they put on the plate instantly flew back into their purses or their pockets. What was the meaning of that dream, do you think? The meaning is this, that our Lord Jesus Christ will only take from us what we want to give. We may put ever so many pennies into the plate, but he will not be pleased unless he sees that we give because we love him, and because we really want to help those who are in need. That is true giving, and all other giving is false.—Grace Winter.