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We desire to again call the attention of our readers to THE TEMPERANCE HERALD, the little paper published weekly at this office, and specially prepared to meet the popular demand for cheap, fresh, pointed pithy temperance literature for gratuitous distribution by workers and friends.

The TEMPERANCE HERALD is not in any sense a newspaper and does not aim at giving news. It consists of the most stirring and forcible appeals, arguments and facts selected from the CANADA CITIZEN and reproduced in a cheap and convenient form. It is a rousing practical, good campaign sheet, that must do good wherever it goes, and ought to be scattered broadcast everywhere.

To give the TEMPERANCE HERALD a wider circulation and make it still more effective we have slightly diminished its size and reduced the price of large quantities. It will hereafter be supplied on the following terms:—

50c per hundred for all orders of not less than 200 copies, 45c per hundred for orders of not less than 500 copies, 40c per hundred for orders of not less than 1,000 copies. We cannot undertake to send out single copies of the TEMPERANCE HERALD to any address, and the figures we quote will be for quantities supplied in bulk as follows:—

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In many counties, in our Scott Act contests the prohibition vote varied just in proportion to the extent to which campaign literature was circulated in different localities. THE TEMPERANCE HERALD is one of the most powerful weapons that can be used against repeal. Specimen copies furnished free. Address: F. S. SPENCE, 8 King street East, Toronto.

PLEASE READ THIS!

10 CENTS ONLY 10

Convinced that it is only necessary that THE CANADA CITIZEN should be known to ensure its very wide circulation. To secure this general knowledge, we offer to send it to any address ON TRIAL.

SIX WEEKS OR TEN CENTS.

Here is a broad field of work for any one who wants to aid the great temperance reform. Take an hour to canvass your friends. Nearly every one you ask will give you ten cents as a subscription for a month and a half's trial. (Get us up a club of a hundred, or fifty, or ten, or any number you like. We ought to have ten thousand trial subscribers on this short date plan.)

BEAR IN MIND THE FACT

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EVERY TEMPERANCE SOCIETY

ought to send as a club. Are you not thoroughly convinced of the righteousness of the temperance cause, which you have so much at heart? Do you think it deserves and needs your assistance? How can you help it more effectively than by adding thus practically in the circulation of sound, healthy, inspiring literature?

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A HUNDRED HOMES.

We believe there are thousands of warm-hearted, willing friends of our cause, who would gladly aid in this great work. Kindly show this proposition to some of them and ask them to join you in helping us.

F. S. SPENCE,

8 King St. East, Toronto.

It is specially requested that those who send us addresses without the knowledge of the parties whose names are given, will kindly inform us to that effect. We shall then notify those parties by post card that the paper is sent them without charge, otherwise some might decline to take the papers from the post-office.

10 CENTS ONLY 10

THE CANADA CITIZEN.

Selections.

"Over the Way."

BY RICHARD CAMERON.

OVER the way.

By the sanction of law,
Public-houses are busy,
By night and by day;
Emblazoned with tinsel,
To tempt and to draw
To their dangerous portals
Their victims as prey.

Over the way:

'Midst the glitter and glare,
The wreckers their poisonous
Chalice extend,
To be quaffed by the devotees
Caught in the snare,
At the terrible risk
Of a ruinous end.

Over the way.

At the publican's bar,
A motley assembly go
Of people convoked;
The guileless, the careless,
Moot there on a par
With the reckless, the feckless,
Depraved and obscene.

Over the way:

Crowds of destitute poor—
The thriftless, the shiftless,
The blind and the lame,
The lapsed and the lapsing
Flock in at the door
To revel in drink
By which poverty came.

Over the way:

Wrecks in sooty attire;
Men and women with consciences
Deadened to shame,
Commingle, while sipping
The base liquid fire,
With those who can boast
A respectable name.

Over the way

At the vile tempter's shrine,
The worship of Bacchus
Leads many astray;
By stealth, step by step,
Does the demon entwine
In his merciless toils
Those he seeks to betray.

Over the way

In the Madelrat of drink,
Reputation, and money,
And health disappear;
Thus millions make progress
To poverty's brink,
And thousands succumb
To disease every year.

Over the way.

Must this always endure?
Are the lives of the people
Less precious than gold?
No! the great cause of temperance
Shall freedom procure,
And root out the Poison Fiend
From his stronghold.

—League Journal.

The Rum Power.

BY JOEL SWARTZ, D.D.

"Rum, my friends, that rules the land
The ballot's cast by beer.
And liquor is the sovereign power
The politicians fear.

If whiskey pays the voter's tax,
Then will it have a voice;
And if it pays a larger tax
'Twill claim the ruling choice.

If statesmen license rum and gin,
And share in part the pay,
Then must they shelter rum and gin
There is no other way.

It is not fair, it is not just
To murmur and to frown,
And curse the drink that pays the tax
And run the business down.

If rum is made a lawful trade,
And it is lawful too,
And if it pays the voter's tax
As other people do,

Then why, whilst pocketing the cash
With one right willing hand,
The other use, as many do,
To stamp an odious brand?

The higher up the license goes
The stronger flows the beer;
"It costs to sell, more must be sold,"
The reason is quite clear.

And wealth and style will gild the trade,
And this will be its boon:
The palaces of rum and gin
Will shame the low saloon.

What pays the cash and "cuts a dash"
Is sure to hold the sway,
And men will think 'tis fine to drink
In such a splendid way.

The license concentrates the trade,
And links in one the cause
Which buys the votes and pays the tax,
Which makes and breaks the law.

The Story of Bibax.

(From Marshall's History of Drunkenness. By Wick, 1887.)

BIBAX was a great man in the town where he dwelt, and honorable among the people, because by him many of them had been warmed and fed. He was also a mighty man in politics and political economy, but he was a drunkard.

And a little maid of the land of Abstinence had been taken captive by poverty, and was brought into the house of Bibax, and waited on his wife. And she said unto her mistress, Would that my master were with the Water Doctors, for they would cure him of his drunkenness.

And one went in and told his lord, saying, Thus and thus said the poor little maid, that is of the land of Abstinence.

Now Bibax wished to be recovered of his drunkenness, but could not get it out, and a friend of his saluted him saying, As thy soul liveth O Bibax, I think thy body is returning quickly to the earth, by reason of too much alcohol; I would, therefore, that thou shouldst sojourn a short space with Doctor Temperantia, my most intimate friend; I will send a letter to him by thee, and he will recover thee from thy drunkenness.

And he departed, having his purse well lined with gold, and in the box of the carriage were many changes of raiment.

And he brought the letter to Doctor Temperantia, a physician profoundly skilled in botanics, and other wonderful panaceas, for healing both body and mind.

Now when Temperantia opened the letter, he found it read thus:—When this letter is come unto thee, behold, I have herewith sent Bibax, my friend, that thou mayest recover him of his drunkenness. For he hath brought himself unto thee the gates of death by looking upon wine when it sparkles in the cup, and is red; moreover, he hath a most insatiable thirst, which denotes that he has a fever.

And it came to pass, when Doctor Temperantia had read the letter, that he said to himself, What doth this man mean, that he hath sent Bibax unto me, to recover him from his drunkenness? Verily it appeareth that he seeketh a quarrel against me.

For I find myself in an evil case in this matter, forasmuch as the man is a most gluttonous person, and a wine-bibber; yea, the Lord hath given him up to the power of evil spirits, and it doeth not appertain unto me to drive such things out.

However, this great man had seen many people spend their living upon physicians without being better, but rather worse, so he looked grave, felt Bibax's pulse, looked at his tongue, told him to be very temperate for a time, take some tinctures he would give him, a certain number of times, and walk round the town walls every morning a time and a half.

And it came to pass, that after Bibax had sojourned many days under the discipleship of Doctor Temperantia, and had emptied many bottles of spirits, commonly called tinctures, he communed with himself upon his bed, thus:

I do remember my faults this day. My wife's little maid Teetotalum, said while I was yet in mine own land, would that my master was with the Water Doctors, for they would recover him of his drunkenness; moreover, I feel that instead of waxing stronger and stronger, I wax weaker and weaker. I will arise, therefore, and go to the Professor of the Water Cures, and try what he can do unto me. So Bibax came with his horses and with his chariot, and stood at the door of the house of Teetotalum.

Now Doctor Teetotalum was sitting in his elbow-chair; and when Bibax was ushered in he said unto him, Art thou the great Doctor Teetotalum and he Yea. Bibax said unto him Verily I am ill, and it hath been revealed to unto me that thou canst heal me. Hither, therefore, am I come, and wait to hear what thou hast to say unto me.

Now Teetotalum was an amazingly wise man, and skilled in all the learning of the Aquatic University, and he cried unto a damsel, bring me hither a book. And a book was brought unto him, written within and without with names of people whom he had cured of drunkenness.

Teetotalum said unto Bibax, It appertaineth unto me, O Bibax, to inform thee that if thou doest that which is lawful and right according to my precepts, the flesh shall come again to thee, and thou shalt be made well. Drink only water. When thou thirstest go down to the river and quench thy longing; the medicine is simple, and the cure is certain.

And Bibax was wroth, and went away away, and said, Behold, I thought he will surely give me some beautiful medicine in gay phials, with a direction mysterious and unintelligible; but lo, he tells me to go to the filthy river, and drink out of it, as though I were a cow or a dromedary; and he turned and went away in a rage.

And his servants came near, and spoke

unto him, and said, My lord, if the doctor had bid thee do some great thing, wouldst thou not have done it? How much rather then, when he saith to thee, Drink water only and be well?

And Bibax having repented and practiced the precepts as enjoined, returned unto Doctor Teetotalum and said, Behold now, I have from experience that there is no medicine in the world for drunkenness. Teetotalum, gave me the book to enter my name as another person healed of the most dreadful of all diseases, an inveterate love of liquor. So Bibax returned unto his own land, and unlabeled to promote temperance wherever he came by teaching to abstain from intoxicating liquors.

Alcohol and the Senses.

AN ADDRESS TO RAILWAY MEN BY DR. RICHARDSON.

At a special meeting of the Great Western Railway Temperance Union (Lord Lyttleton in the chair), and a large audience present, an instructive address was delivered by Dr. Richardson, who was loudly cheered on rising, in the course of which he said:—

"I should like to explain that it is very important for those in the railway service to be abstainers, simply on the ground of the education of the senses. Take the sense of sight, the sense of touch, and the perception of sound from a man, and what you have left is not a reasonable being. The more determinately and perfectly we train these senses, the better in every respect we become. In the early part of my researches upon the influence of strong drink upon the human body, I was impressed by the effect which it has upon the senses, how it perverts them in every way—how it perverts the sight, the hearing, the touch, and even the inflection of the voice. This is one of the most striking parts of the researches I have made in regard to the action of alcohol upon man. The explanation is simple. When you take a given quantity of alcohol, sufficient to produce some effect on the body, that effect is relaxation of all the parts. You see that in the person taking too much wine at the table. You see his face flush. You would further observe, if you made the test, that his pulse has quickened, is making up in rapidity what it has lost in power. There is soon relaxation of body, and then comes relaxation of thought, and, by-and-by, further relaxation, until the limbs are not quite mastered by the man, something irregular is done or said, and the failure goes so far that the hand cannot grasp what it tries to reach, the lips begin to fail, and the thoughts to become confused. Then you get a later stage, where the limbs lose power, and the body falls helpless on the ground, dead, but yet just living, because those parts not under our control—the circulation and the breathing—are going on. That is the complete relaxation, the perfected relaxation—want of power. The old saying that alcohol gives you a fillip to do something, and the idea that it assists over every difficulty, has stood very much in the way of the temperance reformer, because he was not prepared, physiologically, to meet that argument, but the argument is entirely baseless. There is no truth whatever in it. (Cheers.) When we come to refinement of measurement with regard to the muscular force in the body—and now we can measure this as accurately as we can measure warmth by the thermometer—we find that from the earliest stage to the last stages, there is prostration, there is relaxation, there is inability on the part of the will to adapt the organs of the body to perfect action, and there is destroyed action. That has been tried with regard to the senses. Dr. Ridge has made some splendid experiments bearing on this subject. Dr. Ridge could show you, were he here, that he could influence a total abstainer by distance, of even a few feet, as regards his power of vision, by the imbalancing of alcohol, under which the micro-adjustment of vision is disturbed. Dr. Richardson here described the experiment of Dr. Ridge, and also the delicate mechanism of the eye, and showed how the latter was deranged by alcohol. He continued: "How important is it, then, for every man driving a train, or working in a signal-box, to have the perfect gift of sight. All depends upon refinement of sight, and a small quantity of strong drink in a person who is strong otherwise is sufficient to destroy that perfection of sight upon which the lives of an immense number of people may depend in an emergency. This is the same in regard to the sense of touch." Dr. Richardson again referred to the experiments of Dr. Ridge with his well-known dial. He continued: "We have tried the same thing with respect to hearing. There is an instrument which measures sound. We make vibration through the telephone, and Professor Hughes has constructed by the electric

balance an instrument called the sound measurer—the audiometer. We can by that instrument measure through the 200 degrees the sense of hearing. The most singular effect is that of alcohol upon the adjustment. If you take a person in a perfectly healthy condition, and give him this test, we hear down close to what we call zero. We give him enough alcohol to produce an effect, and directly sound is lost a few degrees above zero, and as we increase the dose all becomes confusion, and refined hearing is lost." Dr. Richardson paused again to describe the sensitive mechanism of the ear, and added: "Alcohol interferes with this mechanism, and the sense of hearing becomes confused."

In regard to both hearing and touch, how important it is in railway work, just as it is in my profession, that these delicate senses should not be interfered with. One of the Scotch engine drivers once told me that when a man gets to like an engine, and when it, as it were, becomes a part of himself, he knows, if he is refined in hearing, by the sound if anything is going wrong, just as we physicians know in regard to the mechanism of the body. How important, then, that no agent should come in to interfere with this sense. But taking strong drink interferes also with presence of mind whenever it interferes with the senses. A man who takes a little wine under the notion that he is going to be strengthened by it and brought up for a special effort is entirely at sea, because there is nothing that so completely disturbs the functions as to produce disorder of mind like strong drink. I do not care whether we go to the rifle or to rowing, or to an operation performed by a surgeon, or to drive an engine or a coach, or to ride in a race, or to conduct an orchestra—wherever presence of mind is required—all through we never get anything but embarrassment from alcohol. Those most ready for emergencies are those most free from a substance which produces so much disturbance. The reason is clear. The physiological effect is to relax, to destroy tension, to take power from every part of the body. There is another effect which strong drink produces and that is upon the voice. A man who has taken too much strong drink for a long time never retains a good voice; the voice goes. If a man be a singer the voice goes. There is nothing so fatal to singers as too much wine. The voice gets husky, and in winter time and bad weather it loses its clearness. The effect is produced in the same way as the change in the senses. The fine mechanism of the vocal organs is deranged and impaired. You may almost know a confirmed drunkard by the failure of the voice. All these points considered, there can be nothing better than that we should be total abstainers. Total abstinence is best for engine drivers, guards, porters—in fact for everyone connected with the railway service from the top to the bottom of the tree. (Loud cheers.) To turn to another topic, we know there is a certain measure of accident connected with railway traveling. Accidents occur to the men. There is nothing so good in the case of an accident to the person injured as complete total abstinence. That is now the universal evidence throughout my profession. Long before total abstinence was talked about the greatest surgeon of the time, Sir Astley Cooper, dwelt upon this in his lectures most strongly. He said it alarmed him to operate upon a drayman—death was so frequent. He taught that the surgeon cannot be too careful in the treatment of accidents in withholding strong drink of all kinds. That is exactly what we find. If we find a man habituated to strong drink meeting with an accident we have a difficult case. The chances are that three men of the total abstaining class will recover out of four, and not more than probably one of the other class will recover from the effects of a similar serious accident. In everything appertaining to the effect of accident and shock, the man, who is constantly on the free from the embarrassing drink, which does no good whatever, which is not a food, and which has no part in the scheme of life. By the influence of the railway, a great deal of cruelty towards animals has been prevented, there is not the strain upon the lower creation that there was before, and when we look to the development of the happiness of mankind to the fullest extent by the advancement of the perfection of human beings, we think, and feel, and hope to get fullest sympathy from those who are connected with the railway system. Directors of railways have a great mission to perform quite beyond the matter of carrying people by train—in the example which they shall set to the public at large through their servants, through themselves, through the sound habit they may introduce of destroying the evils which spring from