

DOMINION LODGE NO. 4, I.O.G.T

Organized November 20th, 1884.

Meets every Wednesday evening at 8 o'clock, in the Templars' Hall, 3d floor, Dupont Block, cor. Columbia & Mackenzie Sts., New Westminster.

GENERAL COMMITTEE FOR THE QUARTER.

Chief Templar, Bro. Bryson; E. B. Nobles, C. S. Keith, T. Armstrong, T. C. White, A. E. Mann, B. F. McKeen, G. Emerson, Sisters N. Gilley, L. Hughes, Mrs. Hall, L. Latham, and the Superintendent of Juvenile Temple.

FEES:

ADMISSION, Gentlemen	£1	50
" Ladies	30
QUARTERLY DUES, Gentlemen	1 00
" Ladies	25
MEMBERSHIP, February 1st, 1891	52

OFFICIAL PROGRAMME

—OF—

DOMINION LODGE NO. 4, I. O. G. T.,

For the quarter commencing 1st Feb. and ending April 30, 1894.

- Feb. 7—Quarterly reports and installation.
- Feb. 14—Officers to entertain. Subject: "How can we improve our Lodge and make it more attractive and useful to the members generally." Committee: C.T., V.T., and Sec.
- Feb. 21—Reunion night. Every effort to be made to have a first-class programme. Invitations to be sent to every person who has ever been a member of the I.O.G.T., and replies requested from those who cannot attend. Committee: Bros. Keith, Mann and Coates; Sisters Dickey, Eddy, and M. Scott.
- Feb. 24—(Saturday) B. B. Bee. Committee: Bros. Bryson, Brown and Brehaut, and Sister Bryson.
- Feb. 28—Brothers' night. Brothers to surprise the Sisters. Committee: Bros. E. B. Nobles, W. Fraser, A. McWhirter, G. Milbury, W. Clark, F. M. Eddy and A. McClughan.
- March 7—Invite Western Star Lodge to officers and entertain. Committee: G. Emerson, M. McWhirter, U. Urquhart, G. H. Brown, L. Wolf, H. Hefforn.

Science Department.

ERNEST HALL, L.R.C.P. EDINBURGH, ETC., EDITOR.

Enquiries in this Department should be sent to the Editor, ERNEST M. HALL, Specialist, Jewell Block, Victoria, B. C.

ALCOHOL NOT A STIMULANT.

Possibly it may be somewhat of a surprise to some of our readers to be told that recent scientific investigation

LIST OF OFFICERS.

C.T., Bro. Newton R. Brown; V.T., Sis. Lottie Hughes; S.J.T., Sis. Annie Latham; Rec.-Sec., Bro. E. B. Nobles; Asst.-Sec., Sis. Grace Emerson; F.S., Bro. Thomas Armstrong, Tr., Sis. Ida Bryson; M., Bro. I. C. Mills, D.M., Sis. Ellen Welsh; Chap. Sis. Nellie Gilley; G., Sis. Maggie Anderson; Sent., Bro. David McCullough; P.C.T., Bro. M. Bryson; Organist, Bro. Wm. Fraser.

STANDING COMMITTEE.

(Care of Sick)—Bros. A. E. Mann, G. M. Milbury, R. A. Craig; Sisters Nellie Gilley, Martha Yardley, Jennie Mann.

COMMITTEE ON ABSENT MEMBERS.

Bros. C. S. Keith, M. Bryson, E. B. Nobles; Sisters A. G. Newman, Mildred Gilley, Lizzie Latham.

ROOM COMMITTEE.

Bros. Thomas Hughes, T. B. Armstrong, and David Elliott.

FINANCE COMMITTEE.

Bros. Wm. Fraser, David McCullough, and W. Emerson.

JUVENILE TEMPLE EXECUTIVE.

The Superintendent, Sisters Dickey and Bryson; Bros. Armstrong and Bryson.

Mar. 14—"Temperance Quotations." Paper by absent members committee. Committee: Sisters N. Gilley, F. Gregory, A. G. Newman, Bros. D. Barclay, R. McClughan and I. C. Mills.

Mar. 21—Sisters' astonishment night. Committee: Sisters Hughes, M. Gilley, J. Mann, A. Latham, and M. Anderson.

Mar. 28—General programme. Paper, "What class of Literature should we read and recommend." Committee: Bros. T. Armstrong, T. Hughes, H. Barclay, Sisters Abercombe, Eagles, and K. Anderson.

April 4—Question Box. Questions subject to the approval of the committee. Committee: Bros. T. C. White, W. E. Emerson, E. B. Stinchcombe; Sisters E. Welsh, J. Lechner and G. Scott.

April 11—Juvenile Temple night. Children to entertain. Parents to be invited. Time of opening, 7:30. Committee: Superintendent and Executive Committee.

April 18—Sisters to officers and entertain. Committee: Sisters Hall, Emerson, A. Gilley, Yardley, and E. Williams.

April 21—Saturday night opening meeting. Committee: Bros. B. F. McKeen, Baylis, McFadygn, and J. Wilson; Sisters A. Latham and A. Dickey.

April 25—Election of officers, Revision of the work of the quarter by the C. T.

MUSIC COMMITTEE.

Sisters L. Latham, K. Anderson, J. Lechner, and Bros. W. Fraser, A. E. Mann, and W. Currie.

has played havoc with the much-praised "stimulant" of our unfortunates, and has relegated this poison to its proper class—that of depressant and paralyssant. True it is that indulgence in alcoholic liquor causes a flushing of the face, a more rapid action of the heart and a flow of blood towards the surface of the body, and with this a temporary increase of mental vigor; but these results which,

when viewed superficially, appear to be those of stimulation, are, when investigated, the results of paralysis. A reference to physiology is required to elucidate this point. By virtue of fine muscular fibres in the walls of the blood-vessels, these vessels are capable of contracting and dilating, thus regulating the amount of blood distributed to various parts of the body. This mechanism is presided over by a delicate network of nerves, called the *vaso motor* system, and upon the integrity of these nerves depends the regulation of the local blood supply. This dilatation and contraction of vessels is seen in the alteration of the color of the face under various emotions, dilatation of the vessels causing blushing, and contraction causing pallor. The paralysis of these very delicate and sensitive nerves is the first effect that is observed after the imbibition of alcohol. Of course the blood flows more freely, and the heart beats more easily, not because the circulation is stimulated, but because the blood tension which is necessary for the proper nutrition and health of the body has been removed by the paralysed blood-vessels. In a similar manner would the central engine and pump of a system of water-works act more freely and with less labor if the water pressure were reduced by opening several hydrants. This, then, is the first action of alcohol, an apparent stimulation, but an actual paralysis; surely "wine is a mocker," and "whosoever is deceived thereby is not wise," and this deception seems to have taken firm hold of the public. But let us continue observations one step further and see what additional "stimulation" we obtain by "a drop more," but now the delusion becomes apparent. As the lowering and depressant effects become manifest, the paralyssant action comes to the front in its true colors—sensation is benumbed, motion interfered with, and power may be completely lost, or, in other words, absolute paralysis may result. The relief of a stomach pain which frequently follows an alcoholic, is due to the deadening influence of the alcohol upon the nerves of sensation; it kills pain while professing to cure; the same can be had by opium and many other poisons. This great fact is to be remembered regarding alcohol—its power to lower the functions of the nervous system by which it gives repose to the body and quietus to the mind. This explains the "night-cap" action of the proverbial toddy, which is simply that the system is gently though virtually drugged to sleep.

Dr. Samuel Wilks, of London, in his address before the British Medical