

that the next meeting of the Council be on the Wednesday of the week following the opening of Parliament in 1889. The motion was adopted, and on motion of Hon. Mr. Foster, seconded by Mr. Spence, the Executive Committee was instructed to consider and report at next annual meeting a scheme for the better organization of the Alliance.

The Council then adjourned.

THOUGHTS BY THE WAY.

It is a great thing to be consistent. Build up an argument in favor of any movement, even though the argument be a poor one, yet consistently adhere to it and it will always carry a certain weight. But, on the other hand, nothing so thoroughly exposes the fallacy of any argument as a contrary practice on the part of those who advance it.

One of the "stockiest" of the stock arguments of the Anti-Scott advocates has always been, that the passing of the Scott Act in any community would result in killing off all the best hotels; and terrible have been the pictures that have been drawn by Mr. E. King Dodds and his fellow champions of the injury that would result to business in every leading town that was unfortunate enough to come under the ban of the Canadian local option law. Business, we were told, would be ruined. Farmers would not be able to find accommodation when they brought their produce to town, and the result would be that they would seek other fields and pastures more green. Commercial travellers, it has been said, would not find a place where to rest their heads, nor a packing box on which they could spread out their samples.

This argument, I am free to confess, in the early days, at least, of the Scott Act campaign, before sensible men got their eyes opened, carried some weight. There is nothing more sensitive than commerce, and a business man, even though he be a good man, when he fears that his business is going to be curtailed by some public move is strongly tempted to oppose it. It needs, at any rate, good, sound moral courage to withstand the temptation to weaken in cases of this kind. Trading on this weakness in human nature, there is no doubt that Anti Scott Act votes were polled that, without this argument, never would have been polled.

It only needs a little time, however, for every fallacy to be exploded, and this particular Anti-Scott Act fallacy is fast taking its place amongst the dead of the many Anti-Scott Act arguments. Just how silly this statement is can be verified by any man who travels our Province to only a slight extent. He will find in all the towns the leading hotels conducting business as usual, notwithstanding the closed bars, and a striking instance that the Scott Act not only does not injure business in our best towns throughout the Province, but actually increases it, is evidenced by the town of Woodstock. Now this town, situated in Oxford county ranks amongst the most thriving of our western towns. It is in a county where, with such zealous and watchful champions as the Rev. Mr. McKay, the Act is well enforced, so the plea cannot be used that it is whisky that is sustaining the hotels there. Before us at this writing we have recent issues of the weekly *Sentinel-Review*, a creditable provincial weekly published in the town of Woodstock. In its columns are found two lengthy accounts, one headed "A Fine Hotel," and the other "Another Fine Hotel." The former gives an extended description of some important and extensive improvements and additions that have been made to the O'Neil House of that town. The building, we are told, "has a frontage of 95 feet on one street and 110 feet on another, and is capable of accommodating from one hundred to one hundred and twenty-five guests." Evidently mine host O'Neil does not anticipate a falling off in the travelling public. He has made every provision for supplying the wants of a large number of guests; and just bear this in mind, kind reader, men do not build hotels, any more than they enter into any other kind of business, without having pretty correctly gauged the likely demands of the public. The *Review* describes further goes on to say, "There are ten spacious sample rooms in this hotel." "It is also intended to have a correspondence room, specially for the convenience of travellers." There can be no better proof from a commercial standpoint that Woodstock is a thoroughly thriving town, and that its progress has been marked under the Scott Act, than is evidenced by the quotations that we here make. There must be business done in that town to

bring commercial travellers to the number that call for the commercial accommodation here provided by this hotel. "The total cost of the improvements referred to has not been less than ten or twelve thousand dollars." A pretty good investment, all will say, and, as I have said, indicative of the progress and prosperity of this Scott Act town.

But as an evidence that the expenditure of so much money on hotel property in a Scott Act town is no more whimsical than the whims of some Anti Scott Act crank, who has more money than he knows what to do with, is shown by reading the account of the expenditure of some nine or ten thousand dollars on the Thompson House, in this same town. The reporter tells us, "that to meet the demands of increasing business, Mr. J. E. Thompson decided upon moving the old frame structure back from its foundation, and erecting a handsome brick edifice in its stead." This has been done, and "now a three-story building, of Hamilton brick of a rich, deep color, has taken the place of the frame building

The *Citizen*, I am sure, will not charge more than twenty cents a line to O'Neil and Thompson for this notice of their hotel property. The country needs hotels but it does not need whisky shops. The needs of the public will create a demand for first class hotels, and that such demand exists, is proven by the little bit of Woodstock history that we have here given to our readers. Whatever other arguments our Anti-Scott Act friends still hold—though they are fast becoming beautifully less—they must certainly consign this in future to oblivion; it can carry no weight hereafter.

I am going to add a paragraph or two confirmatory of two important subjects referred to in former "Thoughts by the Way." It will be remembered that about three weeks since in this column I gave some startling facts in the matter of Christian Missions, and the relation that the liquor traffic bears to this work. These were obtained largely from an address by a leading New York clergyman. Within the past week there has come into my hands a report of some vigorous remarks made by an English M.P., in the person of Mr. W. S. Cairns. The more thoroughly that one investigates this subject the greater seriousness attaches to it, and every earnest man should be moved to do something towards remedying what apparently is becoming a gigantic evil.

Mr. Cairns tells us "that there are about thirty-five British societies engaged in missionary enterprise, and yet we find in the presence of the agents of these societies drunkenness increasing in India to a frightful extent among the lower orders, in some districts men, women, and children even, all availing themselves of the facilities offered by the government. In Malta the lower class of female population are now hurried into prostitution, and are licensed, as are also their resorts, by the British authorities." Mr. Cairns further reports from personal knowledge, "that in Cairo there are no less than four hundred grogshops and brothels, the direct consequence of the presence of the British army." With this unquestionable testimony before him, obtained in a large measure by personal observation, it is not surprising to find him using such strong language as the following:—"We are sometimes surprised that Christianity has not done more for Britain, the majority of its professors still lacking the morality to practice their faith, but we have only to know something of what is not only allowed but sanctioned by the British Government in our dependencies to understand why Christian missions have been a comparative failure. Christianity asks us to conquer ourselves and practice self-sacrifice, but the practice of the Christian Britain appears to be to conquer others, and then to renounce all moral obligation so soon as he journeys beyond the range of newspapers and civilization."

I want simply to leave this matter here and allow it to rest on the conscience of every earnest man and woman. Whilst I should be sorry to see any one move a particle in the direction of retarding missionary enterprise, yet whilst as members of the various church denominations we are active in the important work of spreading the gospel, let us also bring equal pressure and intelligence to bear upon governments towards doing something to retard this terrible counteracting influence that is at work, and likewise let us be certain that each individual Christian himself is consistent in this matter.

So fully did I go into the medical aspect of cigarette smoking in the last issue of

the *Citizen* that I supposed there was perhaps nothing more to say on this subject, yet it is the case that when one commences to earnestly study any matter that it grows upon them. Reading incidentally our local press, I came across a paragraph the other day telling of a young German, twenty-eight years of age, who was lately found by a jury of the Circuit Court of Louisville, Kentucky, to be of unsound mind, and that his mental malady, according to the testimony of Drs. J. M. Kim and Chas. Sauter, was caused by excessive cigarette smoking. He was in the habit of smoking about thirty a day. There seems to be an entire breaking down of the system, as well as a loss of brain power, and he looked worn and emaciated. His idiotic condition, the physicians say, was obviously occasioned by the slow tobacco poison, and these gentlemen add "that there is no doubt that multitudes who are not thus reduced to idiocy or insanity, are greatly injured by the tobacco habit." Whiskey, we all know, is given to puppies to stunt their growth, and everything in the shape of medical testimony shows that this habit of cigarette smoking is one certain way of stunting the growth, both physical and moral, of the boys of our country.

I do not want to moralize any further on this subject, the reader thinks perhaps that he got a sufficient dose of the matter last week, but the question is a serious one, and all, whether parents or guardians, or teachers of the young, will certainly be helping the work in which they are engaged by exerting every influence to discourage this nasty and injurious habit among the youth.

HEADQUARTERS.

A GREAT W. C. T. U. SCHEME.

A Home for the Temperance Cause—Toronto Ladies Undertake to Build It, and are Already at Work on the Project—An Appeal for Assistance.

OUR own W.C.T.U., following the laudable example of their sisters across the line, have undertaken to put up and furnish in this city a building in which they hope to centre the great work that they are at present carrying on. This scheme has for some time been mooted, but has finally taken a definite shape. A committee has been appointed to carry it out. Mrs. Colin Skinner is the secretary and treasurer, and already has made a good start in the work of raising the needed money. After what has been recently said in the *CANADA CITIZEN* regarding the remarkable work of the W.C.T.U., we need add little in commendation of this great undertaking. It ought to have not only the sympathy but the practical support of every lover of our cause. We earnestly hope that our friends will come up to the help of the Christian women in this worthy enterprise.

The following circular has been issued by Mrs. Skinner. We have also much pleasure in informing our friends that the address of this lady is 273 Yonge St., Toronto, and that all monies sent her for this purpose will be duly acknowledged. We shall be pleased to publish the names of donors and the amounts they contribute in the *CANADA CITIZEN*—

TO ALL FRIENDS OF THE W.C.T.U.

"The Women's Christian Temperance Union of Toronto have unanimously decided that the time has come when we must start out in faith towards raising a fund for a building, to be known as W.C.T.U. headquarters. Toronto is without doubt the city in which it should be erected, for where the largest forces are centred, there surely should be built practical headquarters. Here we are eleven unions (including three active Y's), with a membership of over 600 earnest, consecrated women, engaged in about twenty different departments of work, each under the care of an efficient superintendent. These superintendents are greatly hindered and in many cases their hands are almost tied for want of proper accommodation. The work is increasing, our plans are enlarging in every direction. An idea of the work done, and its importance, may be gained by a perusal of our ninth annual provincial report. The W.C.T.U. is an incorporated body, a recognized power in the land, and is here to stay. We want a home of our own, and why not? Every great organization, political, educational and religious, has a head or home of its own, and why not our Grand W.C.T.U.? Though with only 'se' summers crowning her brow, yet her record is a noble one. This home ought to be provincial. It will be readily seen that a great advantage would be gained by having the president and secretary together in one central place instead of (as at present) separated by hundreds of miles. Our W.C.T.U. women are strong in faith, and if we all are united we will soon see the fulfilment of all our hopes, that is, a home for temperance work which shall be an honour to our White Ribbon Army of Ontario. If this is the

work the Lord requires at our hands, can we be excused if we let trifles discourage us? Don't turn aside and say it is no use, we have no money, or where is the money to come from? The silver and gold are the Lord's, though in the hands of men, we must have the building and we cannot get it without money. Then let faith and works be united until the whole amount is secured.

If each local union in the province would at once give this important matter their practical consideration and send us a donation of only two dollars per member from each one of our 5,000 Ontario sisters, this would swell the amount to a grand total of \$10,000. This sum secured as a basis by our own women, the Lord will surely strengthen our hands and enable us to "arise and build in His name." The general public would see that we meant business and gladly put forth a friendly hand to help us. But our W.C.T.U. women must take the initiative in this great undertaking, to them alone belongs the honor of laying the foundation of our White Ribbon Temple. A home we must have for our children the Y's, that is a duty devolving on us as W.C.T.U. women. They have been boarding round waiting for us to do something in that way for them, at last, they have decided to rent a flat or suite of rooms, furnish them, and make a home for themselves. We as mothers know when our young people set up house-keeping on their own account we have virtually lost control of them, we don't want to lose them just yet. The time will come in the course of nature when we will expect them to step in and fill our places in the ranks of the W.C.T.U. We as mothers are proud of our daughters, the Y's, it is a grand sight to see an array of bright, happy, talented young Christian girls consecrating themselves in their youth to the cause of temperance and humanity.

In their hands of Hope they gather all classes and instruct them, by charts and explanations, on the effects of alcohol on the human system. To an onlooker it would appear to be anything but a pleasant task. They seem to live above their surroundings and look forward in faith to a grand army of temperance men and women that are to be the future leaders in this noble fight. It is indeed a grand work training young soldiers to work for "God and home and native land." The kitchen garden and flower mission, two very important branches of this work, to be successfully carried on must have rooms of their own. Then when we have room for printing presses our great drawback to the progress of the work will be removed; we will be able to have our official organ, the *Woman's Journal*, printed at first cost under our own supervision, and much will be saved by the home publication of tracts suitable for the work. Our aims are high; we hope in time to have a building furnished and equipped second to none in the Dominion, sister to our Toronto Y.M.C.A., that will supply a long-felt want. Although we have not done too much for our young men, let us not forget that the mothers of this fair Dominion of ours have daughters, who have claims on the women of Canada."

Domestic Department.

How I Cured My Insomnia.

BY THE AUTHOR OF "HOW I RECOVERED MY HEALTH."

SLEEPLESSNESS is among the most distressing symptoms of nervous prostration, if indeed it is not the very worst; and it is most certainly one primary cause of the disease itself.

When I was recovering from my long illness, I was still the victim of insomnia, or of what might be called intermittent insomnia; that is to say, I could sleep pretty soundly, but only for short periods, one hour or perhaps two, and then I would lie awake, restless and miserable, for three or four. If by any chance I accomplished three hours of steady slumber, I thought it little short of miraculous! How then did I acquire my present delightful habit of laying my tired body on my bed and deliberately sleeping eight hours at a stretch? Is not such an achievement worthy of some attention? Harken, insomniacs! and go and do likewise: the remedy is delightful, simple, as most natural remedies are.

I was one day lamenting my sleeplessness to an old friend. "If on I could sleep!" that was my cry. "Well," said he, "I'll tell you my secret. I used to be nearly insane from want of sleep, but now I go to bed serenely conscious of a good night coming. As soon as I find myself restless or inclined to be wakeful, I get resolutely out of bed, remove my night clothes, let the air freely upon my body, and—then—go for myself with a flesh brush."

I laughed. "The remedy is somewhat heroic, isn't it?" I asked.

"Not at all," said he. "After the first courageous effort, I take the strong No. 3 brush, and give my whole body a thorough rub, limbs first, then stomach and bowels, finally my back; and see! I have this hand for those parts of my body that I cannot reach."

His wife, who stood by, laughingly declared that I looked so much improved that she would present me with a pair of gloves if I would promise to try the remedy. "Indeed I will!" I exclaimed, delighted; and armed with my new possession I can now declare myself absolute conqueror in the con-

lict, insomnia has yielded to action the application of this very simple remedy.

But I have improved upon my friend's methods. I have no need to be so courageous as to jump out of bed and expose my body to the cold air after it has been once luxuriously lapped in warmth between sheets. I know a trick worth two of that. Prevention is better than cure," and I claim much praise for my improved method of reducing the enemy.

When I undress for the night, after removing my clothes I stand close beside my bed, having my night dress quite handy, and everything in perfect readiness to step into it, and taking my flesh glove in my right hand, I begin rubbing my left arm energetically up and down, just twenty-five times; then I remove the glove to the other hand, and manipulate the right arm. I then bestow the same number of rubs on the chest, then the back of the neck, as far as I can reach, then still more energetically over the stomach, bowels and kidneys. After this the lower limbs. Having accomplished this very rapidly, I put on my night-dress, sit on the edge of the bed, and "go for" my feet. These I rub both over and under until my arms ache, not limiting myself to twenty-five rubs. Then, feeling sure of victory, I blow out my light, dispose myself comfortably, and go off to sleep for my eight or even nine hours!

Think of it! This I have accomplished in three short weeks! At first when I was still restless, I twice rose and renewed the friction to my feet. That at once restored the balance of circulation and brought about the desired result. It has not once failed me, and the reason is sufficiently obvious. It is a natural remedy, far superior to any anodyne or sleeping-potion ever invented.

For what occasions insomnia? People will answer, "A variety of things—nervousness, indigestion, excitability, overfatigue;" and this, in its way, is true, but, apart from all these causes, which are relative, there is but one actual cause for sleeplessness, and that cause is the one to reach and overcome. It is imperfect or impaired circulation, which may be brought about by many different agencies—disordered stomach, irritated brain, disease of any kind, anxiety or sorrow—but each of these, in its degree, occasions the trouble, because it interferes with the equal circulation of the blood and the action of the skin. The use of the flesh-brush has its value in this. It promotes and restores circulation.

Every victim of insomnia knows that sponging the body all over at night will sometimes bring about sleep; but I never yet heard of any one who had tried the method I have indicated. It is, I assure you, well worthy of trial. Begin deliberately and slowly. You will be gratified by the result.

In the case of invalids and weakly persons, it would be very easy for the attendant to give a gentle application of the flesh-glove or a brush until the patient has become accustomed to it. For myself, I use it energetically, twice daily—after my cold bath in the morning, and the very last thing at night. After three years' illness from nervous prostration, and lifelong insomnia, I am now perfectly well, cat well, walk ten or fifteen miles every day, and sleep my eight or nine hours, free from dreams or restlessness; while brain work, by which I make my income, is better than ever before.—*Demorest's Monthly Magazine*.

Girls, Be Warned.

It is very easy to account for the intemperance of husbands who were intemperate as lovers. The experience of the world has long since made it plain that if a woman's influence is not sufficient to make a sober man of her prospective husband, all the holiest influence will be exerted in vain after the twain have become one flesh. This has been the rule, with here and there a happy exception. Thousands of women have contracted an alliance with men of intemperate habits with a vague hope of reforming them and have to their cost learned the futility of such a hope. And yet, against the dictates of common sense as well as of experience, women will go on making the same old mistake, so long as the dream exists. For such men there seems to be no hope but in absolute prohibition. Appeals to their manhood and to their natural affections are like in vain; even the grace of God, in some instances, seems insufficient to win the confirmed inebriate from his cups.—*The Methodist*.

A Bad Crowd.

This character of the strong drink traffic and the men engaged in it is well evidenced by a public notice recently issued by the Excise Board of New York city. Of the 2,500 saloonists of this great city more than 1,100 have been formally notified there is sworn that they have been violating the law. There are some Canadians who have actually argued that men who are licensed to sell drink are specially interested in the enforcement of the law and likely to help it along.