

be completely abolished, let us by all means have as few drinking places as possible. The more numerous the saloons the greater the quantity of liquor consumed, and the greater the consumption of liquor the greater the liability to such crimes as the York street murder.—*Globe*.

DOES BEER CAUSE GOUT?

BY NORMAN KERR, M.D., F.L.S.

Many persons who would on no consideration taste ardent spirits, remembering the words of the great surgeon, Sir Astley Cooper, "Spirits and poison are synonymous," make no scruple of habitually drinking beer and porter freely, and yet the alcohol in the strongest spirituous drinks is practically the same alcohol as that which is met with in malt liquors.

In plain words, all intoxicating liquors are, as their name implies, poisonous to both body and brain.

Ale, beer, porter, and stout are no exception to the rule. The average amount of this poison, alcohol, in a pint of each of this class of intoxicating liquors is, according to the Government analysis of liquors at Bethnel Green Museum, as follows:—In London porter, $\frac{3}{4}$ oz.; in mild ale, $1\frac{1}{4}$ oz.; in London stout, $1\frac{1}{2}$ oz.; in strong ale, 2 oz.; and pale ale, $2\frac{1}{2}$ oz. As, according to the same unimpeachable authority, one pint of brandy contains $10\frac{1}{2}$ oz. of alcohol, it is apparent that half a pint of pale ale is as strong in spirit, and therefore, as intoxicating as brandy. Alcohol vitiates the blood, besides impairing its building-up properties, by shortening the life of the red globules.

By virtue of the alcohol beers and stouts contain, these liquors sap the foundations of national vigor, and induce an unhealthy, diseased condition of the blood, and through the blood, of various internal organs and regions of the body. It is common in brewers' draymen, and in persons of both sexes, in all ranks of life, who regularly drink what is conventionally looked upon as a very moderate allowance. I have repeatedly been enabled to effect a complete cure of rheumatism by insisting on the immediate and total discontinuance of the daily three half-glasses of the temperate beer-drinker. In all cases of rheumatism, from whatever cause, total abstinence is, in my opinion, the most important element in the curative process.

Gout. Of all the physical ills which alcohol have inflicted on humanity, there is none which more openly bears the mark of its parentage than gout. I had occasion to testify, in the *Lancet* some time ago, that in 1,540 cases of gout that had come under my care, only one was in the person of a life abstainer who had inherited the disease, along with the rest of the family property, from a long line of port-wine and beer-loving ancestors. Intoxicating malt drinks are, undoubtedly, the fertile parents of this most painful and harassing ailment. I know of no disease which is more easily prevented, and which could be more effectually eradicated than gout. I have found total abstinence completely cure a large number of very bad cases; and, even to those sufferers who, from inherited taint, could never hope by any degree of abstemiousness to be entirely freed from their ancestral burden, the unconditional disuse of intoxicants has shorn their "thorn in the flesh" of half its terrors, and greatly mitigated their tortures.

It is a significant fact, noted by Dr. Farr, the eminent statistician, in his annual letter to the Registrar-General, in 1877, that gout was then twice as fatal as it had been fifteen years before.

Another English physician, eminent in hospital practice, says that gout from beer-drinking is one of the most common diseases he has to treat among poor people who are beer-drinkers.—*Union Hand Bills, No 47*.

SIGNIFICANT AND SUGGESTIVE.—In a certain Pennsylvania town on a recent Saturday a manufacturer paid to his workmen \$700 in crisp new bills that had been privately marked. On Monday \$450 of those identical bills were deposited in the bank by the saloon-keepers. When this was made known the workmen were so startled by the fact that they helped to make the place a no-license town. *The Christian at Work* would like to have similar test extensively applied to promote temperance sentiment.—*Christian at Work*.

Consumption is a disease concentrated by a neglected cold; how necessary then that we should at once get the best cure for Coughs, Colds, Laryngitis, and all diseases of the Throat and Lungs. One of the most popular medicines for these complaints is Northrop & Lyman's Emulsion of Cod Liver Oil and Hypophosphites of Lime and Soda. Mr. J. F. Smith, Druggist, Dunnville, writes: "It gives general satisfaction and sells splendidly."

AN OLD MAN'S DARLING.

Polly is my little wife,
So she loves to hear me call her,
On her voyages through life
May misfortune ne'er befall her.
I am growing old and grey,
She is—guess how old to-day,

Shall I tell you? Never mind,—
It to you can scarcely matter;
How I fear to leave behind
Such a wealth of youth and chatter!
Who, I wonder, when I'm dead,
Will she learn to love instead?

Polly sits upon my knee,
When the day its lattice closes,
And her heart reveals to me
All its laughter and its roses,
While her merry, trustful words
Fill my brain with singing birds.

Polly is my little wife,
Polly is my only darling;
When embittered with the strife,
Polly's kisses stay my snarling,
And her arms about my neck
Every sorrow seem to check.

Polly only has one care,
That is how she most can please me,
Yet she sometimes pulls my hair,
Does her little best to tease me;
Has of saucy ways a score,
Which but make me love her more.

I am sixty, she is six:
There was some one I remember
Who had Polly's smile and tricks,
In a long-ago December:
For my child was her mamma,
I am Polly's grandpapa.

—*Horace Lennard*.

A TEMPERANCE LESSON.

BY MRS. G. HALL.

'Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright.'

'At the last it biteth like a serpent and stingeth like an adder.'

Will you go with me, my reader, into an abode of taste and elegance, that I may read you a lesson which, with God's blessing, may prove of value to you in your struggles with the temptations which are so lamentably common among men?

As you enter the room the fragrance of rare flowers greets you, emanating from the costliest of vases; the curtains falling to the ground in full drapery over the soft velvet carpet, so soft that it seems like down as you tread; the rare pictures hung upon the richly-painted walls—all speak to you of wealth and refinement.

A group of beautiful maidens are conspicuous among the guests who are this evening to share in the hospitality of this palatial mansion.

After a bountiful dinner the desert has just been placed upon the table. All the viands that could tempt the appetite are there in the most costly dishes of Sevres china; pyramids of ices of many-tinted colors; and amid the flowers and fruit glittering glasses sparkle, filled to the brim with wines of the choicest brands.

Happy indeed were the young couple who for the first time had assumed their places as master and mistress of all these elegant surroundings. And as Gilbert Fleming looked upon his young and lovely wife Agnes he felt that there was no happier man in all the world than he.