



His Choice.

A gentleman, going into a merchant's office, was struck with the following inscription, on a postal card, nailed to his desk:

WHICH?
WIFE OR WHISKEY?
THE BABES OR THE BOTTLES!
HOME OR HELL?

'Where did you get that, and what did you nail it up there for?' he asked the merchant.

'I wrote it myself and nailed it there. Some time ago I found myself falling into the drinking habit. My business faculties were becoming dulled, my appetite failing, and I constantly craved alcoholic stimulants. I saw tears in the eyes of my wife, wonder depicted on the faces of my children, and then I took a long look ahead. I sat down and half unconsciously wrote that inscription. Its awful revelation burst upon me like a flash. I nailed it there and read it a hundred times that afternoon. That night I went home sober. I have not touched a drop of intoxicating liquor since. You see how startling is its alliteration. I have no literary proclivities. I regard that card as an inspiration. It speaks out three solemn warnings. One from the altar, one from the cradle, and the third and last from—' Here the man solemnly shook his head and resumed his work.—'S. S. Illustrator.'

How Drink Shortens Life.

(Duncan A. Dobie, M.D., in the 'White Ribbon Bulletin.'

Twenty years' experience as an examiner for life insurance companies has impressed me with the undoubted superiority of the total abstainer as an insurable risk. Opportunity to make careful observation and comparison has been afforded me, by my having made examinations for many different companies.

The most important and most striking points to be noticed in the examination of a large number of risks are the less frequency of the heart beat, and the more composed mien of the total abstainer.

The average rate of the heart beat, sitting, in one addicted to stimulants, is from 72 to 84 per minute, while the average rate for the abstainer is 60 to 66. This shows a saving in favor of the abstainer of 12 beats per minute, or 20 percent.

An average heart beats one hundred thousand times in 24 hours, and is estimated by physicians to expend energy sufficient to lift 100,000 pounds through one foot of space. The heart of a total abstainer beating 20 percent less would lift 20,000 pounds, or ten tons less every twenty-four hours. This saving is accumulated as a reserve to be called upon in an emergency. As all other physiological functions are accompanied by the expenditure of vital energy, it is reasonable to

assume an equal saving of energy in the conduct of all the other vital processes of the body.

The ability of any machine to withstand shock depends upon its physical structure and the workings of its parts. If two steamships collide, their survival will depend upon this structural resistance. When the human organism suffers from the shock of infection by disease, its survival will depend upon this vital power of resistance, or, in other words, upon the reserve energy that has been stored up, and the greater amount of this reserve energy, the greater the chances of survival of the shock. These reasonable deductions are verified by my observation in hospital and private practice.

It is a notable fact that a total abstainer stricken by typhoid fever, pneumonia, or other infectious disease, or suffering severe physical injury, such as fracture, will show more recuperative power and greater vital resistance, by reason of this accumulated reserve, than one whose vital powers have been dissipated by the use of alcoholic or narcotic stimulants. The abstainer will also show a quicker response to stimulation where this may be indicated. Such infections, therefore, more frequently prove fatal in those accustomed to stimulants, and, according to reliable statisticians, the actual death rate is 25 percent less among abstainers than among those addicted to intoxicants.

How to Use Money.

(By Alice M. Guernsey.)

'Spring is coming! Use your money for cigars. You'll not need it to buy coal.'

So reads an advertising board on one of the main streets of Chicago. What do you think of that advice? Suppose we put it in another form: 'Spring is coming! Throw two dollars a week into the fire. You'll not need it for coal.' Or put it in this way: 'Spring is coming. Use your money to buy arsenic. You'll not need it for coal.' What! Arsenic is poison! Well, what if it is? Some people take it. But it kills them? If you think so listen to this true story from an English physician:

'Smoking produces disturbances
In the blood,
In the stomach,
In the mucous membrane of the mouth, causing enlargement and soreness of the tonsils, smoker's sore throat, etc.,
In the heart.
In the organs of sense, causing confusion of vision, bright lines, and luminous or cobweb specks, inability to define sounds clearly, and the occurrence of a sharp, ringing sound, like a whistle or bell,
In the brain,
In the nerves, leading to paralysis in them.'

Is it any wonder that another says: 'This does not leave very much of a man but his skin and bones'? Is not arsenic about as safe as tobacco, after all? And is slow suicide right? Dr. Willard Parker, of New York, says: The poison [of tobacco] is slow, but in the second or third decade its virus becomes manifest. The duty of abstaining from the slow killing of one's self by this poison is as clear as the duty of not cutting one's throat.'

Does that sound as if buying cigars was a good way to use money?

..HOUSEHOLD..

Symptoms of Old Age.

Here are the three deadly symptoms of old age: Selfishness, stagnation, intolerance.

If we find them in ourselves, we may know we are growing old—even if we are on the merry side of thirty. But, happily, we have three defences, which are invulnerable; if we use them, we shall die young if we live to be a hundred. They are: Sympathy, progress, tolerance.

The first is the hardest to most of us, because our little prison of the actual is so immensely important to us. There is no denying the fact that when you have a toothache yourself it is hard to have to consider other people's aches. But it can be done, though it generally involves physical effort, for we must bestir ourselves and act; the mere feeling of sympathy expressed by action is a poor, useless thing; but the soul, determined not to grow old, can force the body to such physical effort, though there is no denying that it is hard work.—'Harper's Bazar.'

'MESSENGER' PATTERNS

FOR THE BUSY MOTHER.

The home dressmaker should keep a little catalogue scrap book of the daily pattern cuts. These will be found very useful to refer to from time to time.



PATTERN FOR REFOOTING STOCKINGS.

Paris Pattern No. 2780.

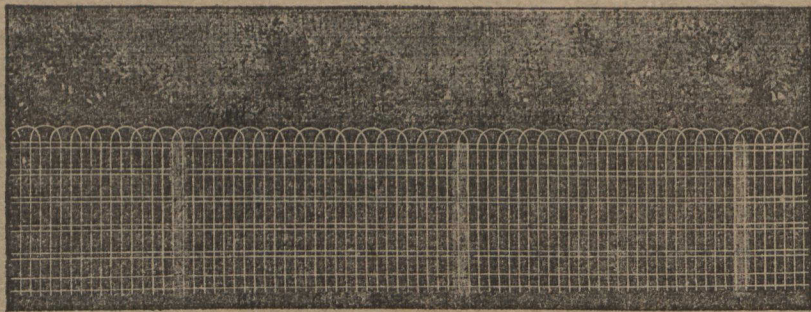
This pattern will be a joy to the economical mother, who often throws a stocking away because the foot and sole are beyond any more darning, though the leg part is absolutely good. These feet may be cut from the legs of old stockings or from very fine French flannel if they are for late autumn or early winter wear, but will be found especially useful for the stockings of lisle thread or silk, which wear out so quickly. They should be very carefully joined so that the seam will be as unnoticeable as possible. Two styles are given, and if one follows the printed directions carefully she should experience no trouble in either the making or the joining of the feet to the leg portion. The pattern is in eleven sizes—6 to 11 stocking size. No quantities are given for this pattern, as the new sole is cut from the leg portion of an old stocking, the pattern itself being the required size.

Always give the size wanted as well as number of the pattern, and mention the name of the design or else cut out the illustration and send with the order. Price of each number 10 cents (stamps or postal note). The following form will prove useful:—

Please send me pattern No., size, name of pattern, as shown in the 'Messenger.' I enclose 10 cents.

Be sure to give your name and address clearly.

Address all orders to:—'Northern Messenger' Pattern Dept., 'Witness' Block, Montreal.



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