



Temperance Department.

ABSTINENCE BEST FOR STRENGTH (Being one of a Series of Conversations.)

PREPARED FOR THE GURCO BAND OF COURAGE
BY THE REV. DAVID MACRAE.

(1.) Does severe and exhausting toil need some stimulant to keep up the strength?—On the contrary, the strength keeps up better and longer without it.

(2.) What proof is there of that?—You find proof wherever you find abstainers and drinkers working together.

(3.) What about the men in iron and glass works?—The foremen in some of the largest of these have declared that the abstainers amongst their workers live longer and have better health than the drinkers.

(4.) What about the men in the anchor forges?—Just the same. Dr. Beddoes got some of them at Portsmouth to give up their beer, and after two weeks' experiment it was found that these men were fresher and healthier than the others, and fresher and healthier than they used to be themselves.

(5.) Could people exposed to our severe weather, such as cabmen, do as well without drink?—They could do better, and they do. Eight hundred of the cabmen in London are abstainers, and they are the healthiest men in that employment.

(6.) Have many soldiers and sailors tried abstinence?—Thousands of them. Five thousand of our navy men are now abstainers, and 11,000 of our soldiers. In the Channel Fleet there are 250 abstainers amongst the seamen and officers. And these are amongst the best sailors and soldiers we have.

(7.) So people would all be as strong without it?—They would be stronger, and they know it more than they like to confess.

(8.) How do you think so?—Because whenever men are put in training for great feats of strength, drink is kept from them. It has been so with the athletes of all ages.

(9.) Were many of the Jews abstainers?—The Nazirites were all abstainers, and the Nazirites were the healthiest and best looking of all the Jews. Samson, the strongest man the Bible tells of, was a total abstainer.

ABSTINENCE BEST FOR ALL CLIMATES.

(1.) Are stimulants not needed in very cold weather to keep people warm?—On the contrary, they do harm by causing reaction. So they become more dangerous the more intense the cold becomes, unless people can get into a warm atmosphere before the reaction sets in.

(2.) Is that a fact?—A fact that should be well known. In Polar expeditions drink is almost always stopped. In one expedition the only death from cold was that of a man who got hold of some rum and drank it.

(3.) Should the rum not have heated him rather?—Of course it caused a sudden glow, but that went off very quickly, and was followed by a rapid reaction, and the man was frost-bitten and died.*

(4.) So even in Arctic snows men can do better without it?—Far better. Captain Kennedy, of the *Prince Albert* Exploring Expedition, travelled 1,200 miles over the Polar snows without losing a man, though the thermometer was below the freezing point of mercury; and in his official despatch he said their safety was owing to their total abstinence.†

(5.) But people say that you cannot do without stimulants in hot climates like India?—Nothing could be more absurd. The people of India itself—200,000,000 of them—are all abstainers.

(6.) Perhaps they mean Europeans?—It is just the same with Europeans. Colonel Conran of the Bengal Artillery said that at one station when drink was sold, he lost his men in scores. When drink was stopped, he didn't within the same time lose a single man.

(7.) Is it the same in active campaigning?—Quite the same. Sir Henry Havelock was an abstainer, so were his troops during the Sepoy

*In the Russian armies marching far north, corporals were detached to smell the men's mouths all round the regiment, because it was found that drinking arrack in the morning left them frost-bitten at night. The arrack, even when it prevented the men from feeling the cold, made them the more apt to suffer from it.

†The only tourist who has ascended Mont Blanc without a guide is a total abstainer—the Rev. Mr. Mather, United Presbyterian minister of Laugbank. He was so solemnly warned of the necessity for spirits that he took a flask with him, but came back without ever having taken out the cork—not only safe and well, but far fresher than is usual with those who take stimulants.

Mutiny, and in consequence they were healthier, fought better, and lost fewer men. (8.) Do statistics confirm all this?—They do. In the Madras army, it was shown in the "Statistical Society's Journal" that only eleven per thousand abstaining soldiers died for every twenty-three per thousand of their moderate-drinking comrades, and forty-four per thousand of the intemperate.

TEMPERANCE AND THE CENTURY.

A half century ago Americans were dependent upon European workshops for every article of luxury, for almost all articles of comfort in everyday life, and for many articles of living necessity; and now we are absolutely independent of all the world for almost everything that relates to the wants of common life.

In passing through the long avenues of the Centennial Exhibition, bordered by the "exhibits" on either hand, I understood better than ever before some of the causes for the dullness of trade in Great Britain. I saw there samples of a great variety of important manufactures, the products of our own factories and workshops—all of which came from the United Kingdom a half century, a quarter of a century ago, giving abundant employment to her busy workmen and wealth to her manufacturers. Now these great industries are transferred to our own shores, and England must seek other means of finding work for her toiling millions, who at present are asking for bread. An English friend who was with me, observing everything with quick ear and sharp eye, said:

"I begin to see why it is that you are now supplying your own markets with all sorts of manufactured goods which you formerly had of us, and that you are competing with us and slowly supplanting us in the markets of the world."

"How is that?" I asked.

"Your working people are better educated and more intelligent than ours and they work longer hours in the week. Our work-people have been demanding more pay, and at the same time clamoring for shorter hours for work, not considering that the inevitable result of this is to drive many branches of industry out of the country, by making their products dearer, so they cannot compete in market with those manufactured under more favorable circumstances. And, besides this, our work-people are all idle upon the Saturday afternoon, which most of them spend in the beer-shops and grog-shops, with the Saturday night, Sunday, and Sunday night, so that great numbers of them do not return to work on the Monday, the Tuesday, and often on the Wednesday, as well, they are absent from their places; and vast numbers of them are away during the entire week. All this adds a considerable percentage to the cost of our manufactured goods. While in this country you have no 'Saint Monday,' Tuesday, or Wednesday, for your work people are regularly and steadily at their places. The Americans everywhere regard the liquor traffic as an evil—an inevitable evil many of them say; while in my country the people regard it and speak of it as a good, as a necessity, to be regulated and then protected by the law. The consequence of this policy is that our government establishes beer-shops and grog-shops and gin-palaces with a free hand everywhere through the kingdom, with the result of a general demoralization of the working classes and a widespread poverty, pauperism, and crime. And another result of this policy will be a gradual diminution of the industrial products of the country, with an increased cost of their manufacture; consequently, a gradual loss of the monopoly of the world's markets, where we have formerly found a ready sale for all our goods."

A great iron manufacturer in England told me that he employs in various establishments forty thousand men; that at least half of these are absent on the Monday and a third of them on the Tuesday also. In one establishment are employed five thousand men, and the works are never run upon the Monday, because so few men would come to their places. The result of this is that every week five thousand days' work are lost to the nation, five thousand days' wages are lost to the workmen, and his loss was thirty-five thousand pounds (\$175,000) a year! The aggregate of this is a loss every year of two hundred and sixty thousand days' work to the nation, and two hundred and sixty thousand days' wages to the workmen, which, if earned by them, would add greatly to the comforts of their families. The money would be spent in purchasing manufactured goods of many kinds, thereby giving additional employment to working people, and the two hundred and sixty thousand days' work would add largely to the amount of products for exportation and home consumption.

This is but a fair sample of the course of things in the manufacturing districts of the country—especially in the iron and coal districts; and the result has been a consider-

able increase in the cost of production, so that many branches of industry are gradually leaving the country. This is especially true of the iron manufacture, one of the great industries of England, which is at present in a very depressed condition. The United States is now supplying its own market almost entirely, which formerly depended upon English furnaces; and Belgium is a formidable competitor with English manufacturers in English markets.

A grand railway bridge of iron has recently been built at Sunderland, on the east coast of England, a neighboring town to Newcastle-on-Tyne, a great seat of the iron manufacture. The bridge was built by contract, after a free competition, and the Belgian iron-masters constructed it upon their own ground, then transported it to Sunderland (six hundred miles), and set it up, at less cost than the Newcastle men could do it, though distant less than twenty miles. An eminent English iron manufacturer assured me that less than one-tenth of the iron consumed in London was of British production. This gentleman is probably the largest employer of labor in England and one of her most successful and intelligent manufacturers. He attributes this decadence of British industry entirely to the effect upon the working classes of the omnipresent beer-shop and grog-shop.—*Hon. Neal Dow, in N. Y. Independent.*

REFORM CLUB MOVEMENT.

BY REV. JAMES UPHAM, D.D.

The present temperance movement in New England is, we think, the most vital and most hopeful movement of our times. It is not simply the last new excitement; it has been quietly deepening and widening until now, its character and proportions command general attention and respect. Its converts do not tell their experience with that sort of gusto which so largely marks the old Washingtonians, and which almost made one think it was a nice thing to be a drunkard and then reform. It has worked down deeper into the consciousness of personal need, and in the despair of self-help, has laid hold on Him who is mighty to save to the uttermost. Its language is, "I cried unto the Lord, and unto the Lord I made my supplications. What profit is there in my blood when I go down into the pit?"—a drunkard's grave and a drunkard's hell. "Hear, O Lord, and have mercy upon me. Lord, be Thou my helper! Thou hast turned my mourning into dancing. Thou hast put off my sackcloth and girded me with gladness."

This thirtieth Psalm, Dr. Reynolds, the leader of the movement, says, was what saved him. He was a graduate of Harvard, and a physician of fifteen years, practice. But long continued moderate drinking had at length brought him to that stage whence opened clearly out before him, as an educated man, a sight of himself as a drunken man hurrying on to the pit. That Psalm tells his experience, his despair, his cry to God, his rescue, his conviction that God alone can help and heal the drunkard. He has given himself to the work of saving others just as he was saved himself, and he has already, in Maine alone, seen more than twenty thousand gathered into reform clubs which recognize the same idea of help in God. Nearly nine-tenths of these have thus far, for some two years, been true to their pledges.

In the larger towns of northeastern Massachusetts, and especially in Essex County, the reform has already wrought wonders. In Gloucester, the most intemperate town in the State, the labors of Dr. Reynolds resulted in gathering 1,200 into a reform club; and when he left, a procession of two thousand men escorted him with music to the depot, and rent the air with their grateful cheers as the train moved away. On the return of the procession through the streets lined with liquor-saloons it found them almost wholly deserted.

This is but a sample in kind of the work being done, and extending itself constantly to new fields. In some places where it began with but little of the religious element, it has more recently put on new power by a larger infusion of this element. It has also received, in various ways, great aid from the Women's Temperance Unions, the Young Men's Christian Associations, and from the pastors and churches. The reformed drunkards, moreover, are finding their way into the churches to be further cared for and guarded.

On the first Sabbath of February, four such were received to the communion of one of the churches in this city (Chelsea), all of whom gave good evidence of having been truly reformed and converted. One is a most effective and eloquent speaker, who will probably do excellent service in the cause. Another had been a heavy load on the heart of his dying mother. She clung to life that she might cling to her erring boy and hold him back from the precipice which he seemed to be rapidly nearing. Fearing that her death might drive him to drink deeper of the maddening bowl, she sent a dying request to the

Women's Temperance Union, that they would follow that son with their prayers. The Union entered into the mother's feelings, and much prayer was offered for the poor young man. But it was as the mother feared. The son sought to drown grief and discouragement in drink, and at length one morning was found chilled on the bare earth of the Common, where he had passed the night dead drunk. He was cared for by the ladies, and sent to McKenzie's Home for Inebriates in Boston, where the Lord healed him—making him every whit whole.—*Illustrated Christian Weekly.*

THE ACCURSED THING.

A writer in the *Christian Union* says: In some cases a man has been cursed in his children. They have been unruly, or dishonest, or dissipated, and have wasted the ill-gotten gain. The very money may have wrought their ruin. Some were childless, and their heirs only waited for them to die. Or God took away their children, so that their success brought them no good. It would take whole chapters to tell these stories.

Or, a curse seemed to hang upon the money itself; and, though wisely cared for and applied with a good conscience and apparent good intent, something always stood in the way of its real usefulness. The most well-meant attempts, the most pious efforts would fail. The "dirty money" was not always lost, but it carried no blessing with it, rather a curse, as if it were inherent in the gold itself. "Strange!" No, it is not strange, if we believe the Bible, and it seems as if it could not be purged, with sacrifice or offering.

In some cases these things are recognized, as when men plundered the city treasury of New York of millions with a high hand, and were driven into exile, disgrace, imprisonment or untimely death. There the curse was plain and sure.

Thus it is with individuals, thus it is with governments, with nations. How is it with our own? Have the millions, the fruit of slave labor, done us any good? Wasted in the war, in every way accursed, and carrying with them the thousands of precious lives, and the end is not yet. "Shall I not visit them for these things, saith the Lord, and shall not my soul be avenged on such a nation as this?"

Some day with clearer vision we shall see how it is with the revenue which the State derives from the accursed liquor traffic, which is semi-legalized by license; that traffic which numbers its dollars and its victims by millions, and souls of men."

The British Government in India has compelled the people of a whole province to raise opium, and nothing else, in order to have a supply and force the trade upon the Chinese—for money. Now and then there is a famine, and thousands starve. Is this to be passed by? The Chinese Government protests, and would fain shut out the drug and save its people from temptation, alas! too strong.

But power prevails, and money, and the weaker submit to the stronger. The heathen nation submits to the Christian, whose God has promised his curse upon oppression and upon unjust gain.

Our Lord is merciful and gracious, and "doth not afflict willingly," but He is also just, and in the nature of things penalty is inseparable from sin.

A DESTRUCTIVE AGENT.—One of the really fearful results of tobacco is its creating an intensely craving, morbid appetite. Like indulgence in alcoholic drinks and opium,—the habits of smoking and chewing produce intolerably gnawing sensations of want, and so deaden the moral powers that victims are held as in a vice. Most of those who have long indulged, will at times acknowledge that tobacco injures them; that it is a wasteful expense and unclean habit; that they often wish it had never been acquired. But they are so conscious that reformation must be preceded by days and perhaps weeks of suffering, that they have no courage to attempt to break off. From this degrading slavery young men and boys can yet be saved. Doctor Stone of Troy declares that tobacco is the true cause of a large number of fatal cases of heart-disease. To this Dr. Warren, of Boston, agrees, and adds, that excessive smoking is known to produce cancerous affections of the tongue and lip. Dr. Willard Parker, of New York city, says: "It is now many years since my attention was called to the insidious, but positively destructive effects of tobacco on the human system. I have seen a great deal of its influence upon those who use it and work in it. Ogar and snuff manufacturers have come under my care in hospitals and in private practice, and such persons can never recover soon, and in a healthy manner: from cases of anjry or fever. They are more apt to die in epidemics, and more prone to apoplexy and paralysis. The same is true also of those who chew or smoke."