

tion. The programme given by the children was splendid. The Lodge takes pride in the Temple.

Yours for work,
A. E. GREEN, G.C.T.

DISTRICT LODGE NO. 3, CALL.

To Lodge Deputies, Officers and Members of District Lodge No. 3:

The semi-annual session of District Lodge No. 3, will be held at Mission City, beginning at 2 o'clock Tuesday afternoon, Feb. 20th, 1894. All Lodges in New Westminster, Vancouver, and New Westminster District, are entitled to send one representative for every twenty members in good standing, on the 1st of February, 1894. See District Lodge Constitution.

Every Lodge is required to send to the District Secretary a copy of the returns sent to the Grand Secretary immediately after installation. (See Subordinate Lodge Constitution) The District Lodge does not pay any expenses whatever. Please send names of representatives as soon as elected, to Rev. J. W. Winslow, Lodge Deputy, Mission City, B. C.

In view of the Provincial Elections taking place this year, it is desirable that as large an attendance as possible should be present. It is proposed to have a public meeting the first evening.

Members wishing District badges can be supplied by sending 50 cents per badge to the Secretary.

All further information can be had by applying to the undersigned.

Fraternally yours,

J. A. SHEARER, D.C.T.
T. COYLE WHITE, D.S.

New Westminster, }
Jan. 5th, 1893. }

Prohibition having now been adopted in principle—not, however in practice—under plebiscites taken in Ontario, Manitoba and Prince Edward Island, it is reported that similar votes are likely to be taken in Nova Scotia, the Territories and British Columbia, ere long. The crux of the whole matter will lie in the carrying out of the prohibition votes in every case. The result of the plebiscites show, however, that advanced temperance views are making rapid headway in Canada. The chances are that popular votes will go in the remaining provinces of Canada in the same direction of abstract Prohibition as they have done in Ontario, Manitoba and Nova Scotia. The fight in British Columbia between the opposing forces will probably be as keen as almost anywhere in the world—*News-Advertiser*.

Science Department.

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

ALCOHOL AND COLD.

The unvarying testimony of Arctic explorers, whale-fishers, fur-traders and trappers, and of the inhabitants of high northern latitudes, of Alpine guides and others exposed to extreme and long-continued cold, demonstrates not only the inutility, but the absolute injuriousness of alcohol as a generator of animal heat, and the vast superiority of an oleaginous diet for that purpose.

Sir J. Richardson mentions as a proof of his power of resisting cold, which he attributed to his entire abstinence from spirits, that, though advanced in years, he was enabled to go into the open air at a temperature of fifty degrees below zero without an overcoat.

Sir John Ross says of his northern expedition: "I was twenty years older than any of the officers or crew, and thirty years older than all excepting three, yet I could stand the cold and endure fatigue better than any of them, who all made use of tobacco and spirits." "He who will make the corresponding experiments," says the same commander, "on two equal boats' crews, rowing in a heavy sea, will soon be convinced that the water drinkers will far outdo the others." The free use of ardent spirits is one of the chief causes of the failure of so many Arctic expeditions, and when the men drank nothing but water, they endured the rigour of the climate with impunity. A Danish crew of sixty men were winter-bound in Hudson's Bay. Before spring, fifty-eight of them died. An English crew, under the same circumstances, lost only two men. The former had an ample supply of ardent spirits; the latter had none.

An old Orkney whaler narrated to the present writer a tragical illustration of the depressing effect of alcoholic liquors on the bodily powers. The crews of two ice-locked vessels were forced to abandon their ships, and to travel many miles on the ice in order to take refuge in that to which he belonged. The one had only their usual rations of fat pork and biscuit. The other had, in addition, a supply of brandy. The whole of the first crew arrived safely. The whole of the second perished from cold and exposure.

The setting in of a Canadian winter or any "cold snap" of unusual severity, is generally attended with several instances of death from exposure of poor wretches enfeebled and almost devitalized by habits of inebriation.

Barron Larrey, the great French surgeon, says that "during Napoleon's retreat from Moscow, those soldiers who indulged in the use of intoxicating liquors sank under the effects of cold almost in battalions; but their fate was not shared by those of their comrades who abstained from those liquors." Marshal Grouchy says that "he was kept alive for days on coffee, while others, who took spirits, slept never more to rise." At the present time the Russian soldiers, on a winter march, have rations of oil served out instead of spirits, experience having shown its superiority as a generator of heat. The Esquimaux, who live largely on blubber, are able to endure with impunity the intensest cold.

Dr. Hooker, a medical officer under Sir J. Ross, says: "Ardent spirits never did me an atom of good. It does harm; the extremities are not warmed by it . . . you are colder and more fatigued a quarter or half an hour after it, than you would have been without it.—*Withrow's Temperance Tracts*.

HAVE YOU SUBSCRIBED.

THE MERRY HEART.

The merry heart that laughs at care
Reflects a heavenly light
That makes the dreariest prospects fair,
The gloomiest pathway bright;

The merry heart that laughs at care
Needs neither rank nor pelf;
Content its thornless crown to wear,
And rich within itself;

The merry heart that laughs at care
Is fit for any fate;
Nor fortune foul, nor fortune fair,
Can change its equal state;

The merry heart that laughs at care
Sees good in everything,
Feels summer's breath in winter's air,
In deserts finds a spring;

The merry heart that laughs at care
Will best the maxim know
That he that doth contented fare
Is happier here below;

The merry heart that laughs at care
Hath faith for guide and friend,
And hand in hand will walk with her
Serenely to the end.

—C. W. Hubner.

Every Lodge Deputy in British Columbia is required to send to us, at once, the name and number of his Lodge, date of organization, organizing officer, number of charter members, present membership, present Chief Templar, Secretary, and Lodge Deputy. Every Supt. is required to furnish the same information regarding temples.