



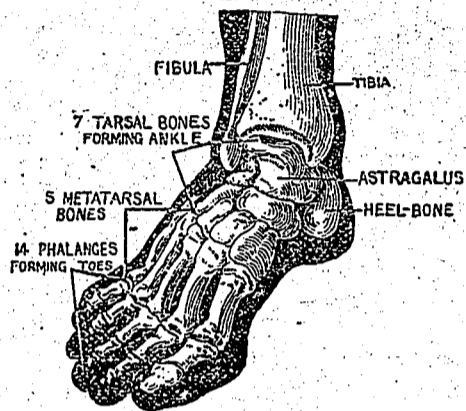
Temperance Catechism.

(Lesson vii.)

1. Q.—Which is the strongest bone of your body.

A.—The thigh-bone, which reaches from the hip to the knee.

2. Q.—At the knee-joint what bones meet the thigh-bone, or femur?



BONES OF FOOT AND ANKLE.

A.—The shin-bone and the splint-bone, known as the tibia and fibula.

3.—How many bones are contained in the ankle?

A.—There are seven bones in the ankle.

4. Q.—How many bones are there in the five toes?

A.—Fourteen phalanges or toe-joints.

5. Q.—How do we injure our bones?

A.—By throwing the weight of the body on them unevenly, as by standing on one foot, or sitting crookedly.

6. Q.—In what other ways.

A.—By giving them insufficient or improper food, and not enough exercise.

7. Q.—Have we a right to eat or drink anything which will injure our bodies?

A.—No, because the Scripture tells us—'Ye are not your own, for ye are bought with a price; therefore glorify God in your body and in your spirit, which are God's.'

Alcoholism Through Wet-Nursing.

The Paris correspondent of the 'Medical Press' reports a recent meeting of the Société de Chirurgie, where M. Vallin spoke on the accidents to which infants are exposed when nursed by women who partake too freely of stimulants. At Paris, in a certain number of well-to-do families, a bottle of wine was allowed generally each day to the nurse, and, in many cases, strong beer was given ad libitum. It was not to be wondered at that, under such circumstances, a small quantity of alcohol passed into the milk and produced in the infant nervous attacks, convulsions, etc., which were frequently attributed to other causes.

French Sobriety.

There is little to be wondered at in the satiric vein evinced in the columns of the public journals in their comments on the proposal of the French Government to introduce a bill with the object of immediately strengthening the control of the State over the manufacture and sale of alcohol. Probably this may take the form of an increased duty, as the Finance Minister has the project in hand. France has so long-

been eulogised for its reputed greater sobriety than Britain, that it is a shock to have this dream of sobriety dispelled. It is a hopeful sign for the Government to manifest such anxiety about the increasing indulgence in intoxicants.—British Medical Journal.

Shingling His Own Roof.

Chaplain McCabe tells a story of a drinking man who, being in a saloon late at night, heard the wife of the saloon-keeper say to her husband, 'Send that fellow home, it is late.' 'No, never mind,' replied her husband, 'he is shingling our roof for us.' This idea lodged in the mind of the drunkard, and he did not return to the saloon for six months. When passing the saloon-keeper in the street, the latter said, 'Why don't you come around to my place any more?' 'Thank you for your kind hospitality,' replied the former victim, 'I have been shingling my own roof lately.'

The Lord Chief Justice on Temperance.

I have the greatest reverence for those who are prompted by the desire to do good, and have joined together in the crusade against drink. I acknowledge to its fullest extent the evils of drink to those who drink to excess. . . I pity the man who at home is surrounded by misery and wretchedness. No wonder he seeks the garish glare of the public-house to get away from his miserable surroundings. The homes of the people must be improved, and counter-attractions to the dangerous allurements of the public-house provided.—London, Nov., 1888.

On the subject of the liquor traffic I will



RT. HON. LORD RUSSELL OF KILLOWEN, G.C.M.G.

(Lord Chief Justice of England.)

say two things. There is no question more wide-reaching in its bearing on the social, moral and political power and condition of the working classes. It is admitted on all sides that the question must be dealt with, and dealt with in obedience to the popular will. My own wish is that it shall be dealt with, and dealt with in a way that will cause the least friction, and therefore the least opposition on the part of any class in the country.—Bristol, Nov., 1893.

At the Liverpool Assizes in March, 1895, he said:—In his report to the magistrates,

the head-constable has referred to the marked diminution of cases of drunkenness in the city and the neighborhood, a very marked diminution indeed. I think we may probably attribute this diminution in the cases of drunkenness to several causes, and not to one only.

In part, it might be because of the active vigilance displayed by the police in supervising the carrying on of the business of public-houses; in part because of the care that licensees themselves have displayed in not giving drink to persons unfit to receive it; a care which is recognized in the report.

In part, also, it might be perhaps attributed to the diminished number of houses for the sale of intoxicating drink, a diminution which seems to have been going on for a number of years, and which has, of course, the effect of lessening the opportunities of temptation to drink.

Lastly, some of the diminution might be attributed to the improvement in the intelligence of the people, to that improvement in the moral tone of the masses of the people to which alone we can look for enduring and permanent results.

I observe that the diminution in drunkenness to which the head constable refers synchronizes with the diminution in the number of public-houses. If that is more than an accidental coincidence, if there is a relation of cause and effect, the matter suggests very grave consideration by those who are charged with the granting, withholding, or renewal of public-house licenses.—'Alliance Calendar.'

Temperance Notes.

The ballot is in the hands of professed Christians, and they can easily pulverize the saloon.

Heathen parents throw their children to the crocodiles; license voters throw theirs to the saloons.

The English Methodist temperance committee reported to the Liverpool conference 4,393 Bands of Hope, with a membership of 433,027, and 1,374 temperance societies, numbering 80,915.

Dr. Walmsley, of Darenth Asylum, says that one-fourth of all cases of insanity are due to drink, and one-half are hereditary. A large proportion of the hereditary cases are doubtless due to the drinking habits of ancestors.

Parents are very slow to suspect that their boy either reads trashy novels secretly or smokes cigarettes. Pastors need to be eyes and ears in many cases, and then have the wisdom of a Solomon in dealing with special cases.

The Bishop of London recently, in introducing a temperance delegation to the prime minister, pointed out that whereas it takes 1,000 people to support a baker-shop, and 700 to 800 to maintain a butcher, both dealing in the necessaries of life, there is, in many parts of Great Britain, a public house to every 10 to 120 inhabitants.

In a book of travels written by a Mr. Barrow we find this interesting bit of information. A Hottentot was seen to apply the short end of his wooden tobacco-pipe to the mouth of a snake when the reptile was darting out its tongue. Death was instantaneous, the effect almost like an electric shock; with a convulsive motion that lasted only for a moment the snake half untwisted itself, and then became still. And upon examination the muscles were found to be so contracted that the snake felt as hard as if it had been dried in the sun.—Harper's Round Table.