

Temperance Department.

Dangers of Moderation.

Prof. A. B. Palmer, M. D., LL.D., writing in a leading American magazine of the temperance teachings of science, gives the following striking instance of the dangers arising from the moderate use of alcoholic liquors. The fact is, hundreds of persons die each year from diseases induced by the moderate use of alcohol who probably never entertained the idea that they were others than the very models of moderation, and that their example might be safely followed by all men. Prof. Palmer shows that the use of alcohol, even in quantities much less than would produce intoxication, has a very injurious effect on the kidneys, and that some of the most painful and serious kidney diseases, such as the kidney gout, are brought about almost exclusively by alcoholic drinking. That class of disease is unknown by the Moham-medans and other people who abstain from the use of wine and other alcoholic.

Here is the case to which Prof. Palmer particularly refers:—

"I remember meeting a prominent medical gentleman of my acquaintance years ago, when the subject of the use of alcohol was introduced. In opposition to my views he contended that, 'when used temperately,' it was not objectionable. He said that no man abhorred drunkenness or despised drunkards more than he. He said he was never drunk in his life, and to the end I suppose he never was. He never drank in saloons, and very seldom at other than meal times; but his bottle of whiskey, he said, was on his table and by his plate as regularly as his knife and fork, and he always took a drink with his food. His digestion was, he thought, not impaired by it, and his sensations were more agreeable and his general condition better when he took his accustomed dram, than when on rare occasions he went without it.

"As for the example, he said he was not responsible for others' excesses, and, in fact, he said he set a good example by his moderation. He would therefore continue to have his whiskey bottle by his plate, and use it as he had done. No more favorable statement than this for its use can be made, and he used it in a manner as little likely to do harm, considering the amount taken in his continuance, as was possible.

"Taken with his food and mingled with it, and diluted with water, though probably neutralizing a portion of the gastric juice, it was not applied in a concentrated form to the coats of his stomach; and it produced but little or no irritation there. It was slowly introduced into the blood, and no sudden or strong impression seemed to be made upon the liver, the lungs, the heart or the brain. His sensations were more agreeable after each dose, on the same principle that opium, tobacco, and other narcotics than alcohol produce agreeable sensations. They all produce more agreeable feelings than those which are experienced when the accustomed quantity is omitted. These feelings of uneasiness, of depression, and distress, that result from abstinence from the indulgence, though produced by the habit, are wonderfully relieved for the time by a repetition of the usual dose.

But the alcohol, however taken, must be gotten rid of, and a large portion of it carried out by the kidneys. Its repeated and long continued presence in them is apt to tell upon these organs; and in the case of this gentleman, in two or three years after this conversation, he was reported to have

Bright's Disease of the Kidneys, and soon after retired from his city work to the country, where in a few months he died, in the prime of his years.

"This is not a solitary case. It is rather a typical example, and it illustrates the insidious manner in which this deceiver often produces in the end its evil effects."

A Discussion.

The leading officers of several of the total abstinence societies of Toronto published a challenge, a short time ago, to the officers of the new National Liberal Temperance Union, inviting public discussion on the question at variance between them, viz.; total abstinence and prohibition. Prof. Chas. Gordon Richardson, and J. Gordon Mowat, on behalf of the union, have just published an acceptance to discuss the following questions, which they affirm are the basis of their new organization:—

(1.) That alcohol is a food, and that while medical testimony, science, and experience show that the use as beverages (of ardent spirits) is a fruitful cause of intemperance and injurious to the health; the same evidence goes to prove that the use of natural, fermented beverages, such as beer and wine, is not, except in some cases, injurious to the health, and, in many instances, is beneficial.

(2.) That Scripture and Christianity warrant temperance in the use of wine.

(3.) That the substitution of beer and wines for ardent spirits would greatly reduce drunkenness.

(4.) That total prohibition is not successful.

These questions have been discussed scores of times by men of greater ability and higher scientific attainments, and probably every argument that can be produced on either side has been already well laid before the reading public. Whether much good can come, just now, out of earnest temperance workers, of any class, spending their time and energies in discussing such points with each other remains to be seen.

NEWS AND NOTES.

A MONEY ASPECT.—The Toronto *Money Times* prints at the head of its column of "Insurance Notes" the following:—

"The price, each day, of a single 'beer' Will pay insurance through the year; And one cigar a day the loss Insures your life and happiness."

OUT OF PLACE.—Dr. John Hall, of New York, says: "A cigarette in a small boy's mouth is a startling instance of matter out of place." He might well have added that a cigar or pipe in a large man's mouth is a striking instance of bad example to the small boy.

TEMPERANCE BOOKS.—The Editor of TRUTH will endeavor, at any time, to procure for temperance workers any book, pamphlet, tract or music on the temperance question obtainable in Toronto or New York, and will cheerfully send any information respecting such to any parties enquiring. No gain is expected from such an offer; it is merely made for the accommodation and benefit of those desiring such publications. Address, T. W. Casey, TRUTH office, Toronto.

GOUGH COMING.—The veteran temperance orator, J. B. Gough, is about to visit Toronto again. It is announced that he will lecture in Shaftesbury Hall on Wednesday and Thursday of next week, 13th and 14th inst. There is no doubt but he will be greeted by an immense audience. Mr. Gough has retained his great popularity as a temperance orator much longer than any other man. Thousands are more temperate, and consequently more happy to-day because of his eloquent and earnest appeals in former years.

THE FRANCHISE BILL.—The new Franchise Bill of the Dominion Parliament will be apt to have an important bearing in regard to future elections in which the temperance question is an issue. Some thousands of females—widows and unmarried women—will be given the franchise under the provisions of the incoming law, and it is a well

understood fact that a very large proportion of the women of the country are in full sympathy with the prohibitory movement. This reform measure will therefore add much to the strength and influence of the temperance reformers at the polls.

THE MILK OF THE COCOA-NUT.—We clip the following from the New York *Advocate*: According to the Baltimore *American*, one of the present devices of the liquor-sellers to demonstrate anew that "prohibition does not prohibit" is the "loading of coco-nuts with whiskey and selling them at fancy prices in the prohibition districts of Georgia." We venture the prediction, however, that the coco-nut whiskey traffic at "fancy prices" will never attain very large proportions. The coco-nut is no rival for the licensed whiskey-saloon.

BEER AND CRIME.—Those who are anxious to have it well understood that the introduction of beer as a popular beverage would be a public blessing have a good many hard matters to explain. Here is the experience of Judge Pitman, of the Massachusetts Supreme Court, one of the ablest and best known judges of the United States. He says: "An experience of over twenty years in the administration of the criminal law shows to me also that, if beer is a less speedy and effective agent in producing absolute drunkenness, it is as potent an incitement to crime as the more overwhelming stimulants."

TEMPERANCE AT WHITE HOUSE.—There is a pretty strong temperance element in President Cleveland's new cabinet at Washington. Mr. Garland, the Attorney General, has been a total abstainer for years. It is said that he was once walking through a cemetery at Little Rock, Arkansas, and he had a sudden realization of the fact that almost all the young men with whom he began life, had died of drink. He stopped right there and then as a drinker. Mr. Endicott, Secretary of War, has been for years a regular contributor to the work of the Massachusetts Total Abstinence Society. Miss Cleveland, the President's sister and housekeeper, was for years an active member of the Woman's Christian Temperance Union.

THE OLD HALL.—On Saturday evening last the last public entertainment in the old Toronto Temperance Hall, Temperance st., was given, and it was very well attended. Mr. J. Wardell, President of the Temperance Reformation Society, presided, and a good programme was presented. This week the roof will be taken off the old building preparatory to the additions and other improvements being made. The walls of the new addition are up nearly full height. It is expected that in September the new hall will be completed, and that it will be one of the finest public halls in Toronto. In future the Sunday afternoon temperance meetings will be held in the Queen's Park, commencing at three o'clock.

HIGH JUDICIAL EVIDENCE.—The ablest of the more able judges of England is the present Lord Chief Justice Coleridge, a man respected in every country for his sound judgment, his great skill, and his extensive judicial experience. Here is a recent deliverance of his that ought to be read and carefully considered by all judges. We put this eminent authority in the balance against the feeble utterances of the many apologists for the continuation of the legalized drink traffic. Who can expect to see the deplorable effects removed until the great cause is first removed? Chief Justice Coleridge says: "Judges are weary with calling attention to drink as the principal cause of crime, but I cannot refrain from saying that if they could make England sober they would shut up nine-tenths of the prisons."

DRINK AND SLAVERY.—See, said Dr. Deems, of New York, during the late Presidential campaign, what millions of money and what streams of blood were poured out to abolish slavery. Now, I know what that slavery was, and am prepared to affirm that I believe that more stripes have been inflicted, more blood shed, more persons caused, more distress to bodies, minds, and spirits of men, women, and children, produced in one year by the general liquor traffic than were caused by American sla-

very from the day the first cargo of slaves was landed down to the proclamation of emancipation. There are a hundredfold more reasons for abolishing the general liquor traffic than for abolishing slavery; and the American people will see it yet, and then nothing whatever can restrain them.

HOPE FOR THE DRUNKARD.—"The poor, poor drunkard! When he comes into his house, his children listen and know by the footfall that their father is coming home drunk; and the little ones run away and hide from him as if he were some horrid demon. His wife begins to tremble. Many a time has that great strong arm been brought down on her weak defenceless body. Many a day has she carried about marks of his violence. He ought to be her protector, support, and stay; but he has become her tormentor. His home is desolate; there is no joy there. But every such one may hear the good news of help and hope from the hand of God—God can give him the power to hurl the infernal cup from him. God will give him grace, if he but asks for it, to trample Satan under his feet, and the drunkard will then become a sober man. Go to that house three months hence, and you will find it neat and clean. As you draw near you hear sounds, not of a drunken brawl but of singing; it is one of the songs of Zion. He has now become a child of God. His children are climbing on his knees, and his arms are around them. That once dark home is now a little "Bethel" on earth. God dwells there now, and is acknowledged—Christians, lift up your prayers for the poor drunkard. If such will try to lead a better life, one mighty to save, Christ the Lord will give them the victory; for strong as drink may be, Christ's grace is stronger."—D. L. Moody.

GOOD TEMPLARS.

THE R. W. G. L. SESSION.—The Toronto Good Templars are taking hold most enthusiastically to give a pleasant reception to the members of the Right Worthy Grand Lodge at its coming session in this city, on Tuesday evening, May 28th, the first day of the session, it is proposed to give a conversation in the public hall of the Normal School building, providing a first-class programme. An efficient committee has been appointed to make the arrangements, and a very pleasant time is expected.

RECEIPTS FROM LODGES.

The G. W. Secretary acknowledges the following receipts from lodges for April:—

| FOR TAX. | |
|----------------------------------|---------|
| Hope of Maidstone, Essex Centre. | \$ 7 23 |
| Loyal Canadian, Dundas. | 6 23 |
| Peninsula, St. Catharines. | 4 13 |
| Balsam Grove, Peterboro. | 2 50 |
| Hope of Parkdale, Parkdale. | 4 69 |
| Marshville, Marshville. | 6 00 |
| Sydenham Valley, Alvinston. | 3 22 |
| Weston Star, Weston. | 1 89 |
| Sarnia, Sarnia. | 4 00 |
| Petauhbun, Selwyn. | 1 15 |
| Stratford, Stratford. | 12 60 |
| Manotick, Manotick. | 2 33 |
| Life Boat, Gorrie. | 3 92 |
| Cameron, Ottawa. | 6 44 |
| Riverside, Dawn Mills. | 1 54 |
| Maple Leaf, Apsley. | 1 63 |
| Mississauga, Rosemeath. | 2 10 |
| Excelsior, Nobleton. | 13 86 |
| Fidelity, Romney. | 4 41 |
| Magnum Bonum, Craighurst. | 3 65 |
| Union, Carlisle. | 4 20 |
| Royal Oak, Smithfield. | 4 43 |
| FOR SUPPLIES. | |
| Thos. Lawless, Napance. | \$19 00 |
| Peninsula, St. Catharines. | 2 00 |
| Woodstock, Woodstock. | 50 |
| Hope of Brampton, Brampton. | 33 |
| Maple Grove, Escott. | 1 25 |
| Petauhbun, Selwyn. | 1 10 |
| W. J. Beckett, Toronto. | 4 00 |
| Toronto Union, Toronto. | 1 60 |
| Cameron, Ottawa. | 1 90 |
| Preston Star, Preston. | 10 |
| Wellington, Lang. | 50 |
| Yarker, Yarker. | 60 |
| Star, Newmarket. | 2 00 |
| Rescue, Hamilton. | 6 20 |
| Evergreen, Singhampton. | 85 |
| Codrington, Codrington. | 5 00 |
| Brooklin, Little Britain. | 70 |
| Clinton, Clinton. | 1 00 |
| Metcalfe Star, Metcalfe. | 1 00 |
| Never Failing, Riverdale. | 20 |

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