



## Temperance Catechism.

### INTRODUCTORY.

#### I. Why do we need Bands of Hope?

1. To instruct the children as to the danger of touching or tasting the intoxicating cup. 'Never Begin' is a good motto. 2. That they may be enrolled as total abstainers before appetite has gained any power over them. 3. That they may be able to give good reasons for not using liquor. 4. To awaken a sense of responsibility for their influence upon their playmates and friends.

II. Does not the teaching of hygiene in the schools do this?

No. The arguments used in the schools do not touch the moral or spiritual side of total abstinence.

III. Cannot children be taught without organization?

The liquor traffic is an organized evil. It must be met by counter organization. Union is strength. All reforms are brought about by union.

IV. What do you mean by a Mothers' Band of Hope?

We mean the child, or children in a family taught the lessons provided, by the mother of the family.

V. Could not two families unite?

Certainly, or three, if convenient.

VI. How often should they meet?

Once a week, if possible. It is repetition that tells.

VII. At what time should they meet?

At the time most convenient to those who organize the Band.

VIII. Should it last all through the year?

The winter months are the best.

IX. Do you advise appointing officers among the children?

Yes. Excepting the superintendent.

X. What officers are needed?

Superintendent, secretary and treasurer and organist.

XI. Would you give rewards?

Yes. For careful preparation and punctuality.

XII. To what purpose should money be devoted?

Any worthy object decided upon by the Band.

### MOTHERS' BANDS OF HOPE.

Mrs. Sanderson recommends the following 'helps,' for mothers who are starting Bands of Hope in their own families.

#### MOTHERS' HELPS.

Picture Leaflets.—Nos. 1, 2, 3, 4, 5, 6, 7, 8, 9, 12, 14. Price, fifteen cents per hundred.

Purity Leaflets.—Nos. 4, 6, 7. One cent each.

Home Leaflets.—Nos. 7, 10. Two cents each.

National Leaflets.—Nos. 19, 204. One cent each.

Talks with a child. Two cents each.

Send to 56 Elm Street, Toronto.

## A Word to Mothers.

There are few mothers in Canada who do not wish their children to know the evils of indulging in strong drink. Many parents, however, take for granted that children need no special teaching on this point. This is a great mistake. By line upon line and precept upon precept, children should be taught the insidious nature of alcohol and every effort should be made to arouse their young sympathies on the side of total abstinence.

That they may be strong to resist temptation; that they may be ready to answer objections and influence others, and careful and continuous instruction is required. This should be the work of every Band of Hope, of every Loyal Legion, and of every Junior Christian Endeavor Society. Many families, however, are in places where this work is not being done effectively by any existing organization and the children will not get the necessary instruction unless the mother of the family herself takes up the work.

To meet this need the Woman's Christian Temperance Union of Quebec, has started a department called 'Mothers' Bands of Hope,' which provides pledge cards for mothers and for children and tells where other helps may be obtained. Mrs. Sanderson, of Danville, Que., provincial president for Quebec W. C. T. U., will be glad to answer questions with regard to it. The idea, however, is very simple. Any mother can gather her own children and their little playmates for an hour a week, and teach them the lessons provided. A set of lessons suitable for this purpose will be published in the 'Northern Messenger,' weekly (twenty cents a year in clubs of ten, and thirty cents for a single copy, John Dougall & Son, Montreal). The catechism can also be had separately from Mrs. Bascom, 56 Elm street, Toronto.

'What France needs is mothers,' said Napoleon Bonaparte, and what Canada needs in this crisis of its history is mothers. To the mothers, then, we appeal to take up this work with prayer and zeal.

Does any one ask, 'How shall we begin?' First, make a careful study of the lesson, and then with the tact seldom denied to mothers, secure the interest and co-operation of the children. Tell them how much need there is of temperance workers in the world; that the giant intemperance is ruining the lives of thousands of men and women; that we can never hope to kill him if the boys and girls do not help. That one of the best ways to help is by learning all they can about the drink that causes intemperance, and by signing the pledge never to touch it. Decide when would be the best time to have the lesson, afternoon, evening, week-day or Sunday. Have a little opening and closing service; roll call with attendance and absence carefully marked. Read the report of previous meeting each week. These little details are dear to a child's heart, and give dignity to the proceedings. Little rewards for careful preparation are helpful. Be sure and include all the children. The very little ones can perceive and remember far more than they can express. These little meetings with song, and pledge, and story and prayer, may be the anchor to hold them safe in the storm and stress of life, when no longer sheltered and guarded by parental love.

## Abuses of Tobacco.

(Band of Hope Prize Essay, by C. Alexander Phillips, Montreal.)

Until within a few years the middle and part of the Southern States have been the chief tobacco raising regions of our country. Now, however, the cultivation of tobacco has spread, until many fertile valleys, even so far north as Canada, are devoted to the growth of 'the weed.' The plant reaches a height of several feet, and has large, spreading pale-green leaves, which are dried and then made into cigars, or prepared to be smoked in pipes, or chewed, or used as snuff. Tobacco, a powerful narcotic, contains a substance called nicotine. A single drop, if put on a dog's tongue, will soon kill the animal. An ordinary cigar contains enough nicotine to kill two men if taken pure.

One has to learn to like tobacco. Boys

who try it know that at first it gives them a headache, dizziness and sickness at the stomach. Their poor bodies try to tell them that they are taking a poison if they keep on, the nicotine deadens their nerves so that they are more or less injured all the time. Many boys or young men learn to smoke by beginning with cigarettes. These seem harmless because they are so small; but they are one of the worst preparations of tobacco. The smoke of the paper wrappings is irritating to the lungs, and the cigarettes send more poisonous fumes into the delicate air-cells than a pipe or a cigar would do. Drinking men are almost always smokers, and almost every drunkard owes a ruined life and happiness to the appetite for narcotics formed by the use of tobacco and the company into which it led him. Old cigar stumps are often picked up off the streets and smoked or made into cigarettes. This is worse than disgusting, for in this way diseases may be spread, coming from the mouths of the first users. These stumps are the strongest part of the cigars, that is, they contain the most nicotine, which thus goes into the cigarettes. A boy who uses tobacco runs a risk of being dwarfed in body mind and soul, by becoming a nervous, sickly man with a weak memory and a feeble heart. Doctors say that many and serious troubles result from its use even by adults—it is certain that growing boys can never indulge in it in safety. An eminent doctor—dean of one of the leading medical colleges, says that young men who learn to smoke or chew tobacco, destroy on an average by so doing, one-fifth of the enjoyment and love and value, and at least, one-tenth of their lives. As with other narcotics, using a little makes one long for more. The boy who begins with one or two cigars a day soon increases the number. Many men who are now slaves to this poison would gladly be free from it, and very few tobacco users would advise their sons to adopt the expensive, uncleanly, and worse than useless habit. If a man earns a dollar a day and spends five cents a day on tobacco, what part of his earnings is thus worse than wasted on these narcotics? If he spends twenty cents a day on tobacco, what amount will be lost to the user in three months? How much will the expense of treating be likely to increase the amount one spends for tobacco? In whatever way tobacco may affect grown people it is very certain that if used in childhood, it stunts the bones and dwarfs the growth of the child. No boy who wants to become a full-grown, well-shaped man can afford to smoke or chew tobacco. Ringing sounds in the ear, partial deafness, sometimes result from the use of tobacco. A certain kind of blindness is caused by its use. Sores on the lips and even cancers sometimes result from the use of tobacco. The breath, foul and repulsive, shows the condition of the stomach, the tissues and the blood. The gums of chowers and smokers often become spongy, and their teeth are spoiled and dark, instead of being white and pure. The effect of the poison is to make the mouth dry, thus causing an extra amount of saliva to be poured out from the glands. But the constant spitting of tobacco juice robs one of the saliva needed for digestion, and thus brings on dyspepsia. Besides doing this harm to the user the habit of spitting is a very impolite one, it makes the floors and sidewalks unfit to walk on, and endangers the clothing of all who are near. A man who should spit directly at another would be thought very insulting. Is he respecting the rights of others though he may not intend to insult them when he sends the foul juice a little to one side or where they must tread at their next step. In many cases tobacco acts as the usher at the door of the saloon, because the dryness of the mouth which it produces makes the user thirsty; it cannot be satisfied by water, for the tobacco so affects the nerves as to make one crave another narcotic. Those in charge of inebriate asylums say that nearly all their patients have been tobacco users. As already said, the nicotine of tobacco is almost sure to cause sickness of the stomach and vomiting in those who are just beginning to use the poison. It injures the lining of the stomach, and the flow of the gastric juice, and in this manner seriously interferes with digestion. Dr. D. W. Richardson, says one who smokes a pipe is very likely to have dyspepsia. The effect of tobacco on the heart is much the same as that of alcohol. There is a form of disease of this organ which the doctors call tobacco heart.