

**Selections.**

**TRUE FREEDOM.**

We want no flag, no flaunting rag,  
For liberty to light;  
We want no blaze of murderous guns,  
To struggle for the right;  
Our spears and swords are printed  
words,  
The mind our battle-plain;  
We've won such victories before,  
And so we shall again.

We love no triumphs sprung of force  
They stain her brightest cause,  
'Tis not in blood that liberty  
Inscribes her civil laws.  
She writes them on the people's heart  
In language clear and plain;  
True thoughts have moved the world  
before,  
And so they will again.

We yield to none in earnest love  
Of freedom's cause sublime;  
We join the cry "Fraternity"  
We keep the march of time.  
And yet we grasp no pike nor spear,  
Our victories to obtain;  
We've won without their aid before,  
And so we will again.

We want no aid of barricade  
To show a front to wrong;  
We have a citadel in truth,  
More durable and strong.  
Calm words, great thoughts, unflinch-  
ing faith  
Have never striven in vain;  
They've won our battles many a time,  
And so they shall again.

Peace, progress, temperance, brother-  
hood  
The ignorant may sneer,  
The bad deny, but we rely  
To see their progress near.  
No widows' groans shall load our cause,  
No blood of brethren slain;  
We've won without such aid before,  
And so we shall again.  
--Charles Mackay.

**A PLEA FOR COLLECTION.**

Before our meeting closes allow me  
just a word;  
I hope you've been amused and  
pleased with all that you have  
heard;  
And now it rests with you to crown  
our efforts with perfection  
Please show your sympathy dear  
friends, by a right good collection.

You say we're always begging, but that  
really is not true,  
We need a little money more for the  
work we have to do;  
'Tis for the Temperance cause, and  
you'll gain our best affection,  
If you will kindly favour us to-night  
with a right good collection.

We thank you very much indeed for  
coming hear to-night.  
We hope we've entertained you: we  
tried with all our might—  
And if in what we've said or done, you  
see some slight defection,  
Just overlook our faults and give us  
a tip-top collection.—*The Official  
Organ.*

**ALCOHOL AND THE HEART.**

All know that the circulation of the  
blood is carried on by the action of the  
heart, and nothing can be more  
beautiful and perfect than the pulsa-  
tions of the heart, and the respiratory  
movements of the lungs, which are  
made to correspond and assist each  
other in their functional duties, and to  
regulate themselves to the necessities  
and demands for blood and air, more  
or less, being increased by day and  
reduced by night.

All this harmonious regularity is  
governed by a system of nerves called  
the *vaso-motor* system, which are  
distributed all along the walls of the  
blood vessels to command contraction  
or expansion as requirements are made.  
When the face of a drinker is  
reddened by an increased flow of blood  
through the minute or capillary vessels,  
it is certain that the heart is in trouble  
as a result of alcohol and is working  
with increased rapidity.

Sometimes an extra amount of work,  
thrust upon the heart in this way, is  
alarming, especially in cases of pro-  
trated dissipation. The heart is the  
busiest organ in the human body, and  
requires rest just as the body itself  
must have it and nature has wisely  
provided for it, so that while the

auricle upon one side contracts the  
corresponding ventricular rests, or sleeps,  
and *vice versa*, and any increase of  
labor put upon it produces a corres-  
ponding wearing out of the organ, as  
that arising from the irritating effect  
of alcohol.

For instance, in a man of ordinary  
stature and health, the heart beats, as  
indicated by the pulsations at the  
wrist, 70 to 75 per minute, or 4,200 per  
hour, or 100,800 per day, or 3,204,800  
per year.

The introduction of four ounces of  
alcohol into the stomach will increase  
the pulse about 8 per minute, or 480  
per hour, until the effect begins to  
wear off.

In the average duration of life the  
heart beats 3,000,000,000 times, while  
each pulsation represents a force of  
about thirteen pounds and sends about  
three ounces of blood around the body  
at each pulsation, or 200 ounces every  
minute, or 750 pints every hour, or 8  
tons every day, or 2,920 tons every  
year.

One-eighth of the weight of the body  
is blood, or 17½ pounds to 140.

From the experiments of Dr. Parkes  
he found that taking the average  
pulsations of the heart to be 106,000 in  
24 hours in a person using water only  
as a drink, they were increased by the  
action:

Of one fluid ounce of alcohol	4,300 times
Of two " ounces "	8,272 "
Of four " " "	12,960 "
Of six " " "	18,432 "
Of eight " " "	23,904 "

And from the action of 8 fluid ounces  
on the following day, 25,488 times. In  
each of the last two days when 8  
ounces of alcohol was taken, the  
average increased work done by the  
heart was equal to its lifting 24 tons  
one foot in height.

Is it any wonder, then, that after a  
night's dissipation the drinker feels  
languid, weak and "used up," and his  
heart literally turns double some-  
sault? Is it a wonder that so many  
drinkers go out of the world suddenly?  
Is it not a wonder that so many live as  
long as they do?

But this is not all. The drinker's  
heart is *very, very* liable to take on a  
superabundance of fat, and he to die of  
fatty degeneration of that organ.  
This is a very common result of alcoholic  
drinking, and more especially among  
beer-drinkers. That swill seems to  
have a peculiar tendency to load  
the internal viscera of the walking  
human beer tubs with fat.

In health the blood contains only  
two to three ounces of fat to 1,000; the  
highest is 8½ to 1,000. In the drunkard  
and the constant beer guzzler it is 117  
to 1,000, forty times more in the  
drinker than in the abstainer. The  
heart is often loaded with fat to the  
extent of an inch in thickness, when,  
of course, all the interstices among the  
muscles are large deposits of the same.

Yet another, though less frequent,  
result of dram drinking is enlargement  
of the heart, and sometimes ossification  
of its valves, as I have met in my own  
autopsies.

As a sequence of this fatty deposit, a  
great change takes place in the power  
of contractility of the muscles of the  
heart, the organ becoming weak and  
feeble, the pulse intermitting, the  
poor, over-worked heart unable to do  
its required work with any degree of  
perfection, and when summoned to do  
a little more, under the stimulus of  
alcohol, perhaps often closes up its  
labors with a sudden collapse, and the  
poor, unfortunate, blinded, besotted  
drinker is ushered into a drunkard's  
eternity, and his long-faced physician  
issues a death certificate of "heart  
failure." Yes, it did fail.—*Dr. D. H.  
Mann., R. W. G. T.*

**COST OF A QUART OF BEER.**

Not long ago two trains laden with  
pilgrims were on their way to the  
shrine of "La Bonne Ste. Anne" (the  
Good St. Anne) in the Province of  
Quebec. While the first was staying  
at the station of Craig's Pond, the  
second dashed into it. The engine  
driver of the latter one, McLeod, not a  
total abstainer, only a "moderate"  
drinker, got a quart of beer at Artha-  
baska, a station on the way. The  
price of it is as follows:—

1. Damage to engine and cars. Add the cost to the price of that quart of beer.
2. The railway company has already paid \$395, in settlement of claims for damages. No doubt it will have more to settle. That makes the price of that quart of beer so much the greater. Should it end in a lawsuit, the cost to the loser must be added to the price of that quart of beer.

3. Sufferings of the wounded, in many instances awful. Add the money value of these to the price of that quart of beer—if you can.

4. Cost of attendance on the wound-  
ed. Add that to the price of that quart of beer.

5. Several passengers killed. Add the money value of their lives to the price of that quart of beer—if you can.

6. Funeral expenses. Add these to the price of that quart of beer.

7. Sorrow for the loss of loved ones killed. Add the money value of that to the price of that quart of beer—if you can.

8. Cost of the inquest. Add that to the price of that quart of beer.

9. The engine driver, McLeod, was among the killed. He solemnly promised to comply with the rules of the company. One of these forbids persons in its employment drinking intoxicating liquor while on duty. McLeod broke his promise when he got that quart of beer. He has, there-  
fore, left a blot on his name. Add the money value of that blot to the price of that quart of beer—if you can.

One way and another, that quart of beer has proved to be a fearfully costly one.—*Ram's Horn.*

**IMPOVERISHED MAINE.**

Maine's condition excites the deepest commiseration of the disinterested (?) travelling beer tank delegates from Mass. Ohio and Illinois, are examples of license States, filled with distilleries, brewers and myriads of saloons. Maine challenges comparison of the pro-  
perity of its common people of Ohio and Illinois. In population, indeed, the latter States far outstrip her.

Ohio has 5½ times, Illinois, 5-4-5 times the inhabitants of Maine. Maine has far more savings bank deposits than either.



Divided equally among the people of each State, the deposits in the saving banks of Illinois would give its people \$6.14 to each person. By a similar division for Ohio, each person would receive \$9.42. But every inhabitant of Maine would carry away \$90.77.

Don't Maine deserve to be pitied? Twenty-nine States are more populous, only seven surpass her in the aggregate of savings bank deposits.

How many of our contemporaries will make haste to show how Prohibition is ruining Maine?—*Forward.*

**A NEW NAME FOR THE DRINK.**

A little girl in Manchester attended a Band of Hope meeting, and on the speaker remarking that the drink stripped homes of furniture and women and children of their clothes, she excitedly exclaimed:  
"That's just what it does at our house."

On reaching home her father insisted upon sending her to the public-house for drink. Arrived there, she dashed the money upon the counter and passionately asked for three penny-worth of "strip-me-naked."—*N. T. Advocate.*

There is not a colored distiller or brewer in all the land. This speaks volumes for the intelligence of our colored population.—*The Temperance Brotherhood and Good Templar.*

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