risky than many of the things that drunkards actually do. So completely is the drunkard in bondage to drink, that when he has been beaten during a carousal, he makes light of it, saying, I was not hurt (Rev. Ver. for "sick"), I felt it not (v. 35), and when he awakes from his drunken sleep, he says, I will seek it yet again. This is what we are in danger of becoming, if we begin to use strong drink,—its willing slave. If we would be free, we must be total abstain-

LESSON QUESTIONS

29, 30 What is the effect of drink upon the drunkard's body? What is the effect upon his mind? Mention the four features in the drunkard's photograph? What is the cure for his sad condition? Show that drunkenness shuts out from heaven. (1 Cor. 6: 10.) Where does Paul class drunkenness amongst the works of darkness? What does he bid us do with these works? What would he have us put on? (Rom 13: 13, 14.)

31 From what four sources does the drunkard receive warnings? What do these warnings bid him not to do? What happens to those who despise warnings? (Prov. 29: 1.) Find a warning which Jesus gave against drunkenness. (Matt. 24: 48-50.)

32, 33 To what are the drunkard's sufferings likened? With what horrible disease is he sometimes seized? What visions does he then behold?

34, 35 What kind of things does drink make its slaves do? What two foolhardy actions are here described? Do drunkards do as risky things as these? What does the drunkard say after he has been beaten during a carousal? What does he say he will do again? How alone can we be sure of avoiding the slavery of drink?

FOR DISCUSSION

- 1. Canada's drink bill.
- 2. Drink and crime.

Prove from Scripture—That we should have self-control.

WHY ABSTAIN?

By Rev. John Neil, D.D., Toronto

Five years ago, a gentleman seventy-nine years of age slipped, while getting off a street car. He fell on the hard pavement, and was severely injured. The writer called on him a few hours afterwards, and said, "I hope you will soon be all right again".

"Oh, yes", he said, "in a few days I will be myself once more. When I was thirteen years of age, I gave myself to the Saviour, and He kept me from forming any habits which would have weakened my body, and therefore I am strong to-day." That was five years ago, and he is still in perfect health.

When he became a Christian, one thing he determined to do, was not to touch intoxicating liquor in any form, as a beverage.

I do not say that all boys and girls thirteen years of age will live as long as my friend, or be so hale and hearty, if like him they become total abstainers; but I do know they will have steadier nerves, a stronger heart and a clearer brain, because they abstain.

More than that. This man, during his long life, has come in contact with many who were weak and ready to fall. Because he had promised himself and promised his God, that he would not tamper with strong drink, he was able to help these; and many a man who, otherwise, would have been a wreck, has been saved by his example. It is always easier for us to resist temptation when we are beside one who has taken his stand on the side of right.

Again, I know a home in which there are three young women and one young man. When little more than children, they signed a pledge that they would be total abstainers. Since that time, they have been much in society, for they belong to a family of culture and position. They have kept that pledge, and have found it easy to keep it; for when people find we have given our word, they respect us for keeping it. The mother of these young people said to me not long ago, "I have no fear of them. My boy was for a time obliged to leave home and go to a distant part of the country, where he was exposed to temptation. I can trust him anywhere, for I know he is safe. He has pledged himself, and he will not take the first step in the wrong direction : there is, therefore, no fear of his taking the second."

In these two instances I have cited there are four reasons why young people should take a firm stand on the side of temperance:

- 1. They will have a stronger body and a clearer brain.
- 2. They will be safe in the midst of the temptations which beset the path of all.
- 3. They will give happiness and assurance to those who love them.
- 4. They will be able to give a steadying hand to those who are in danger of falling.

FOR WRITTEN ANSWERS

1. Mention hve features in the drunkard's photograph		
2. Give as many reasons as you can for total abstinence	-	
3. Show that the drunkard is a slave		