

We are allowing another army to hang on our flanks, to rob us of our reserves—the army of distillers and brewers. In peace times they kill 60,000 every year." What is the philosophy underlying all these facts? Metchnikoff, the great bacteriologist, who died the other day, says that alcohol predisposes to disease and death because "it lowers the resistance of the white corpuscles, which are the natural defenders of the body." Why should any boy or young man have anything to do with such an enemy of his body and mind and soul and success and salvation?

It is good not to drink intoxicating liquor, nor to do anything whereby thy brother stumble. This is a day when, as never before, among us, people have been awakened to a sense of social duty. Even our personal liberty should be made subject to social efficiency. How much more all personal selfishness. A thing so hurtful to ourselves as the drink habit should be dropped forthwith when we discover that it tends to make others stumble also. Total abstinence is the only safe and unselfish course of action. Total abstinence should be the daily practice of our lives because:

(a) It sets a good example. Many a boy has grown up to be a sober man because he knew that his own father would never touch a glass of liquor for the sake of his boys.

(b) It strikes a good, stout blow at the lie that alcohol in any form is good for man. There is such a lie afloat. It was once said in connection with temperance agitation in England, "it was feared that reduction in

the taking of alcohol by the nation would interfere with the jollity of the English people." There is a tipsy jollity that cannot find the keyhole at dead of night, but how much better to go blithely every day without the aid of any whip to flick the blood! Every total abstainer who goes through life breast forward and cheerful, gives that lie a telling blow.

(c) It strikes a good stout blow at one of those social customs which warp us from the living truth. Why have we so many drinkers? Because of appetite partly; but many a man has gone down to a drunkard's grave who in the first instance had no desire to drink. He took his first glass because of the "gang" spirit, and because one of the boys asked him to do so. Every total abstainer helps to bring about the downfall of that pernicious treating system which has "got into the saddle and rides mankind."

(d) It strikes a good stout blow at a traffic which has done a world of harm and has no good whatever to its credit. An editorial in the Pioneer says: "If it were known that some foreign physicians established in this country were building up a great business by prescribing and supplying drugs that weaken the strength and paralyze the skill of our soldier boys, thus giving indirect aid to the devilish ambitions and heartless brutalities of the German kaiser, how quickly would their infernal treason be crushed." This is what the traffickers in strong drink are doing. Every man who abstains reduces by that much the selfish power of the trade.

THE LESSON GRADED

This section embraces teaching material for the various grades in the School.

For Teachers of Bible Classes

Indicate the principle which Paul lays down as a means for promoting the peace and the progress of the kingdom. What was the particular abuse which the apostle was seeking to remedy? Note: (1) that Paul does not condemn meat or drink as an offence in itself; (2) that abstinence is enjoined not because of harm done to oneself, but because of the harm done to a brother.

It would be interesting to give the class a survey of the progress of temperance in the

leading countries of the world. Maps of the United States and of Canada, prepared for this purpose, will be most instructive. What has been done in Europe? What has happened in Russia is well known. In Sweden, there has been a great popular movement in favor of local option, and, in the rural districts, the bars have been steadily disappearing. At Schiedam, the centre of famous Dutch distilleries, the workmen who used to bargain for from 20 to 40 small glasses a day, in addition to their wages, are beginning to join an abstinence movement. The popularity of the drink traffic is waning even in