

stops the current in the blood-vessels, producing congestion and apoplexy. Destroys the capillaries, hardening them so the nourishing process cannot go on. Diseased blood from alcohol. Prevents the carrying off of waste material poisoning the blood, and causing several of the organs to have more than their proper share of work, deranging them by this means. Respiration: Trace the steps which lead to the production of natural warmth in a living animal. The effect of checking respiration. Dead matter is not thrown off, and blood is not allowed to receive the oxygen, consequently it is not changed. Alcohol is an antiseptic, *i.e.*, prevents putrefaction and decay. It prevents the air to supply to the wants of the body.

Animal warmth: The effects of alcohol on its production. The effect of alcohol on the blood in respect to the process of breathing. Its effect on the blood in the extreme parts of the circulation. The common belief that alcohol warms the body. "Take a glass to keep out the cold," and another "to keep yourself cool." The fact in regard to these two expressions prolonged variations of temperature fatal, *e.g.*, a person is very warm, perspires freely and sits down to cool off; produces chills, congestion, inflammation, and sometimes death. Next take the four stages of animal life under alcohol. 1st. Exhilaration, a rise in surface temperature. 2nd. The flush of the skin dies away. The mind begins to get rather bored and languid, and there is felt a slight chilliness. Is now very susceptible to cold. It requires at least two or three hours to regain the natural warmth. 3rd stage: The great vital organs, the brain, the lungs, the liver and the kidneys all too full of blood and unfit to perform their work. The nervous system is deranged, the brain obscured, and the victim indulges in all sorts of freaks according to his

temperament, and all is followed by a great reduction of temperature. The 4th stage: "Dead drunk." Let him alone. In what respects each of these is hurtful and unnatural.

Railway drivers and servants who follow a very dangerous occupation are longer lived in the proportion of 121 to 138 than liquor dealers. An abstainer can insure his life more cheaply than a non-abstainer. Many companies will not insure a man addicted to drink. Then it produces insanity. Visit our lunatic asylums. No one cause produces so many patients. Lastly: Its effect on the pocket, our families, and friends. The picture is too common and too sorrowful. Let us cover it, hide it from our sight.

The effect on the pocket. What may be procured, say at twenty cents—four drinks—a day. The following clipping from the Renfrew *Mercury* is an illustration: "Any man who drinks two glasses of whisky per day for one year, and pays 10 cents a drink for the same, can get at the Renfrew Tea Store for the like sum of money:—Eight bags roller flour, 2 bags oatmeal, 40 lbs. Japan tea, 100 lbs. granulated sugar, 50 lbs. rice, 20 lbs. pot barley, 20 lbs. currants, 20 lbs. raisins, 20 lbs. butter, 10 lbs. cheese, 50 yards good gray cotton, worth 10 cents per yard, and a cash bonus of \$3 for making the change in his expenditure." Make the calculation for an ordinary life. Put \$73 a year in a life insurance policy for a man aged say twenty-five, etc. Visit our poor houses. Notice the wrecks. Ask the cause. Seventy-five per cent. will say that, directly or indirectly, it was drink.

Lastly, the effect on the morals—blunts the sensibility of right and wrong. Drunken men cannot be religious—they abuse, neglect and starve and bring disgrace upon their families. From a Bible standpoint