



Temperance Department.

FRED FISHER

It was a bitter night. The cows were soon milked, the cattle fed, and the sheep looked after. Indoors there was a light and warmth, and a tempting supper-table was spread.

"Why father," said Aunt Mary, suddenly, "you ain't eating any supper. Are you sick?" "No, mother, I'm not sick, but I don't feel easy about Fred. A man would freeze to-night in a couple of hours, and Fred has a lonely road to travel, I believe," said he, rising suddenly, "I'd better go and looked after him. I guess this is one of the 'doings' I'd better look after, any way," and he smiled at his wife.

"Well, if you think best, father," said Aunt Mary, rising, too, and hurrying to the closet for mufflers and coats.

"Willie, get the horse ready for father. Harry will go with you, of course."

"Tain't worth while for the boy to go. It's a dreadful cold night," said Uncle John, putting on his coat.

"The 'boy' is as tall as your are, father, and it is certainly worth while for him to go. You may need help," said his wife, helping her son into his overcoat.

"Take good care of yourself," she called after them, with a quiver in her voice and a pang at her heart.

"We will drive to the village first," said Uncle John. "He may be at some of the saloons still."

Jim Stone's was soon reached. It was well filled with men, some young, some old, some ragged and tattered, others more respectable and well dressed, but all more or less intoxicated.

A sudden stillness fell upon the noisy crowd, as farmer Ladd stepped in.

"I called to enquire about Fred Fisher," said he, stepping up to the bar. "Is he here?"

"No," said Stone, respectfully; "he left here about four o'clock. What's the matter?"

"I only felt anxious to know if he got safely home," said Uncle John. "It's too cold a night for a man to sleep in the ditch. Boys," said he, turning to the men, "you'd better go home this bitter night, while you can get there there safely."

"That's so, Squire," hiccupped one poor fellow, who could hardly stand. "Dreadful poor time for getting drunk. Told my wife so this morning," and he gave his companions what was intended for a knowing wink.

All the other saloons and bar-rooms were visited, without success.

"Now, Harry," said Uncle John, "we'll drive fast to his house. Perhaps he's there all right. If he is, 'twont take us long to get home, and we shall sleep all the better for knowing it. Look out for your ears, and look out with your eyes as we drive along, for we may find him anywhere."

Many a sudden stop was made, as some shady spot by the roadside seemed to take the shape of a prostrate figure.

"I guess he's safe at home," said Uncle John, with a sigh of relief, as they drove into the yard.

In answer to their knock, a frightened, pale-face woman opened the door.

"O, Mr. Ladd," said she, without waiting for a question, "do you know anything about my husband? He left home early this morning, and hasn't returned yet, and I've been so frightened," and she burst into tears.

"I drove up to see if he had got home all right," said Uncle John. "Has he any friend where he'd be likely to go?"

"Oh, no! He would try to come home, I know," was the answer; "but he might lose his way. He always comes across through the woods, it is so much nearer."

"Where shall we strike the path through the woods?"

"Right straight through the pasture bars," said the trembling woman.

"Can you give us a lantern?" said the farmer; "it will be dark in the woods."

Father and son looked at each other with pale faces. Both knew what was lying under the shadow of the solemn trees, white as the winter's snow. He had almost reached home. The light in the window there was shining full upon him. He had stumbled and fallen, probably, and been stunned, perhaps, though his poor, confused brain needed no cruel blow. Under the silent stars, out in the bitter cold, he was sleeping quietly. Only the tramp of God can wake such sleepers.

"Mary," said Uncle John, as late in the night he stood once more in his own kitchen, "I've been asking, all along, 'Am I my brother's keeper?' and to-night I've answered it. Yes, I am. I've enlisted for the war, wife; and

rumselling has got to be stopped in this town, if I fight it out single-handed and alone."

"Amen!" was the earnest answer. And it was not alone that the battle was fought. Earnest Christian men, strong in character and social position, banded together, and the victory was won. In one blessed New England village, at least, can reformed men, struggling back to health, honor, and manly purpose, safely walk the streets.—Selected.

THE BEER HABIT.

The fashion of the present day in the United States sets strongly toward the substitution of beer for other stimulating liquors. An idea appears to be gaining ground that it is not only nutritious but conducive to health, and further, that there does not attach to it that danger of creating intemperate habits which attends the use of other drinks. The subject is one of great magnitude, and deserves the attention of medical men as well as that of the moralist. Many years ago, and long before the moral sense of society was awakened to the enormous evils of intemperance, Sir Astley Cooper, an undisputed authority in his day, denounced habitual beer-drinking as noxious to health. Referring to his experience in Guy's Hospital, he declared that the beer-drinkers from the London breweries, though presenting the appearance of most rugged health, were the most incapable of all classes to resist disease—that trifling injuries among them were liable to lead to the most serious consequences, and that so prone were they to succumb to disease, that they would sometimes die from gangrene in wounds as trifling as the scratch of a pin.

We apprehend that no great change either in beer or men has taken place since the days of the great surgeon. It may also be said of beer-drinking, that there is less limitation to it than to the habitual use of other drinks. It does not produce speedy intoxication. When the drinker becomes accustomed to it, it will scarcely produce active intoxication in any quantity. It makes him heavy, sleepy and stupid. Even in moderate quantities its tendency is to dulness and sluggishness of body and mind. Beer-drinkers are constant drinkers. Their capacity becomes unlimited. The swilling of the drink becomes a regular business. It has no arrest or suspension, like whiskey-drinking, to admit of recuperation. The old definition of a regular beer-drinker was true: "Every morning an empty barrel, every night a barrel of tar." Of all intoxicating drinks it is the most animalizing. It dulls the intellectual and moral, and feeds the sensual and beastly nature. Beyond all other drinks it qualifies for deliberate and unprovoked crime. In this respect it is much worse than distilled liquors. A whiskey-drinker will commit murder only under the direct excitement of liquor—a beer-drinker is capable of doing it in cold blood. Long observation has assured us that a large proportion of murders deliberately planned and executed without passion or malice, with no other motive than the acquisition of property or money, often of trifling value, are perpetrated by beer-drinkers.

We believe, further, that the hereditary evils of beer-drinking exceed those proceeding from ardent spirits: first, because the habit is constant and without paroxysmal interruptions, which admit of some recuperation; secondly, beer-drinking is practised by both sexes more generally than the spirit-drinking; and thirdly, because the animalizing tendency of the habit is more uniformly developed, thus authorizing the presumption that the vicious results are more generally transmitted.

It will be inferred from these remarks that we take no comfort from the substitution of malt drinks for spirituous liquors. On the contrary, it is cause of apprehension and alarm, that just as public opinion, professional and unprofessional, is uniting all over the world in the condemnation of the common use of ardent spirits, the portals of danger and death are opening wide in another direction.—*Pacific Medical Journal*.

A CONVERSION THAT HAS ACCOMPLISHED GREAT THINGS.

Among the many recent converts to total abstinence none are more important, and none are exerting a wider influence, than Dr. Richardson. Standing, as he does, in the forefront of the medical profession, his opinions and testimony are of immense value.

His conversion to temperance views is most remarkable. He has not been influenced by moral, social, or religious considerations, but solely by those that are scientific. Till within the last ten years, he tells us, he had paid little attention to the temperance question, regarding it merely as one amongst the many philanthropic attempts to grapple with our national intemperance, an attempt in which the generous and godly sacrificed themselves for the sake of the vicious and drunken.

At the British Association of 1863-4 he gave the results of a long series of experiments on the nature and action of anesthetics. So

much interest was excited by his paper that he was requested by the Association to take up the whole series of substances of that class, and to give at another meeting the results of his experiments and examinations. He consented, and this led him, while not an abstainer, to study the physiological action of alcohol.

He very soon discovered that the action of alcohol was the same in its character as was the case with the chemical substances and narcotic agents that had previously come before him. There were four distinct stages of action in the effect of alcohol on the body. The first stage was one of some little excitement, during which the body of the person or animal subjected became a little flushed, and the temperature of the surface a little raised. In the second excitement the flushing was a little increased, while the temperature was a little more raised, but it soon began to fall. Then followed a third stage, in which these symptoms or phenomena changed somewhat, the whole of the muscular and nervous system coming unsteady, whilst the thermometer showed the temperature of the body to be lower. The fourth stage was when the whole body was lying prostrate, insensible, and the muscular system entirely destroyed as to function, the nervous system as to direction, whilst the temperature was three or four degrees lower.

One other observation of telling moment was with respect to the action of the heart. In the first case there was quickened action; in the second stage, still quicker action, followed by reduced action; in the third and fourth stages this reduction of the action was continued until at last it was brought down, at the termination of the fourth degree or stage, to an extremely low point indeed.

The whole of his researches were conducted in 1869, without any change of life on his part. For experimental purposes, however, he thought it necessary to abstain. A new light then dawned upon him. He found that he slept better, that his power over work increased, and that his appetite and digestion were improved. He began to think that the sympathetic speakers—teetotalers—were right, and that it would be best for him to abstain. But there was a social difficulty in the way, and a great difficulty it proved. His mind, however, after a few years was made up, and he determined, as there was no use in the agent, and as under its influence some physical degeneration must take place in his organism, that he would join the band of total abstainers.

Having taken this position, he was not long in making it known. His pen and voice have been most energetically employed, and the value of his services has been immense. The whole medical world owns his power and is diligently examining his positions; while, backed by his authority, the advocates of temperance feel that in urging men to abstain they can appeal to their selfishness as well as to their philanthropy, and can show them that in blessing others they themselves will be blessed.—*The (London) Methodist Temperance Magazine*.

BARS AND BOXES.

Some student of political and domestic economy lately suggested that, as bar-keepers pay, on an average, \$2 per gallon for whiskey, which they sell to poor men at the rate of ten cents a glass, for \$6.50—that is, \$2 for the whiskey and \$4.50 to a man for handing it over the bar—that the wives of such men should become their bar-keepers, and thus save for themselves and their families the accruing profits, and be enabled, when their drinking husbands can no longer support themselves, and are "shunned and despised by all respectable persons," to have money enough to take care of them till they "get ready to fill drunkards' graves." Better, however, than this plan of home "bars" is that of an English country doctor, who, in a letter to the *Bury (England) Free Press*, writes that he was so much impressed with one of Canon Farrar's sermons, which he read on the 18th of March, 1877, that, after thinking the matter over, he resolved to become an abstainer, and that for a period of twelve months he would put in a box regularly every morning the equivalent of what he had hitherto been accustomed to pay for beer, wine, &c. On the 18th of March, 1878, he opened the box, and was greatly surprised to find so large an amount of £36 10s. (\$182.50). He says: "I could hardly believe my own eyes. But what about leaving off the stimulant? All I can say is I never felt better in my life. I work hard, travelling over 200 miles a week, liable to all calls of a large country practice, and yet I want no so-called stimulants." He adds: "Let anybody who reads this try it for a month, and he will, if true to himself, never repent it." Such a box thus employed would prove a great blessing in wealth and health to many a household, as a depository of the oft-repeated small sums daily expended for strong drink and tobacco.—*National Temperance Advocate*.

TO THE BOYS THAT USE TOBACCO.

Just what per cent. of our boys use tobacco is something very difficult to ascertain, but we may safely say that three-fourths of the boys from eight to fifteen years old chew tobacco or smoke cigars. They frequently ask men for the stumps which are about to be thrown away, and many of them gather up the partially consumed cigars even from the streets and smoke them. Older boys, and even fullgrown men, those of low instinct, take a vicious pleasure in teaching their injurious habits to little boys who are too young to know enough to resist them. Said a young man who has been under the very best moral influence at home "Among all the boys of my acquaintance, from the time I was eight years old until I was fifteen there was not a single one who did not chew and smoke." Nobody but a boy knows the extent to which this injurious habit is indulged in among boys, and even if he does nearly die of sick stomach or nervous prostration after secretly smoking an old cigar stump or taking a chew of tobacco, he keeps his own secrets and lets Mamma and the doctor make a diagnosis as best they may. The further they miss the real cause of the sickness, however, the better it pleases the boy. Nicotia, the active principle of tobacco, is a deadly poison. A single drop will kill a rabbit in three minutes and a half. An old professor of medicine used to say to his students, "Put a drop or two of it on your tongue and it will kill a dog in five minutes." Nicotia destroys life quicker than any known poison except prussic acid.

The life of a little boy was destroyed in a few minutes by injecting an infusion of tobacco in the bowels. Death has been produced in the same way in grown people. In one instance the result was fatal immediately after the introduction of the tobacco enema. In another death followed in fifteen minutes; and in a third only three-quarters of an hour elapsed. Such immediately fatal results are not frequent, to be sure, but they testify to the existence of a deadly poison in tobacco in a manner which leaves no room for argument.

Amaurosis, or nervous blindness, in which disease there is partial or complete loss of sight without any apparent change in the organization of the eye, has been charged to excessive smoking of strong tobacco. It is believed by some of your best authorities that there are few persons who have smoked for any great length of time more than five drachms of tobacco a day, without having their vision, and frequently their memory, enfeebled. A case of impaired vision presents itself which resisted every manner of treatment until it was discovered that the patient was in the habit of smoking large quantities of strong tobacco. As soon as the pipe was abandoned the individual gradually recovered his sight.

Tobacco is a powerful sedative, and there is not a single individual addicted to its use who has not at some time been prostrated by an over dose. This condition of extreme depression is relieved by alcoholic stimulants, and will soon create the appetite for strong drink and will lead a boy to fill as drunkard's grave.—*Dr. B., Clifton Springs, N. Y.—Advocate*.

THE BEER THEORY.

The editor of the *Quarterly Journal of Inebriety*, Dr. Crothers, writing as an experienced physician and scientist, and commenting upon the inclination to substitute beer for the stronger alcoholic liquors, as advocated by Dr. Crosby and others, declares that their theory has "no confirmation in the observations of physicians and chemists where either has been used for any length of time." He affirms that "the constant use of beer is found to produce a species of degeneration of all the organism, profound and deep-seated." He adds: "In appearance the beer-drinker may be the picture of health, but in reality he is most incapable of resisting disease. A slight injury, severe cold, or shock to the body or mind will commonly provoke acute disease, ending fatally. Compared with inebriates who use different forms of alcohol, he is more generally diseased. The constant use of beer every day gives the system no time for recuperation, but steadily lowers the vital forces; it is our observation that beer-drinking in this country produces the very lowest forms of inebriety, closely allied to criminal insanity. The most dangerous class of tramps and ruffians in our large cities are beer-drinkers. It is asserted by competent authority that the evils of hereditary are more positive in this class than from alcoholics. If these facts are well founded, the recourse to beer as a substitute for alcohol merely increases the danger and fatality following."—*Temperance Advocate*.

Thanks be to God which giveth us the victory through our Lord Jesus Christ.