

scientific side of this subject should read the Public School text-book on Temperance, written by the celebrated Dr. Richardson, of England, who is known as one of the highest authorities in the British Empire on this subject. As an illustration of the effect of the scientific study and teaching of temperance, it may be of interest to know that before Dr. Richardson began his series of investigations on the effects of alcohol, he used liquor to some extent, but his research proved so conclusively that alcohol, even in moderate quantities, is harmful, that he gave up its use entirely.

Another branch of the temperance cause, very properly coming in connection with Sabbath School work, is the bad example set by those who use intoxicating liquor. It is not the drunkards who set the bad example, but the moderate drinkers. No one seeing a drunkard staggering along the street, making a fool of himself, would wish to follow his example. It is the clever, good-natured fellows who take a few glasses but seldom or never get drunk, who set the worst example. I believe such people seldom realize the harm they do. They usually say they are setting a good example, and that if all would do as they do and drink in moderation no harm would result. They do not consider that one who tries to follow their example may, through some weakness of will or constitution, or from the effects of an inherited appetite, become an immoderate drinker. Again, they do not consider that one who succeeded in following their example, would, by his use of alcohol injure the delicate tissues of the heart, the lungs and the brain and so undermine his constitution that he would fall an easy victim to disease.

Next, as to the manner in which the subject shall be taught in the Sabbath School, I thought the plan adopted in the Friends' Sabbath School in Lobo might be of interest. They have a session each quarter, held on the review Sabbath, I believe, devoted to

some branch of philanthropic work. They divide the school into four parts, each division headed by a secretary and each division responsible for the program of their session. The four subjects are Temperance, Impure Literature, Peace and Arbitration, and Prison Reform, each coming once a year. Each of these subjects is subdivided into suitable heads. The program consists of readings, recitations, essays, addresses, etc.

While this plan seems a very good one, I believe that Temperance should be taken up oftener than once a year. I think a good method would be to have, during the general exercises at the close of the school, a reading, recitation or essay on temperance. The subject could then be taken up every two or three weeks, or as often as desired. A committee might be appointed whose duty it would be to select suitable persons to give the readings, etc., and then the subject would not be neglected.

A valuable adjunct to the teaching of temperance is the distributing of a temperance paper. The *Northern Messenger* and the *Band of Hope Review* are two good temperance papers.

Let us not neglect to teach this subject in our Sabbath Schools, for we may be able to save some who would otherwise begin to use intoxicating liquors through ignorance of the nature of alcohol and the bad effects of its use.

H. V. HAIGHT.

A WOMAN ADMITTED.

HALIFAX, N. S., June 28.—For the first time in the history of Methodism on this continent, so far as known, a woman has been admitted to membership in Conference. The Nova Scotia Conference, in session at Canso, has decided that Mary Dauphinie has a legal right to sit on a perfect equality with the male members in that body, and she will take her seat.