

human body. Take, for example, its action on the heart. The human body is the grandest example of skill and design that God has created in the universe. Look at the heart. It is a pump that never stops. Stroke after stroke it goes on, from the hour of birth till the hour of death. It pumps the blood through the large arteries to the extremities—to the head, the fingers, the toes. The blood is pushed along by the force-pump of the heart, and has to come back through the innumerable small veins till it reaches the heart and lungs, again when the same process is repeated over and over again, every hour and day of your lives.

Here is an experiment which all can verify for themselves. You can count the beats of your own pulse per minute. Scientists state that the average beat of the pulse per minute, is 60 when lying in bed asleep, 70 when at regular work, and 80 when engaged in running or violent exercise. See the provision God has made to give the heart a rest. The average beat per minute is 70, but if asleep it is only 60. In other words, the heart rests when sleeping to the extent of ten beats. The average number of beats per hour is 4,200, but if asleep it is only 3,600; that is, the heart rests to the extent of 600 beats every hour you sleep. The average number of beats per day is 100,800, but if you slept for the twenty-four hours it would be only 86,400; that is, the heart would rest to the extent of 14,400 beats per day.

Now at each beat the heart pumps out $2\frac{1}{2}$ ozs. of blood, that is, the heart has to lift up and pump out 175 ozs. of blood per minute, but if asleep it only has to pump 150 ozs. It rests to the extent of 25 ozs. per minute. Every hour it pumps 636 lbs. of blood, but if asleep it only has to pump 563 lbs.; that is, it rests when asleep to the extent of 93 lbs. Every day it pumps seven tons of blood, but if asleep for the twenty-four hours it would only pump six tons; that is, the heart would rest to the extent of not having to lift up and pump out a ton of blood every twenty-four hours.

What action has alcohol on the heart? It increases largely the number of pulsations. The celebrated Dr. Richardson is the authority for the statement that four ounces of alcohol per day will increase the action of the heart so much that it will have to lift an extra ton weight during the twenty-four hours. God has arranged that the heart should rest by sleeping, but alcohol, with a task-master's whip, lays on extra burdens. The man who takes alcohol to any extent cannot get the rest from sleep which God intended. He rises in the morning weary and tired and sore. And no wonder, for the heart, instead of doing less work than usual, has to beat faster and do more work. In a word, alcohol burns out the candle of life at both ends. "When thou buildest a new house," etc. God has made your body like the choicest temple in all creation. Put up a battlement against alcohol, which can enter in only to blast, ruin, deface and destroy.