



## Catechism for Little Water-Drinkers.

(Julia Colman, in National Temperance Society, New York.)

### LESSON XIV.—WATER IN FRUITS.

1. If you were very thirsty, would you go into a saloon to get a glass of water?  
I would not, for they do not like to give water only.
2. Have you any other reason for not going into a drink house?  
I would not like to be seen going into any kind of a drink house.
3. Is not the drink house a good place to get a drink?  
Not for me. I could not trust it.
4. What is the best drink you can take when you are out on a pleasure trip?  
Some kind of ripe, juicy fruit.
5. Why would you take fruit?  
It is safe, wholesome, easy to buy, and carry, and I like it.
6. What refreshment can you offer to friends that call on you?  
Nothing is better than fruits or fruit juices.
7. What is the common drink on the dinner-table in America?  
Water, pure water.

## Scientific Temperance Catechism.

### LESSON XIV.—ALCOHOL AND THE LUNGS.

1. What have you learned about the lungs?  
That they are very important bodies, whose use is to purify the blood when it returns from its journey over the body.
2. By what is the blood purified?  
By the fresh, pure air which is breathed into the lungs.
3. How does the air reach the lungs?  
It enters through the nostrils or the mouth and passes down the wind-pipe, which, after a little, divides into two parts, one for each lung, and these divide again and again in the lungs like the twigs of a tree, and so carry the air into the farthest parts of the lungs.
4. Where do the little twigs of tubes finally end?  
In very small cavities called vesicles, which have very thin walls, behind which are the network of tiny capillaries into which flows from the heart the blood that needs to be purified.
5. What is there in the air that purifies the blood?  
About one-fifth of the air is oxygen, an invisible gas, which is able to pass through the thin walls between the vesicles and the capillaries, and is then taken up by the little red discs of the blood, to be carried all over the body.
6. And what becomes of it in its passage through the body?  
It comes to places where it is needed, and then leaves the red discs to unite with those parts.
7. What happens then?  
It really burns up the impure, worn out substances with which it unites, and in the burning another gas is made called carbonic acid gas, which is taken up by the blood, brought back to the heart, and then to the lungs, to be poured out from the body.
8. And how is it poured out?  
Through the thin walls of the capillaries and vesicles, into the tubes of the lungs; and so out through the mouth or nose.
9. Then, in every breath, what two things occur?  
Every time we breathe in, or inhale, we take into the blood the purifying oxygen; every time we breathe out, or exhale, we throw out the impure carbonic acid gas brought from all over the body.
10. Is this a very important process?  
Yes, indeed. It is this that keeps the body

strong and healthy, all the time freeing it from poison and giving it life.

11. Should we be careful, then, to keep the lungs sound and healthy?

Certainly we should. We should be careful to live in pure air, to breathe deeply into all parts of the lungs, and to avoid anything that will injure the lungs.

12. What effect does alcohol have on the lungs?

Alcohol produces, as we have learned, a thickening of the blood and a weakening of the blood-vessels, and this does very great harm to the lungs.

13. How does it harm them?

The repeated stretching of the little capillaries makes them weak and easily affected by cold; and for this reason drinking people are very likely to have pleurisy, pneumonia, and other lung diseases.

14. What other harm does it do.

It thickens the walls of the vesicles, and so fills them up, and lessens their breathing capacity. Then, of course, the blood can no longer be properly purified.

15. What other harm is done?

The lungs are forced to unnatural labor to get rid of the poison that hurts every organ of the body; and this exhausts them, and makes them more likely to become diseased.

16. Do facts prove that drinking people are particularly subject to lung diseases?

Yes. Inflammation of the lungs, and one form of consumption, besides pneumonia, are very common among them.

### Hints to Teachers.

As in former lessons, a chart will be very helpful for illustration. Explain all the difficult words, and go carefully over the whole process of respiration and its necessity to life. The children will clearly see the need of keeping the lung tissue in a healthy state, and of avoiding anything which thickens or weakens the tissue and lessens the breathing capacity.

### The Plebiscite.

At the mass meeting which inaugurated the prohibition plebiscite campaign in the Province of Quebec, a number of short, enthusiastic addresses were given. The chairman in his opening remarks, said that they were met to claim great things for this Canada of ours. Last year we plumed ourselves a good deal on giving a policy to the British Empire; but this year they sought not only to give a policy to the British Empire; but to the Anglo-Saxon race, and more, to the whole of Christendom.

Temperance people of England told the speaker when he met them from time to time, 'We're looking to Canada.' They were in the van of this fight; they were seeking to-day a more thorough prohibitory law than prevailed anywhere; they had a great enterprise on their hands, and they must not be little it. Defeat, said Mr. Dougall, would be no disgrace, if they made a good fight; it would be a disgrace if they did not make a good fight. He hoped and believed that they had in the Province of Quebec a sufficient force of true men to carry through the campaign.

### THE VOICE OF THE W. C. T. U.

Mrs. J. G. Sanderson, of Danville, provincial president of the W. C. T. U., said the fight they were in was not a new one. In England the battle against the traffic had been going on for over three hundred years. It was time that a decisive and final battle should be fought. For as many years the governments had been trying in all kinds of ways to regulate the traffic and diminish its great evils; but they had failed to do so. A test of three hundred years had been given to the traffic, and now a test should be given to the reign of prohibition, not a reign of one or two years, but a reign of at least a hundred years. At the end of this time the result would be such that there would not be the slightest danger of the traffic being taken up again. Sooner or later the cause of temperance would be sure to triumph, and even if it chanced that the present battle should be lost, it would only mean a delaying of victory a little while. Those who were actually engaged in the campaign could count upon the warm support of the W. C. T. U.

### MAJOR BOND'S STIRRING WORDS.

Major Bond, who is at the head of the

campaign in this province, gave a brief and comprehensive address. He said that they should enter into the fight with the firm idea that they were going to win it. 'I would not give twopence for any body of men who would go into a fight scared out of their wits.' Had Dewey, the hero of the Philippines, been a man of doubt and fear, he would not have achieved his brilliant victory over the Spanish fleet. At the same time he had not acted with undue rashness; he had ascertained the strength of the enemy he would have to meet and had then gone bravely in and won. If the plebiscite was to be carried, it would have to be with confidence and bravery. Our strength is being spoken lightly of, and we are being told that we have not the slightest grounds for hoping we shall win the fight; but I feel assured that there are many big surprises in store for our opponents. In closing I would strongly urge that in the campaign no hard words should be used against those whom we are fighting; by using hard words only strife and bitterness can be aroused.

### 'CANADA FIRST.'

The Rev. Dr. Ker recalled that some years ago, when he was at college, there was a political party in the Dominion which had for its motto, 'Canada first.' He did not know what had become of that party, but he thought that it would be a great honor to have future historians of Canada write that Canada was the first nation to free herself from the shackles of the liquor traffic. Dr. Ker observed that nothing was going to be left undone by the liquor interest to defeat the vote. They would hear the same old arguments about the inviolability of personal liberty, the sacredness of individual rights; the terrible things that would happen in the way of illicit liquor selling, vested interests, etc. All the arguments they had heard ad nauseam before they would hear ad nauseam again. The only reply that could be made was, that, temperance people, after weighing these arguments dispassionately, felt it to be their duty alike to God, to their neighbor and to themselves to put forth every effort to secure prohibition.

### A JUST CAUSE.

The Rev. Prof. Warriner said any government should fall that would try any longer to shelve this burning question. It could not but inspire confidence to know that the great influence of the churches was to be given to those who were trying so hard to advance the cause of temperance. It was the voter, alone, who was responsible for the continuance of the traffic. The moment he decided not to vote for any candidate who had not strong temperance feelings the death of the liquor party would come. In the present campaign there should be united effort. The cause was a just one and good could not but result from the campaign.

Bishop Bond wrote, regretting his inability to attend the meeting, saying: 'My strong views in favor of prohibition, I suppose, are well known, and to my mind the reasons given in opposition thereto, are as nothing compared to the blessing that must ensue from true and real prohibition.'

It seems to me that the bulk of the people are with us; if it be so, the difficulties, or most of them, even by some who oppose, no doubt with sincerity, will quickly disappear.

Praying that God will bless our efforts,

I am truly yours,  
W. B., Montreal.

### The Sign-Board.

I will paint you a sign, rum-seller,  
And hang it above your door;  
A truer and better sign-board,  
Than ever you had before.

I will paint yourself, rum-seller,  
And I will paint a fair young boy,  
Just in the morn of manhood,  
A mother's pride and joy.

And below I will paint a drunkard;  
I will paint him as he lies  
In a beastly drunken slumber,  
Under cold wintry skies.

Shall I paint this sign, rum-seller?  
If so, many will pause to view!  
'Twill be a wonderful sign-board,  
But oh! so terribly, fearfully true,  
—Teacher's Institute.