

A TEMPERANCE SCHOOL.

BY THE REV. LEWIS DEXTER.

Several weeks ago we promised to give a description of a temperance school which has now been in successful operation nearly two years. The school was organized, in Blackstone, Mass., with thirty members, in the early part of July, 1881. Previous to this, those interested in the scientific study of alcohol, its nature and effects upon the human system, were invited to meet in the vestry of the Free Baptist church. Special invitations were given to several persons whose influence and help it was especially desirable to secure. The plan and object of the temperance school, which was a new feature of the work to most if not all at that meeting, were explained. It was then ascertained how many of those present would like to become members of the school; also how many were willing, if necessary, to serve as officers or teachers.

The school is organized and conducted like a Sunday-school. Its membership is restricted only by good behavior. "Who-soever will may come." No one is required to sign a pledge. Efforts are made to bring in as many as possible who believe in the free or occasional use of alcoholic liquors as a beverage. Pledges, both single and triple, are continually before the school, and all are invited to sign as soon as they are satisfied of the wisdom of such an act. Each person upon signing receives an illuminated card, with his name upon it, containing the pledge he has taken. All signatures are also kept in a pledge book belonging to the school, in which are designated the pledge taken, single or triple, date of signature, and age of the signer.

The officers of the school are a superintendent, assistant superintendent, secretary, treasurer, librarian, organist, chorister and janitor. These officers with the teachers constituted a board of managers, which had entire control of the school. The secretary of the school is also secretary of the board, and in the monthly report to the school gives also an account of the proceedings of the board. These officers were not all filled up at the time of the organization; nor is it essential they should be, if suitable help is wanting. Indeed, if it were necessary and there were but a single class, one person, self-appointed at that, might fill all these offices and constitute himself the entire school board. What an important personage that would be!

The school meets in the church vestry each Monday evening and continues in session one hour and a quarter. The last fifteen minutes are spent in review. The entire school, except the primary classes, usually study the same lesson. This makes the review much more interesting than if they studied different lessons. They first studied quite thoroughly the "Catechism on Alcohol," by Julia Colman. This is a simple and excellent little book for beginners. The lessons are full of interest for young and old. They have since studied the "Boys and Girls' Temperance Text Book," by H. L. Reade, "Alcohol and Hygiene," by Julia Colman, and the "Temperance Lesson Book," by B. W. Richardson. They sing from "Ripples of Song," by the National Temperance Publication Society. Discussions, literary exercises and concerts are occasionally given.

The school usually takes the same vacations as the public schools, though sometimes part of their classes are allowed to proceed with their lessons regardless of the vacation. To better accommodate the little ones, the primary classes meet immediately after the day school closes; i. e. in the vestry and the other in a school-room in another part of the village. There are seven classes with nine teachers. Each of the primary classes, being large, requires an assistant teacher. The school register is in all about one hundred and fifty members, of whom one-third are Catholics, and some of them the children of licensed liquor dealers. They are from three to seventy years of age. Much the larger portion here, as in Sunday-school are children. The largest attendance at a single session has been one hundred and seventeen, and the smallest thirteen; this, however, was in vacation when but three classes were represented.

The following named works will be found especially helpful as teachers' aids:—For those in the Catechism, the Juvenile Temperance Manual, by Miss Colman; for those in the Boys and Girls' Temperance Text-Book, Twelve Addresses on the Physiolo-

gical Action of Alcohol, by J. J. Ridge, and O. R. Wasted Resources, by William Hargreaves; for those in Alcohol and Hygiene, the Temperance Lesson-Book, by B. W. Richardson, Alcohol, its Nature and Effects, by C. A. Story, and Reid's Temperance Cyclopedia; for those in Richardson's Lesson Book, Alcohol and Science, by William Hargreaves, and Ten Lectures on Alcohol, by B. W. Richardson; Sowa's Stomach Plates will also be found very helpful in any department of the study or work. Any of these and many other helpful works, as also many among the best Sunday-school books published, may be obtained of J. N. Stearns, Agent for the National Temperance Publication Society, 58 Reade St., New York.

This article is written with the hope that where no other method is in use, that is equally as good for instructing both old and young in this important study, this may be adopted. Nothing could be more simple or more easily worked. One determined person, man or woman, can successfully carry on this work until others seeing its value and importance are ready to help. Of course, it is desirable to get as many as possible of the influential members of both church and society enlisted in the cause. Any one wishing to start a school will do well to carefully study the "Temperance School," by Julia Colman. It can be procured by sending five cents for it to J. N. Stearns, 58 Reade St., N. Y. Any question upon this subject, addressed to the writer, Blackstone, Mass., will be responded to most cheerfully.—*Morning Star.*

REWARDS, BUT NOT PRIZES.

We have often emphasized the difference between rewards and prizes in the Sunday school. We have said that the recognizing of a specific attainment, possible to all, by the bestowal of an appropriate gift, is not open to the objections which can fairly be urged against the proffer of a prize in a competitive struggle for pre-eminence in the Sunday-school. In the line of legitimate rewards, which are not prizes, are the gifts bestowed in a Reformed Church Sunday-school in New York City, as reported by a pastor, who says:

"Having observed, some time since, a query raised in your columns respecting premiums, I wish to say what is done in a school I am connected with in this city. It is in fact though not in form, a mission-school, and many of its attendants are of German parentage. There is a standing offer of a nice pocket Bible to any one who will learn by heart, and recite correctly, the Ten Commandments, the Lord's Prayer, the Apostle's Creed, and the names of the books of the Old Testament and the New. Every year from twenty to thirty Bibles are given in this way. Six months afterwards, if the receivers show that they have not forgotten what they had learned, but can still recite from memory, they are authorized to bring their Bibles and have their names inscribed upon them in gilt letters. Nearly all embrace this privilege. In the school no one, teacher or taught, is allowed to bring a lesson paper or any printed help. The Bible is to be in hand, and every reference is to be made direct to its pages. In consequence, the paramount authority of the Word of God is emphatically a Bible-school. I may add that the scholars put an unusual value upon a Bible which they feel they have earned, and not only take care of it but read it."—*S. S. Times.*

THE COOKING OF POTATOES.

There is nothing in the whole range of vegetables which one oftener finds poorly cooked than the commonest of all—potatoes; and yet nothing is simpler, if one only appreciates the fact that a potato requires as careful cooking as any other vegetable. Indeed there is no other that is as easily spoiled in cooking. It matters not how good the potatoes were originally, if the water is not poured off as soon as they are done, and the potatoes set back on the range a moment to dry, they will not be palatable. Some cooks seem to have no idea of proportion when they select potatoes to cook, but will put large and small in a kettle together, and take them up at the same time, or they will set the kettle on one side of the range in a hole that is barely one quarter over the fire, and part of the potatoes will be boiled to pieces before the rest are

done. If potatoes boil very fast they will boil to pieces before they are done in the centre. They should cook suddenly and have plenty of water on them, and if it boils nearly off, even if they are almost done, it should be replenished with boiling water. If it is impossible to select potatoes of the same size, cut the large ones the size of the small ones, or put the large ones to boil ten minutes sooner. Old potatoes should be thinly peeled with a sharp knife, and the spots and eyes taken out, and if for breakfast, should lay over night in cold water; if for dinner, an hour or two. They should be put into fresh cold water when put over the fire, and it will improve them to pour this water off when they have boiled five or ten minutes, and put on fresh hot water, allowing a teaspoon of salt to each quart of water. This will do away with the strong taste old potatoes oft-n have. When they are done, pour the water off and set the kettle back over the fire a moment, and carefully move the potatoes about with a spoon, so they will dry on all sides, taking care that they do not get hot enough to brown, and you will find all the little pieces, that may have boiled off will be dry and mealy; then set the kettle on the back of the range, with a towel over it, if they cannot be served immediately. New potatoes should always be put into boiling water and it is best to prepare them just in time for cooking. They do not require peeling, but can be washed and the skin scraped off, or boiled with the skin on. They are nice steamed if the skin is removed first. If small they can be made inviting by pouring over them, when put into the dish for the table, some milk, thickened like gravy and seasoned with salt and white pepper and a generous piece of butter.

MASHED POTATOES.

Potatoes should be cooked so as to be done just as dinner is ready, and not have to wait for other things. They must not stand longer than to dry enough to be mealy and should be thoroughly mashed with a potato-masher, seasoned with salt, and for a dozen medium-sized potatoes a sufficient butter half the size of an egg will be sufficient; stir thoroughly, add a half-cup of hot milk, stir till light and white; then take up in a hot dish, and smooth the top nicely. A pretty way to finish it is to save out a couple of tablespoonfuls of the mashed potato, and rub it through a colander on the potatoes in the dish, taking care not to press it down. It will be as light as snow, and as it is pressed through the colander see that it is evenly distributed over the top, as it must not be touched in any way after it falls. Mashed potatoes must not be set in a very hot place, nor be tightly covered, if they have to wait before being served, or they will steam and be spoiled.

BAKED POTATOES.

A small brush that can be bought for five cents will be found useful for scrubbing potatoes to bake and to use in preparing other vegetables. If a bit of the skin is cut off on each end of potatoes that are to be baked, they will be drier and it will enable you to see if the potato is good. Large potatoes require an hour to bake, and must be served the moment they are done.—*Floral Cabinet.*

HINTS TO TEACHERS ON THE CUR-RENT LESSONS.

(From Peloubet's Select Notes)

September 2.—Judges 16: 21-31.

ILLUSTRATIVE.

I. Samson has often been compared with the Greek Hercules, both on account of his strength and his exploits. While there have been no others so strong as Samson, yet examples of great strength in lifting heavy weights, and bending bars of iron, etc., take away all improbability from the story.

If the story of Samson's temptations may be illustrated by the Grecian fables of Circe and her palace, given especially well in Hawthorne's *Tanglewood Tales*; and by the sirens who sang upon the shore so sweetly, that the sailors entranced steered their vessels toward them, leaving the way of duty, and were wrecked upon the shore. Orpheus passed by them safely, because he took his own lyre and made sweeter music than that of the sirens. So the consciousness of the greater joys of religion, and the presence of Christ, will give us the victory over the attractions of sinful pleasure.

LESSONS FROM THE LIFE OF SAMSON.

1. Great gifts are oft-n connected with great imperfections.
2. God uses even imperfect instruments for accomplishing his ends.
3. Christians, like Samson, are separated from the world, consecrated to God, to overcome sin the great enemy of God and man.
4. When he broke his Nazirite vow, he lost his strength, and was taken captive. This was to teach the Israelites that all their strength lay in consecration to Jehovah, and that they had lost it by departing from their vows of allegiance. It teaches us the same lesson.—*J. Hudson.*
5. The Israelites were taught that their national strength and hope lay in their obedience to God. He was able to give them the victory over every enemy.
6. We learn the perils of bad company. Whosoever goes willingly into bad company is already more than half fallen.
7. Those who are unfaithful to God will most likely prove unfaithful to us.
8. Sinful pleasures, like a common Delilah, lodge in our bosoms.—*J. Hall.*
9. Ver. 14. The sins of Christians bring dishonor upon God.
10. The triumph of the wicked is short.
11. God remembers the penitent and hears his prayer.
12. Samson was raised up to teach Israel, not only by success, but also by failure; not only by devotion to God, but also by departure from him; not only by his heroic life, but by his sad death.—*Johnson.*

SUGGESTIONS TO TEACHERS.

We can to-day impress many practical lessons from the life of Samson. (1) His life. What God intended it to be. Teach the chief events of his life and their adaptation to the needs of that age. The source of Samson's strength. (2) His fall. How he was tempted. How we are tempted. The way in which he and we could escape. (3) His punishment and repentance with the practical lessons from his life.

THE LORD IN ALL, AND ALL IN THE LORD.

BY MRS. ANNIE A. PRESTON.

"I had in my parish at one time," said an aged pastor, "a very wealthy man, who was also a godly man, giving liberally of his abundance to every worthy cause, and rejoicing continually in the Lord's goodness.

"Reverses came to him. He lost his property, and was obliged to enter as book-keeper the large mercantile establishment that had once been his own. Still he was as regular as ever at church and at the prayer-meeting, spoke just as cheerfully and hopefully, and, aside from the fact that he was not able to give as largely as heretofore, there was no change whatever to be seen in him.

"How do you keep up so? I said to him one day; 'we all expected you to be melancholy and down-hearted, but of the two you are brighter you are more sunny in your demeanor than you were before your reverses.'

"Let me tell you about it," he said cheerfully. 'When I was rich and could have everything that heart could desire, that money could buy, I enjoyed the Lord in all things. Now that I have nothing only what I can earn from day to day, I enjoy all things in the Lord. I feel that I have more reason than ever before to rejoice, for the Lord has kept me and allowed his glorious love to pour into my soul in prosperity through the changes to which I have been subjected and now he is with me in adversity so what have I to do but to praise and glorify his name from day to day?'—*American Messenger.*

SALMON BROILED IN PAPER.—Wash a slice of salmon, about an inch thick, in cold water, dry it on a clean cloth, lightly season it with salt and pepper, and wrap it in a sheet of buttered note-paper, the edges of which must be folded closely over each other several times in order to retain all the juices of the salmon; place the salmon thus prepared between the bars of a double wire gridiron, and broil it for ten minutes on each side over a moderate fire, taking care not to scorch the paper. Serve it on a hot dish in the paper to keep it hot until the last moment. By this method of cooking all the flavor and nutriment of the fish are preserved.