



Catechism for Little Water-Drinkers.

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

LESSON XVI.—THE ABUNDANCE OF WATER.

1. Where does water come from?
It comes down from the clouds in showers.
 2. What is the first good it does?
It washes the leaves, the flowers, and the streets, and makes them clean.
 3. How do we use it for cleansing purposes?
To wash ourselves, our clothing, and many other things.
 4. How does it cleanse those who drink it?
It washes them inside as well as outside.
 5. How does water get into the clouds?
Heat sends it up in vapors that make the clouds.
 6. How does this help make water clean?
Because only the clean parts go up in vapors.
 7. Is rain-water clean?
Not always, for it washes the dusty air as it comes down, and the roofs on which it falls.
 8. Is clean rain-water good to drink?
It is one of the purest and best forms of drinking-water.
- All.—Our drink is poured in silver showers,
For girls and boys, and birds and flowers.
- (Have this repeated with waving hands and rippling fingers.)

Scientific Temperance Catechism.

(By Mrs. Howard Ingham, Secretary Non-Partisan W. C. T. U., Cleveland, Ohio.)

LESSON XVI.—ALCOHOL AND THE NERVES.

1. What did you call the brain, in the last lesson?
The body's telegraph office, with the mind as operator, and the nerves and wires running all over the body.
2. What do the nerves look like?
Like slender, silvery cords, branching out from the brain and the spinal cord, like twigs from a tree. Under the microscope each of the nerves is found to be made up of a bundle of finer threads.
3. Of what are the nerves made?
Of very soft and delicate matter, which a rude touch would crush and destroy. It is very full of blood-vessels and contains a great deal of water.
4. How many kinds of nerves are there?
Two; the motor and the sensory.
5. What do these words mean?
Motor means moving, and sensory, feeling. The motor nerves are those running from the brain to the different organs to tell them how and when to move or act; and the sensory nerves run from the organs to the brain to tell it how they feel.
6. If you should accidentally pick up a hot coal what would happen?
My hand would telegraph to the brain, over the sensory nerves, that it was burned; and the brain would hurry off a message over the motor nerves to the hand, to drop the coal. All this would happen in just an instant of time.
7. Is it important that the nerves be kept in a healthy condition?
It is very important. Many of our actions are under the direct control of our nerves, and are disturbed when the nerves lose any part of their power. Then the muscles lose their energy, and the body trembles and the speech becomes thick.
8. What does alcohol do to the nerves?
It does several very bad things. It is always very thirsty for water, and the nerve-pulp is full of water, which the alcohol drinks up, leaving the nerve-pulp dry and hard. The nerves cannot work when they are so dried. It is just like cutting a telegraph wire so it cannot take a message to the office.
9. Is that a bad thing?
Yes; certainly. We need to know when

we are burned or cut; otherwise we would not know what we ought to do to save ourselves from injury.

10. Does the effect of alcohol on the nerves last long?

Yes; when alcohol is taken up by the nerves it does not easily escape. It seems to be shut up in the substance of the nerves, and is only very slowly thrown off from it.

11. What else does alcohol do to the nerves?

It crowds the little blood-vessels of the nerve-tissue too full of blood, and in that way injures the nerves.

12. But, alcohol relieves pain, does it not?

No it only prevents the brain from knowing of the pain, by cutting the little telegraph wire. There have been cases of drunken men freezing their hands or feet without knowing it at all. But the poor feet were just as badly hurt as if the brain had known.

13. What is the final result of the action of alcohol on the nerves?

Insanity. A great many men and women are now in insane asylums, and seem to have lost every trace of reason and intellect, just through the effects of alcohol. They are perfectly helpless, and will remain so as long as they live.

Hints to Teachers.

A diagram of the brain and nervous system can easily be procured for this lesson, or drawn upon a black-board. Show the children the wonderful branching of the nerve-tree, till its minute twigs reach the remotest surfaces of the body. Dwell on the necessity of the perfect health of the nerves that the brain may be warned of the care necessary to be given the body. The wires of the fire-alarm telegraph might be cut, and a great fire destroy a large building, while the firemen, unwarned, were peacefully sleeping. There is in Cleveland a poor woman, both of whose feet had to be cut off, because they were so terribly frozen one dreadful night when she was so intoxicated that she knew nothing of the danger that threatened her.

Temperance of Micronesia.

Miss E. Theodora Crosby, missionary of the American Board, in an article in the 'Independent, under the above caption, says: One peculiarity of the people of Micronesia is their attitude toward the tobacco question. They will not admit a man or woman who uses the weed to church-membership; they argue that smoking and chewing are the outward symbols of an inward degeneracy; and their one rule is that those who bear the name of Christ shall neither touch, taste nor handle the unclean thing; and from this rule there is no appeal.

And thus, also with intoxicants. In all the years I have been in Micronesia, I have never seen an intoxicated native, while I have seen many white men in that condition. The German Kommissar has made a rule in the Marshall Islands that no trader shall sell liquor in any form to a native. For the first offence he is reprimanded, for the second he is heavily fined, and for the third, he is expelled from the island.

One of our high chiefs was invited by the Emperor to go to Germany at his expense, under the escort of the Kommissar. The chief, Letokwa, an earnest Christian, wished very much to go. There was but one obstacle, he confided to me, and that was he knew the Germans drink wine and beer, and he was afraid. The Kommissar had assured him he would be allowed to follow the dictates of his conscience in this matter. 'But,' said Letokwa, 'what am I to do when they all take it? How can I tell them I cannot drink those things without being rude?' Whereupon I gave this South Sea Island chief a lesson in the ethics of our higher civilization on this question!

Drink and Cyclists.

Zimmerman, the world's champion, says to cyclists:

'Don't smoke, it depresses the heart and shortens the wind. Don't drink—drink never wins races. I have trophies at home which would have belonged to others if they had left liquor alone.'

And J. Parsons, the fifty-mile Victorian champion, who does not smoke and has given up alcoholic stimulants, says:

'I abandoned even moderate indulgence in liquor because I could not win races when

so indulging. Since I refrained altogether from drink I have started in five races and have won four—the fifty-mile championship, the Victoria road race, and the half-mile and ten-mile races in Adelaide.'

While Mr. Tebbutt, on being asked his opinion, replied:

'Well, it sometimes happens that a non-abstainer wins, but invariably they have kept off the drink for some time previous to the race, and when they start drinking again their 'form' goes off. In racing you require your head clear, for so much depends upon your judgment from first to last. In the race yesterday I rode better in the final than in the previous races, and without feeling the least excited, though there were twelve of us—all intent on winning. The excitement caused by partaking of liquor would have taken away my cool-headedness.'

And he added:

'A young fellow-cyclist recently accompanied me on a long road journey which caused us some fatigue. He fancied a glass of whiskey would stimulate him a bit. Well, it did for about a quarter of an hour, but after that he was ten times worse, and I had to slow off to enable him to keep up with me at all. This is only one case out of several of similar effect which have come under my notice.'—National Advocate.

A Will-Kept Diary.

Not long ago, in Europe, a man died at the age of seventy-three, who began at the age of eighteen to keep a diary, which he continued to keep for fifty-two years. It is now published and is a most striking commentary on the life of a mere worldling. His life was not consecrated to a high ideal. In the book he left he states that in fifty-two years he had smoked 628,715 cigars, of which he had received 43,692 as presents, while for the remaining 585,023 he had paid about \$10,433. In fifty-two years, according to his book-keeping, he had drunk 28,786 glasses of beer, and 26,085 glasses of spirits, for which he spent \$5,350.

The diary closes with these words: 'I have tried all things; I have seen many; I have accomplished nothing.' A stronger sermon could not be preached than to put this testimony against that of the missionary apostle, Paul: 'I have fought a good fight, I have finished my course, I have kept the faith: henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day.' II. Tim. iv., 7, 8.—American Paper.

They Hurt the Nerves.

Boys, do you desire to have always good strong nerves? Then don't use cigarettes. You think they are harmless? They certainly looked very innocent—only a roll of white paper with a bit of doctored tobacco inside. But they do weaken the nerves; and in fact they have kept many a man from securing a good position on a certain railway in the West. Read what Mr. George Baumhoff, Superintendent of the Lindell Railway of St. Louis, says about their use:

'Under no circumstances will I hire a man who smokes cigarettes. He is as dangerous on the front end of a motor as a man that drinks; in fact, he is more dangerous. His nerves are bound to give way at a critical moment. A motorman needs all his nerve all the time, and a cigarette smoker can't stand the strain. It is a pretty tough job for men in good condition, and even they sometimes get flurried. If I find a car beginning to run badly and getting irregular for any time, I immediately begin to investigate the man to find out if he smokes cigarettes. Nine times out of ten he does, and then he goes for good.'—The Christian Work.

The Steps of the Year.

Spring goes forth with footsteps fleet,
Summer walketh more discreet,
Autumn hath a stately mien,
Moving like a crowned queen.
Winter's steps are very slow,
Trudging through the ice and snow.

—'Waif.'

'God make my life a little song,
That comforteth the sad,
That helpeth others to be strong,
And makes the singer glad.'

—'Waif.'