



## Rum and Ruin.

Whiskey is the 'dynamite of civilization.' The bottle slays more people than the battle.

Beer is never so flat as the man who drinks it.

Drink first dims, then darkens, then deadens, then damns.

A match may start a conflagration, and a teaspoonful of brandy a thirst for liquor.—Epworth 'Herald.'

## 'Guard Me and Guide Me.'

Canon Wilberforce, speaking at the Meeting of the Women's Total Abstinence Union, said: 'One summer, when I was staying down in the South of England, a good-looking man came up to me, and said, "You don't remember me, I suppose?" I had a sort of idea that I had seen him before, but could not recall where and when. He said: "Six years ago I came into the Skating Rink in Southampton where you were speaking on total abstinence. I was a cab-driver, but had lost my character through drink. Now I own three carriages and have got four horses. I have come down here now to buy horses. But I got more than that at that meeting. You remember how we all knelt down in the after-meeting, and, so far as I knew how, I lifted up my heart to God, and said, "Do, God, take me, guard me, and guide me." I have never gone back from that, and not only am I a sober man, and industrious and prospering man, but I believe I see my way clear to the world beyond.'"

## Eye Strain and Drinking.

The Intimate Relation Between the Two—Excessive Drinking injures the Eye-sight.

Dr. Gould, of Philadelphia, whose excellent papers on eye strain in literature and among literary men has opened a new field for the study of causes and conditions which influence civilization, has mentioned a most practical fact which can be confirmed in every study of inebriety.

He says, in his Cleveland lecture, 'that the enormous waste for alcoholic drinks during the past year can be traced in at least one-tenth of the actual loss in the evil effects of eye strain on the nervous system and digestive organs. The sleeplessness and irritation with disturbed digestion, described by the term nervousness, headache, biliousness, is traceable to eye strain.'

One can readily see how these conditions would call for the narcotism of alcohol. Recently a number of studies have been made of the eyes of inebriates, and the injury found is very extensive and widespread. Whatever the condition of the eye may have been before alcohol was used, the eye more than all the other senses suffers from the continuous or periodic use of spirits. Dr. Gould's most suggestive statement is a fact which every student of inebriety can understand and confirm in many ways.

Even the severe arraignment of alcoholic teaching in public schools is replete with facts showing the value of the work and the accuracy of the books which are condemned. Altogether this report is a most powerful argument sustaining the experience of railroad companies, corporations and all employers of labor.

The critics who declare that alcohol has a food and a stimulant value are theorists. If their contention is true, why should corporations regard the moderate use of alcohol with fear and alarm among their employees? Why should railroads discharge

moderate drinkers and insist on total abstinence in all persons in their employ?

In reality all directors and managers of railroads and corporations are becoming more and more insistent that their employees should be temperate. The mercantile agencies rate very low, as to responsibility, all persons who drink to excess or even to moderation. Recent scientific experiments show that the moderate as well as the immoderate use dulls the senses and diminishes the capacity to reason clearly, and altogether enfeebles the brain in its activities. This explains why persons using spirits have less capacity and control of themselves and are weaker than total abstainers. The theory that alcohol has value as a food or stimulant dies hard. But every year experience hastens its certain death.—'Journal of Inebriety.'

## Mental Deterioration.

'That the user of tobacco is incapable of concentrated mental effort is demonstrated by the fact stated by a member of the Academic Board, that cadets have complained of their inability to apply themselves to study and attain the class standing they desired, on account of the excessive smoking of companions in their rooms, which they were compelled to endure.'—Selected.

## The Stone Jar.

One burning hot Sunday afternoon, four rough-looking men, living in one of our large towns, determined to have a quiet tittle among themselves. True the public-houses were all closed, but this presented no serious difficulty to them.

A small bench was placed in a narrow passage, which terminated in a high wall, and a stone jar of beer was mysteriously obtained. But they had reckoned without their host, for an earnest Christian worker had come to reside in the neighborhood, and from one of the windows of his house his quick eye saw and took in the whole situation. He made up his mind, with the help of God, to make an effort to lead these men to Christ. His wife tried to dissuade him from such a rash undertaking, fearing he would be insulted and perhaps brutally treated, but he was determined to go forth in the strength of the Lord; so standing on a chair at the end of the passage, he began to sing a well-known hymn. Soon a crowd of upwards of two hundred people, men, women and children, gathered round the preacher, while the children and many others heartily joined in the singing. After a short, fervent prayer, he gave a stirring Gospel address, and in it dwelt on the misery caused by indulgence in strong drink, and then affectionately invited the people to accept Christ as their Saviour.

But what about the four men in the passage? At first they looked upon the affair as a joke, and enjoyed it immensely; but when they found egress impossible on account of the crowd, they became uneasy, and wished they had never come there. The stone jar was pushed into a remote corner, and the men tried to tidy themselves a little.

After a while, as no allusion had been made to them in any way, they got interested in the meeting, and at the end of the address each one of them signed the pledge, and all remained afterwards total abstainers, and to all appearances humble Christian men.—'Christian.'

## Treating

Several years ago a gentleman of my acquaintance fell into the habit of using intoxicants until he seldom passed a day without some symptoms of drunkenness. He sometimes came home to his family in a state of beastly intoxication. Under their piteous appeals he consented to go to an inebriate asylum, and after a few months of treatment he came back apparently entirely reformed. Sunshine again filled the house that had long been shadowed with shame and sorrow. He continued sober for several months, but one day an old friend met him in New York, greeted him cordially, and invited him to go

into a down-town restaurant and take a social glass with him. Under a sudden impulse he yielded, and that one glass aroused the latent appetite; the chained tiger was loosed again, and my poor friend went home that night pitifully and disgracefully drunk! During the brief remainder of his life he was a wreck.

That whole wretched tragedy of a ruined life was the result of a single act which goes under the deceitful name of 'treating.' That friend who offered the ensnaring glass proved to be a deadly enemy! Grant that he had no intention to work a fatal mischief; grant that he had no thought of doing a serious harm. He did it, however, as surely as if he had been actuated by a fiendish malice.

## Society People Dying.

The late Queen's physician, Sir William Gull, M.D., F.R.S., said: 'One of the commonest things in British society is that people are injured by drink without being drunkards. It goes on so quietly that it is very difficult to observe. There is a point short of drunkenness in which a man may very materially injure his constitution by means of alcohol. From my experience, alcohol is the most destructive agent that we are aware of in this country. I hardly know any more potent cause of disease than alcohol. A very large number of people in society are dying day by day, poisoned with alcohol.'

## Strong Words From a Doctor.

Dr. C. A. Greene, writing in the 'American Medical Record,' speaks as follows:—'Thirty years ago two of the noblest physicians, men of fine native and physical powers, commenced the use of two tablespoonfuls of the purest whiskey to induce sleep when overworked. One gradually lost his practice, and died, filling a drunkard's grave; the other still lingers a hopeless and helpless alcohol habitue, whom neither the Keeley cure, the entire medical pharmacopoeia, nor the strongest moral aid has availed to save. It is far more difficult to treat traumatic injuries, fevers, influenza, pneumonia, and prevailing epidemic diseases when the patient is a moderate drinker, than to cure a total abstainer of equal vitality.'

## The One Cure for Joint Evils.

In the year 1891, the highly honored author of Prohibition, Gen. Nead Dow, penned the following over his own signature for the public press:—

'The liquor traffic exists in this country to-day, by the sufferance of the membership of the Christian churches. They are the masters of the situation, so far as the abolition of the traffic is concerned.

'When they say "go" and vote "go" it will go. Is that true? Then the responsibility rests entirely upon the churches for the poverty, pauperism, degradation, wretchedness and crime which curse the nation and the people.'

## Drink—a Double Curse.

It is sometimes said that liquor will not hurt anyone if he will let it alone. That is a mistaken conclusion. Dean Farrar said that in London alone at least a thousand babes are suffocated every year by drunken mothers. It might be difficult to determine whether the sufferers from intemperance are more numerous amongst those that do not drink or amongst those that do.

## The Enemy of Man.

Dr. Norman Kerr says: 'Alcohol is physiologically and psychologically not the friend but the enemy of man; undermining his bodily structure, diminishing his health, impairing his muscular activity and capacity, and shortening life. The tendency of alcohol is to be a body destroyer and a brain beguiler.'