

W. C. T. U. DEPARTMENT

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MEETINGS—Every second and fourth Tuesday in the month, in Somerset Hall, 240 Dundas street.

All contributions to this department should be sent addressed to HOME GUARD Office, London, Ont. Postcard items are desired from every Union throughout the Dominion.

In the Northwest.

Notes from the Diary of Miss Phelps—Meeting Engagements Under Difficulties—Landslides, Washouts, Cloud-bursts, Etc.

Dear HOME GUARD.—If I am not too much of a "back number" I want to send you a brief from my notebook of my doings since I last wrote you. A good deal has happened since then, including landslides, washouts, cloud-bursts, bridges down, that it takes rather a discriminating mind to just give to the public the right thing. I remember in my last leaving you in Calgary, with a brief resume of my trip up north on the Edmonton line, and of the results. Leaving Calgary I went out to Morley to the mission carried on by John McDougall among the Stony Indians. The name of McDougall is a household word among mission workers among the Indians of our Northwest. The story of the life and work of this family of missionaries—the 35 or 40 years they have given to the Indians—reads like a romance. One cannot realize the hardships they must have endured coming to a new country long years ago, before the C. P. R. had trailed itself across the prairies. There is one thing certain: no man has greater influence or is more beloved by our dusky brethren than John McDougall and his saintly father. I shall not forget when I got in the mission and saw my audience—some few ranchers, Indian boys and girls from the orphanage, the teachers and Indians, men and women. The meeting was presided over by Rev. Edgerton Steiner, a full-blooded Indian, but one of the most perfect gentlemen I ever met; courteous to a nicety, with exquisite manner, well modulated voice, who read the Scripture lesson with such ease and expression as would make many a D. D. envious. I appreciated it the more when I began to remember the bungling manner in which so many of our preachers had read that same lesson, for the average parson has learned nearly everything else but how to read. I never had a better or more attentive audience than at Morley, and I shall always keep in remembrance the few hours I spent among the workers and the Indians of that splendid mission.

Then on to Canmore. Leaving the foothills of the Rockies you get your first view of the old bare mountains. Canmore is a railroad town of about 200 inhabitants, so you can judge the audience was not very extensive. Approaching Canmore our train went through water, but no one anticipated any difficulties or delays. All around you are the mountains gray and hazy, and the little village lying just between. I found on arriving that the bridge was down leading to the mine and that the water was rapidly rising in the river. Our meeting was interfered with by these things, as many of the men were away on duty fixing up the road in order that the trains might get through. The passenger train arrived from the east on time, about 4 a.m., and had to wait all day until 8 p.m., while the men were fixing up the road. At night we were off, and it did seem that we were passing through hair-breadth escapes.

On to Banff we went and there stayed over night fully expecting to be off early in the morning. Morning came and reports came of more washouts, but that likely night would find us going on to Field, where we would put up. About 6 p.m. we heard "all aboard" and started west again. It gives one a peculiar sensation to feel the road under you fairly quiver, and to see the acres of water, and only mountains all about you with nothing to catch onto. At Laggan I presented my letter to the conductor and was escorted to the big engine and took that wonderful ride down what is known as the "Big Hill." I understand the largest railroad hill in the world. It was the most sublime and terrible journey I ever took. The railroad just clings to the mountain side going around curves, and away in the distance and yet fairly hanging over you is Mount Steven, and on the other side is to be seen the spires of Cathedral Mount, while rushing and tearing along through gorges of immense depths is the saucy, never-to-be-forgotten Kicking Horse River—that river that fully sustained its reputation that it must have made when the Indians gave it that euphonious name. Then Field at last and the welcome sound of "dinner" at 9:30 p.m., then bed.

But alas! the "best laid plans of mice and men" was really verified in our case, when for ten days and nights we sat in that train when we were not walking the railroad track. We saw Field under various moods. There we

were, 210 in all, shut out from the world, not a telephone line open east or west, no papers to be had. One had to be on good terms with oneself in order to appreciate your company. On Sunday night a cloudburst added to the already increasing fury of the Kicking Horse. So for days we sat and walked, talked and cheered each other. I shall not forget when the porter in one of the cars said to me, "The bridge done gone down," and so it had, and many more too, and we waited until new ones were put up. It was a grand place to study human nature. You found a good deal of it there, and I have to add my quota that every official on the C. P. R. from the porter to the conductor was kindness personified, and did everything to help us out, even to getting up a dance for the amusement of the delayed passengers. There were situations there funny in the extreme. We had about 60 Chinamen on board; it was amusing to see the average Chinaman cooking his food out on the banks of the river. He managed to live well. John Chinaman loves, as Mrs. Josiah Allen says, "good victuals."

Sunday came round and it was arranged that I should give a talk on temperance in the dining-room of the C. P. R. hotel. I venture to say that that no such meeting was ever held in that room before and that many who came in to while away the time never heard a talk on temperance or prohibition before. We had Japanese, Chinese, Americans and English, Belgians and Germans; it was decidedly a cosmopolitan audience—some going to Japan, others on to Hong Kong, tourists to Alaska—and many of them had never heard a woman speak "in meeting," much less had listened to a temperance talk. I assure the readers of the HOME GUARD I was a curio—a very unorthodox young woman; some of the prejudices were strange and incomprehensible to one who "was born free," and yet I am assured of one thing that that little meeting held that Sabbath day did good, for it set in what Miss Willard is pleased to term an "arrest of thought," that kept me all the journey through answering questions about the world's W. C. T. U., and the hope of the temperance reform. We have parted, many of us, never to meet again this side of eternity, but I do believe the little seed sown will be resurrected with something noble and good.

The devastation of water is something we cannot comprehend. Imagine if you can the peculiarity of the situation. With us, in Ontario, the hotter it is the lower the river; yet, while among the mountains, the greater the heat, the higher the water rises. This, of course, is accounted for in the fact of the melting snows of the mountains, that usually go off gradually; but this spring the little mountain streams assumed the proportions of fairly good sized rivers. At Field, one of these little streams changed its wayward course, caught up with other streams and rushing along swept through a house, leaving about a foot of mud on the floors and destroying everything in touch. It was a truly pitiful sight to have seen that neat little cottage next morning after the water had left its mark, with mud and dampness such as one cannot imagine. And it did seem such a hopeless task to try to get it put in order again.

It was one of the most welcome sounds we ever heard when the genial conductor announced that at 3 p.m., after ten days and nights at Field, we would be off to Golden and there be transferred for the first time. It was a decidedly novel experience, but the novelty wore off before we got to Vancouver for we had by that time five transfers and took passage by water at 3 a.m. one morning and made a ride of 40 miles on Fraser River, that river that is said to have risen 137 feet and swept everything before it. The boat was a side wheel propeller, and all the time we were going down the river one could not help but catch glimpses of Mark Twain's "Old Times on the Mississippi," while if you were to go below where John Chinaman was settled and several others you would distinctly have a picture of Thackeray's "White Squall." The transfer at Spence's Bridge was a decidedly romantic affair. About 11 o'clock at night four miles of track were gone and the C. P. R. had cut a road over the hill and had placed pitch or some other kind of lights along the way—it was just one sandy desert; each one took his or her belongings and started out over the hill. It was a motley crowd, but good natured, and keen wit made it an adventure. It gave one a peculiar sensation to be told next day that that same sandy hill was a nest of rattlesnakes, but I think they, the snakes, must have fled at the tramp, tramp of so many feet. The scenery through the mountains is

one great surprise. Here we have the Alps in our own Dominion, made accessible to us by the wonderful engineering of the C. P. R. One reads and travels all the way to Switzerland to see their glaciers, and yet, on Canadian soil, yonder in the Selkirk, is a glacier of gleaming ice extending as far as the eye can see; as large, it is said, as all those of Switzerland combined. Somehow, as one caught for the first time the picture of that ice mountain, and saw the morning sun illuminate it, the wonderful lines of Coleridge's hymn to Mount Blanc came trooping to your memory.

"And who commanded and the silence came.
Here let the waters stiffen and have rest."

And so, for fear of tiring your readers, more anon next week when I hope to tell of British Columbia and my experiences in the opium quarters, Yours,
LILLIAN M. PHELPS.

New mission organized in McLeod; Miss Grady, president, Lethbridge; Mrs. Brenner, secretary, Lethbridge.
L. M. P.

The Queen as a Politician.

W. T. Stead, editor of the Review of Reviews, strongly favors woman's suffrage. In a recent article in his great magazine he answers the popular objection that "it is unwomanly for women to engage in political affairs," by the following timely and well-written encomium on Queen Victoria: "The British constitution has many defects, but it has done one thing which the American constitution would never have done; it has given an able woman an unequalled opportunity of proving, in the very forefront of the State, that in statesmanship, courage and all the more distinctively sovereign virtues she could hold her own with the ablest and the most powerful men who could be selected from the millions of her subjects. The Queen has lived in the heart of politics, home and foreign, for more than 50 years. The problems which it is held would demoralize the female householder if once in seven years she had to express an opinion upon them at the ballot-box, have been her daily bread ever since her childhood. She is a political woman to her finger tips. She knows more about foreign politics by far than the permanent secretaries at the foreign office, and in all constitutional and domestic affairs she can give tips to Mr. Gladstone in matters as to questions of procedure. John Bright said of her, after knowing her for years, 'She is the most perfectly truthful person I ever met.' Mr. Foster, another sturdy Briton of Quaker antecedents, said as emphatically that no one could ever be with the Queen without contracting a very sincere personal regard for her. Even Mr. Gladstone, of whom Lord Beaconsfield said he forgot his sovereignty was a woman, and conceived her only to be a Government department, has paid high homage to her extraordinary memory and her marvelous mastery of what may be called the tools of the profession of a constitutional monarch."

"Broadly speaking, it may be fairly said that the Queen would be acknowledged by all her ministers, Liberal or Conservative, to have more knowledge of the business of governing nations than any of her Prime Ministers, more experience of the mysteries and intricacies of foreign affairs than any of her foreign secretaries, as loyal and willing a subservience to the declared will of the nation as any democrat in Parliament, and as keen and passionate an Imperial patriot as ever beat in any human breast. And yet, while all that would be admitted, not even the most capacious caviller will pretend that the tremendous pressure of politics, kept up daily for over 50 years, has unsexed the Queen. She is a woman as womanly as any of her subjects, and she is the standing refutation of the silly falsehood that a lady cannot be a politician. As long as the one woman, who has to do with politics as a profession, is our 'Sovereign Lady the Queen,' the sneer of the popinjays whose ideal woman is a doll well dressed, but without brains, is somewhat pointless to the common sense of her Majesty's subjects. Hence it is perhaps not very surprising that the two Prime Ministers who have seen the most of the Queen of late years, Lord Beaconsfield and Lord Salisbury, both voted for female suffrage. With that object lesson in the highest place of the capacity of woman to discharge, with advantage to herself and to others, by far the most responsible of all political duties, it was simply impossible for them to maintain the position of antagonism to woman's suffrage, which is only natural to those who despise the capacity or distrust the character of one-half the human race."

It is rare when injustice or slights patiently borne do not leave the heart at the close of the day filled with marvelous joy and peace.—(Gold Dust.)

Fashion decrees that hair shall be brushed until it attains smoothness with a polish. How like neat Phylises our bellies will look if they adopt this mandate and do away with the softly curled locks that coil about their pink ears with such picturesque effect. 'Tis said that hair dealers rejoice at the prospect of this, for the wearing of heavy, shining braids means an increase in their trade. Nature is not commonly lavish in this respect.

How to Run Far and Fast.

Physiologists and lovers of athletics may be interested in recent experiments and researches of a French artillery captain, M. de Raoul, who some fifteen years ago began to try and find out the most economical and least trying way of walking. There are many manners of walking, says the Popular Science News, some of which are much devoid of grace, but it may be supposed that as far as efficiency is concerned one must be better than the others. M. de Raoul has come to the conclusion that as far as fast walking is concerned, the best method is that which he calls marche enflexion. The principle is to run without leaping, to raise the body above ground as little as possible, to keep the knees bent, the upper part of the body inclined forward, so that practically you are always running after your center of gravity. The feet must be raised only very slightly. M. de Raoul, who has now some years of experience, says that he can now take any man between 20 and 60 and teach him to run as long as his

legs can carry him without getting out of breath. Some men can, on the very first trial of the method, run seven or eight miles without stopping, while with the ordinary tactics they could not have run over one mile. The first kilometer (a kilometer is five-eighths of a mile) is usually covered in seven minutes and a quarter, the second in six minutes, and the third in five minutes and forty-five seconds. An interesting feature of M. de Raoul's researches is that even after a long run, according to his method, a stiff walk is no trouble at all; the muscles which work in both cases do not belong to the same set, and while one exercise is performed the muscles which minister to the other rest.

LITTLE SELF-DENIALS, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favorite temptations—these are the silent threads of gold which, when woven together, gleam out so brightly in the pattern of life that God approves.—F. W. Farrar, D.D.

The Temperance Orders

The Good Templars.

GOOD TEMPLARY IN EUROPE.—At a late Crystal Palace temperance gathering in London, Eng., Joseph Mainis, who has long filled the office of grand chief templar of England, was one of the principal speakers. He said, during his remarks, that in Sweden alone there are now 500,000 Good Templars, among a population not much greater than Wales. There are now 60 Good Templar lodges among the shipmen of the British navy, and arrangements have been made to visit the home-coming soldiers as well as seamen entering Portsmouth. The Good Templars of Sweden do not like the much vaunted Gothenburg system, which has been in force in that country for years and the Grand Lodge of Norway, at its last session, denied that the system appreciably reduced intemperance in that country. The percentage of drunkenness, he declared, in Gothenburg, is greater than in the big cities in England, and the latter, it is well known, is much greater than in Canada, under our present license system.

NOVA SCOTIA.—The Grand Lodge of Nova Scotia voted \$150 at its late annual session to support a paper as a medium of communication and information among the members. A thousand copies are to be circulated among the lodges for some months. This they consider will do more good, as an educator, than a similar amount in agency work. The Grand Lodge executive for this year are: G. C. T., Rev. D. Stiles Fraser, Stewiack; G. Com., Rev. J. S. Durkee, Carlton; G. V. T., Miss E. J. Fulton, Castlereigh; G. Sec., Rev. W. G. Lane, Pictou; G. T., Crofton Dickie, Halifax; P. G. C. T., B. D. Rogers, Stellarton; G. S., Juvenile Templars, J. J. Wallis, Yarmouth.

ONTARIO ITEMS.

On Thursday evening last J. D. Andrews, G.C.T., visited Surprise Lodge, Grimsby, and delivered a rousing address.

The quarterly meeting of Wentworth District Lodge will take place at Grimsby on Friday, 17th inst. In the evening a public meeting will be held in the town hall.

F. S. Spence, G.S., held a consultation with J. D. Andrews, G.C.T., last Friday, in reference to the work of the order. A vigorous campaign has been decided on for the coming season.

Mrs. T. Quinn, nee Miss Jenny Louks, the accomplished pianist of International Lodge, Hamilton, was at home to her friends on Tuesday, July 31. J. D. Andrews, G.C.T., proposed the health of the bride and groom in a few felicitous words.

A Toronto Junction correspondent writes: Mrs. B. Abbott president of Gough Juvenile Temple, was presented with a handsome album by the members this week. This temple has now a membership of 105, and is steadily increasing. Mrs. Abbott is assisted in the good work by Mrs. Wiggins.

A very enjoyable lawn social under the auspices of Excelsior Lodge, Niagara Falls, was held last Wednesday evening. J. D. Andrews, G. C. T., presided over the gathering and delivered a capital address. Wallace Graham, of Hamilton, the well-known elocutionist, gave several selections.

Sons of Temperance.

TEMPERANCE AND LONGEVITY.—The Sons of Temperance in Great Britain is largely a benevolent insurance association. The last annual report shows that out of 30,882 members there were but 248 deaths during the year, or only about eight deaths per 1,000 persons. This unusually low rate is to be accounted for from the fact that all are total abstainers.

A LEADER GONE.—Edward Crumney, of Poughkeepsie, N. Y., died at his residence the other night after a prolonged sickness. He was a prominent Son of Temperance for years. In 1890 he was elected M. W. P. of the National Division, the highest office in the order, and filled that position two years. He was several times G. W. P. of New York State. He was greatly esteemed by all who knew him.

GOOD OF THE ORDER.—With the Sons as with similar organizations, it too often happens that the entertain-

ment programme for the meeting contains too little that is really educative and elevating in its character, and too much that is very amusing and frivolous. This often happens for lack of some practical suggestions. At the last session of the National Division a committee was appointed to prepare and publish a series of programmes which will be suggested to divisions for such purposes. It is much to be hoped that these will be found of real practical value. The HOME GUARD will publish them when obtained. Other organizations may also find them of value.

VETERANS INDEED.—At the recent session of the National Division at Waterville, Maine, among the members attending whose names have long been known world-wide as zealous temperance workers were the Hon. Neal Dow, now past 90 years of age, who spoke for over half an hour with a clear voice, Sir Leonard Tilley, formerly Honorable Finance Minister of Canada, now past 76 years, and Hon. Mr. Perham, ex-governor of Maine, now 75 years old. They were all hale and active and have not grown weary in well doing. Sir Leonard Tilley was elected M. W. P. 42 years ago—in 1852—and has been an active member ever since. Neal Dow was elected M. W. A. at the same time.

EDUCATING THE YOUNG.—At the late National Division Mr. Bradley, in his able report, made these practical suggestions: "As the years pass I am more and more firmly convinced that temperance education of the children must come through temperance organizations and temperance men and women. Scientific temperance instruction in our public schools is a glittering promise, and often only this. Sunday school education, that ought to be so effective in teaching boys and girls how to live, is usually defective in temperance training. Our prisons and reformatories are filled, largely by those who spent years in Sunday school. They are not criminals because they are Sunday school boys, but because while the school taught them not to kill, not to steal, not to covet, not to lie, it failed too often to teach them not to drink, and so, under the influence of drink, they violated every precept inculcated in the Sunday school."

WELLAND DISTRICT.—Welland District Division held its first annual picnic on July 27 at Ponthill Nurseries, the proprietors having kindly placed their beautiful and extensive grounds at the disposal of the district division for the day. There was a large attendance and much enthusiasm, nearly every division in the county being well represented. In the afternoon a platform meeting was held. The chair was taken by R. Coulter, D.W.P., who presided in his happy, enthusiastic manner. Addresses were given by J. B. Brooks, G.W.P.; W. H. Bewell, G. Scribe; J. O. McCarthy, Provincial D.G.W.P.; J. H. Thompson, D. Scribe; Rev. Mr. Masson, Rev. Mr. Fallis, and other members of the order. It was unanimously decided that the district division picnic should be an annual event. Also hearty thanks were voted to the proprietors of the nurseries for their kindness, to J. H. Thompson, A. E. White, G. Hyatt, and the other members of the arrangement committee for their services, to the speakers and ladies and others contributing to the programme, and a vote of congratulation given the G. W. P. on his recent election to the office of M. W. A. in the National Division. In addition to those named the following were among the prominent members present: H. L. Schisler, P. G. S. of British Columbia; D. G. W. P. S. Dunn, Martin, Browne, Augustine, Bullock, Garner, Simpson; P. W. P. S. Terryberry, Dunn, Schisler, Coleman, and others by the hundred.

FORTY-THREE YEARS AT WORK.—Harvest Home Division, Wexford P. O., held its 43rd anniversary on July 31. It was a great rally. There were visitors present from Scarboro Junction, Mt. Melrum, Excelsior, Pine Orchard and Whitby divisions to help celebrate the event. James Maginn, Pro. D.G.W.P., the only surviving charter member, occupied the chair. Among those present were J. B.

Brooks, G.W.P., for over forty years a member of this division; A. W. Milne, J. E. Elliott, John Coulson, who is filling his 108th term as treasurer, Andrew Fingle, Geo. Fitzpatrick and M. S. B. Maginn, all of whom became members about 40 years ago and are still members; W. H. Bewell, G. Scribe; Rev. J. D. Fitzgerald, Prov. D.G.W.P., and many other former members of Harvest Home Division; J. Milne, P. G.W.A., Geo. Elliott, D.G.W.P., and many others from Mount Melrum Division; S. J. Reynolds, D.W.P., W. A. Latham, D.G.W.P., F. Latham, Thos. and Mrs. T. Ineson, and many others from Scarboro Junction Division. F. C. Ward, D.G.W.P. of Excelsior Division, Miss L. Playter and Miss Toole from Pine Orchard Division were among the visitors present. An excellent programme was given in which all divisions represented took part. Addresses were given by the G. W. P., G. S., J. Milne, A. W. Milne, Geo. Elliott, S. R. Reynolds, F. C. Ward, Rev. J. D. Fitzpatrick and others, at the close of which abundance of watermelons, bananas and ice cream was furnished to those present. Among those in attendance were many Herons, Maginns, Milnes, Fitzpatricks, Coulsons, Leadleys, Armstrongs and others, now members, children and grandchildren of the early members of the division.

NORTHUMBERLAND DISTRICT.—The annual session of Northumberland District Division was held at Dartford on Aug. 1. There was a good attendance, and deep interest shown in the work of the order in the district. The chair was filled by Wm. Chappell, D.W.P. Among those present were J. B. Brooks, G.W.P.; W. H. Bewell, G. Scribe; O. M. Alger, County D.G.W.P.; Deputies Losie, Jennings, Noble; P. W. P. S. Rev. W. Tomblin, Card, Boyce, Hermiston, Davey, Losie, Nil, and other prominent members of the several divisions. The following were elected officers for the ensuing year: D. W. P., O. M. Alger, Castleton P. O.; D. W. A., Miss Etta Losie, Warkworth P. O.; D. Scribe, Geo. M. Hermiston, Dartford; D. Chap., Rev. W. Tomblin, Centerton P. O.; D. Con., Fred Noble, Eddy-stone P. O.; D. Sen., M. Davey, Vernonville P. O.; P.D.W.P., Wm. Chappell, Centerton P. O. Plans were laid for future work and a hearty vote of thanks passed to the local division for their excellent arrangements for the entertainment of delegates and visitors. In the evening a mass meeting was held which was largely attended. The evening was also the second anniversary of the local division. An excellent programme, literary and musical, was furnished by members and friends of the local and visiting divisions. G. M. Hermiston, W.P., occupied the chair, and addresses were given by J. B. Brooks, G.W.P.; W. H. Bewell, G. Scribe; O. M. Alger, D.W. P.; Rev. W. Tomblin, D. Chap.; Rev. Mr. McFarlane, E. Cochrane, M.P., J. B. Ewing, Patron candidate at the last election, and others. This was in many respects the best session yet held in the district. The next session will be held at Centerton.

ONTARIO NOTES.

Maple Grove Division, Bowmanville P. O., held an ice cream social on July 24, and propose a picnic at an early date.

Table Rock Division, Niagara Falls South P. O., has recently been resuscitated. H. C. Millar, W.P., J. K. Henderson, R.S.

Queen Division, organized in May last, Old City P. O., R. W. Oliver, W. P., Nelson Windsor, R.S., shows a membership of 30 at the end of June.

Pine Orchard Division, Pine Orchard P. O., J. H. Foot, W.P., Chas. H. Widdifield, R.S., returns a net gain of 34 members for the quarter ending June.

J. B. Brooks, G.W.P., and W. H. Bewell, G. Scribe, paid a fraternal visit to Port Robinson Division on the 26th ult., and met with a hearty reception. This division was organized early in 1850. R. Coulter, P.G.W.A., and Thos. Sewersby, Provincial D.G.W.P., are its only surviving charter members. Both of these brethren still attend the division regularly and are amongst its most enthusiastic, active members. Bro. Sewersby is recording secretary and Bro. Coulter is treasurer, and both were in their places as usual.

Fairview Division, Nottawa P. O., M. McGillivray, W.P., R. H. Currie, R.S.; Albert Division, Prince Albert P. O., E. Kilpatrick, W.P., Mrs. G. Patterson, R.S.; White Rose Division, Welland P. O., Wm. Armbrust, W.P., R. Armbrust, R.S.; Unionist Division, Rugby P. O., Henry Tudhope, W.P., George Robertson, R.S.; Brougham Division, Brougham P.O., Colin Phillips, W.P., T. C. Brown, R.S.; East Whitby Division, Oshawa P. O., J. H. Baker, R.S.; Kettleby Division, Kettleby P. O., W. Hilborn, W.P., A. G. Hollingshead, R.S.; Lavender Division, No. 322, Lavender P. O., Fred Long, W.P., Thomas Hawkins, R.S., and Camperdown Division, Camperdown P.O., Miss Maggie Todd, W.P., A. Rendall, R.S., are amongst the divisions that have made satisfactory gains in membership for the quarter ending June 30.

BEST

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