



Temperance Catechism.

LESSON VIII.

1. Q.—How many muscles are there in the body?

A.—About five hundred, nearly all arranged in pairs, that both sides of the body may be alike.

2. Q.—Into what two classes are they divided?

A.—They are divided into voluntary and involuntary muscles.

3. Q.—What is the meaning of these terms?

A.—Voluntary muscles we can move as we wish, involuntary muscles move themselves; we cannot control them.

4. Q.—Give an example of each kind?

A.—The muscles of the hand are voluntary. The heart is an involuntary muscle.

5. Q.—Of what two parts does a voluntary muscle consist?

A.—The large red part, called the body, and the white, shiny ends, called the tendons.

6. Q.—Where is the largest tendon in the body?

A.—At the back of the leg. It is attached to the heel, so that the muscle contracting, draws up the foot as in walking.

7. Q.—Does alcohol strengthen the muscles in any way?

A.—No, many experiments have proved that alcohol really weakens the muscles.

8. Q.—Is temperance enjoined upon us by the Scriptures?

A.—Add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness.

The Use of Tobacco.

(Edward Witty, Principal of Vienna Public School.)

Tobacco was grown on this continent by the Indians long before its discovery by Columbus, and those who use it now are simply following one of the customs of these barbarous people. The name 'Tobacco' is derived from Tobago, one of the West India islands, where Sir Walter Raleigh first obtained it. The tobacco habit encountered great opposition in Europe. King James I., of England, wrote a 'Counterblast to Tobacco.' Pope Urban excommunicated all those who used it in the Church of Rome. The priests of Turkey declared smoking a crime. More recently the Minister of Public Instruction in France forbade the use of tobacco by pupils in the public schools. Several of the State Legislatures across the border have passed laws forbidding the sale of tobacco to minors, while our own Provincial Legislature, in 1892, not only passed an Act forbidding boys under eighteen years of age to use it, but made those who sold the tobacco to these boys liable to a heavy fine.

Tobacco is obtained from the leaves of a plant having much the appearance of a small sunflower during early growth. When the plants come to maturity they are cut and hung up in the open air to dry. They are then taken into a large building where

the leaves are removed and packed in bundles. These bundles are then shipped to different countries, where, in factories for the purpose, they (after being well seasoned with copperas arsenic, rum, and the like), are manufactured into plugs of tobacco for smoking and chewing, cigars, cigarettes, and snuff.

The odorous and poisonous part of tobacco as already intimated, is a substance called nicotine. It was so called after Jean Nicot, a Frenchman, who introduced tobacco into France. This nicotine is a limpid, colorless, liquid, soluble in water, and it has been found by experiment that one drop of it will kill a big dog. Tobacco smoke contains water-vapor, particles of free carbon, carbon di-oxide, carbon mon-oxide, and ammonia. It is the ammonia which it contains that bites the tongue, causes thirst, excites the salivary glands, and is detrimental to the circulation of the blood.

The use of tobacco is injurious to man physically, mentally, and morally. It injures almost every organ in the human body, and is the origin of many diseases that have been ascribed to other causes. A boy that begins to use tobacco at an early age becomes stunted. His skin is of a dark, sallow color. It blunts the sense of taste, smell, and indirectly hearing, touch and sight. It produces sore throat and irritates the lungs. Often the whole process of digestion is impaired, which may result in indigestion and dyspepsia. The circulation becomes weakened, resulting in palpitation and irregular action of the heart and is the cause of many cases of heart-failure.

Tobacco is as injurious to the mind as to the body. It wastes time and energy, and it stupefies and injures the nervous system like all other narcotics. It makes those who use it, especially the young, dull and listless; it will soothe a tired brain by preventing the waste of nerve tissue, but will never allow of the highest intellectual attainments. At Harvard University no student that used tobacco ever graduated at the head of his class. An inquiry recently instituted at Yale College developed the fact that of forty students holding the first rank but ten used tobacco, while twenty-two out of twenty-six in the fourth or lowest rank, used the weed.—'Onward.'

His Own Business.

'If a man wants to drink whiskey, that is his business,' says the saloon apologist.

Let's see. When Bob Poland and Coon Parker were drinking in Heflin, Ala., last Saturday night, and in their spree ran a car of the Southern Railway off the switch and out on the main track down the grade, till it stopped on a high trestle, it became the Southern Railway's 'business.'

And when a loaded freight train came along and rushed into the car, causing a \$100,000 wreck, destroying much valuable merchandise, it became the business of a great many merchants and shippers, as well as the railway.

And when three dead bodies were dug out from under the wreck, it became the business of some wives and orphans.

And when the taxpayers are called upon to support the families whose natural providers have thus been suddenly taken away, it will become the business of several other people.

One man's drinking often becomes the business of several hundreds or thousands of people, and the man who cannot perceive this fact ought to be sent at once to an institution for the education of the feeble-minded.—'Motive.'

Temperance Notes.

The temperance movement in Iceland was, according to Menneshevennen, organized in 1881. It was a Norwegian shoemaker who organized the first Good Templar Lodge on the island in Akurejvi. It was started with twenty-four members. The movement has continued to spread so that there now are about twenty-three lodges, with 1,217 grown members. There are also fifteen lodges for children, with a membership of 500. The temperance people have besides organized thirty temperance societies, with 2,000 members. Iceland has 72,000 inhabitants, of these about 4,000 are in connection with temperance societies. Two physicians, forty school teachers and sixty-three ministers have identified themselves with the temperance movement. The venerable Bishop of Iceland is a faithful and zealous total abstainer. Public opinion on that old historic island is in favor of prohibition.

I believe this temperance work is the Lord's work, and because I believe that I know it must triumph. Like every other cause, the temperance cause has its days of darkness and temporary defeat. No good cause ever seems to pass on to victory all at once. The way to triumph seems always to lead through defeat. Even Jesus had to march to His triumph by way of Gethsemane and the Cross. And the temperance cause is no exception to the rule. There will be for us days of reaction and temporary check and defeat. The days we live in are perhaps days of that kind. But let no one lose heart, the triumph is absolutely certain. We are on God's side, and God cannot fail. Sir Thomas Fowell Buxton's favorite verse was this: 'The battle is not yours, but God's.' His Bible opened of its own accord at that verse. Sir Thomas was the champion of an unpopular cause, the cause of the slave. But he read that verse and it gave him courage to move in parliament for the emancipation of the slaves in the British Empire. He stood almost alone, and his bill was received with shouts of derisive laughter, but he remembered the verse, 'The battle is not yours, but God's,' and he began his speech like this: 'Mr. Speaker, the reading of this bill is the beginning of a movement which will surely end in the abolition of slavery throughout the British dominions.' Brethren, I would have you read that verse, and then you, too, will know that the end of this movement in which we are taking some humble part will be the abolition of drunkenness and drink from this loved land of ours. 'The battle is not yours, but God's.' 'God's battle'—that spells triumph. Back to the fight, then, with new hope, new courage, new enthusiasm; in the name of the Lord let us lift up our banners.—Rev. J. D. Jones of Lincoln, England.

Five years ago Edmund Wilkinson, a wealthy cotton manufacturer of Putnam, Conn., died, leaving a fortune of \$160,000 to four sons. John, one of the sons, now twenty-one years of age, lies in the alcoholic ward of Bellevue hospital, New York, a physical wreck. To a newspaper reporter he said: 'You see where I am, and you can guess what will become of me. My brother Lawrence, the oldest, died one year ago at the Lenox hotel, Greenwich, Conn. He was a lawyer, the valedictorian of his class at Yale, and a graduate of a New York law school. He died of alcoholism when thirty-six years old. Gerald also died from alcoholism. He died two years ago at the Grand Union hotel, Elizabeth, N.J. He was only twenty-one years old. Edward, twenty-four years old, is an inmate of the Hartford retreat, to which institution he was committed for a term of three years as a dipsomaniac. And so you need not be surprised to see me here.'