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Series  
(Monographs)**

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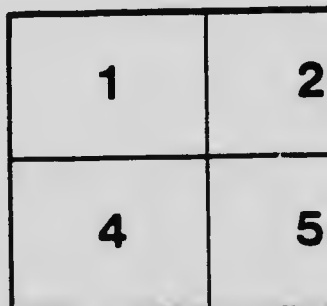
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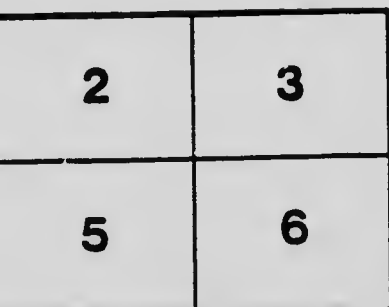
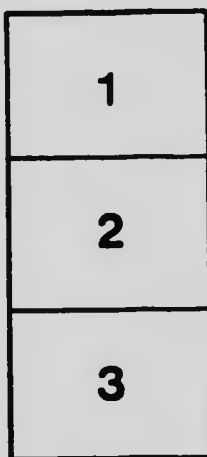
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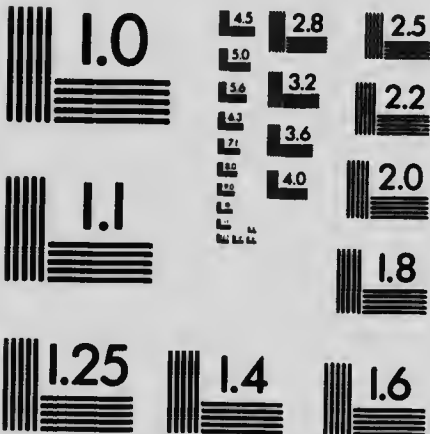
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# TEMPERANCE.



Letter to a Pupil on the  
Use of Alcoholic  
Drinks and  
Tobacco.

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*Montreal  
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1910*

# TEMPERANCE.



*Letter to a Pupil on the Use of Alcoholic  
Drinks and Tobacco.*



Montrea. May 1910.

Dear young friend,

Two paths lie open before you, and you will follow all your life that one chosen by you for your first steps; one path leads to comfort, to honor, to health, to joy, to virtue, to happiness, to heaven; the other path as surely brings you to poverty, to shame, to bodily ruin, to vice, to misfortune, to hell.

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What, then, are these two opposing ways, which lead to such different results? One is the path of temperance and sobriety, the other, that of intemperance and alcoholism. Yes, indeed! Look around you, and you will see for yourself that sobriety produces happiness, and that the contrary vice is the certain forerunner of misery and misfortune.

You will not hesitate for a moment in your choice, for you wish to be honest and happy, and in order to be so, you will at once resolve to walk in the path of temperance.

Very well, dear young friend, but at what age will you begin to be temperate? At what age will you, with a firm resolve, enter the temperance road, which leads to honor and happiness?

At the age of thirty? of twenty years?

That would be too late, young friend. At thirty, the course of life is already half run, and the other half becomes the reward or the punishment of the years already lived: it is the happy or the unhappy consequence of them. The man of thirty who has not been temperate up to



that age will find great difficulty in becoming so later on; once in the path of intemperance, he will continue there to the end and fall a victim to all misfortunes, ruining himself in body, soul, means and health.

At the age of twenty, you will say?

Again too late, still too late, young friend. At the age of twenty, the young man who is not yet temperate runs a great risk of becoming a drunkard or a habitual user of alcohol: hundreds of occasions will urge him to it: his friends, pleasures, levity, carelessness, want of watchfulness, etc. At the age of twenty it is too late to *begin* to be temperate: it is, on the contrary, the age at which most people begin to use drink, and to prepare for themselves the unfortunate future of a drunkard.

At what age, then, young friend, will you begin your march on the road to temperance? Now is the time, this very day! Holy Scripture tells us that man will follow during his whole life the ways of his youth. You are just at the age when good or bad habits are formed, which

will cause all the joy or misery of your future.

If to-day you swear hatred for drink, your resolution will grow stronger with your years, and when you reach the age of twenty and thirty, you will be proof against all the seductions of intemperance.

If, on the contrary, you do not begin from this very moment to strengthen your soul in sobriety, to stimulate it by sincere resolutions never to touch drink, at the age of twenty or thirty you will perhaps not have the courage to take these resolutions : you will not even think of doing so, because your life and your conduct will not have been directed towards temperance.

Ah ! dear young friend, if you knew how unhappy the life of the drunkard is ! With what earnestness you would now promise never to expose yourself to become a victim of alcohol !

If you understood how necessary it is, in order to avoid the danger of becoming a victim of intemperance, to promise from to-day never to allow liquor to touch

your lips, with what eagerness and whole-heartedness you would take this resolution!

You will certainly take this pledge. God Himself, the Blessed Virgin, your country, your good mother, ask you to do so for their sake and for your own.

Say, then, from the bottom of your heart: I wish to do so, and I will make this promise! Never will I touch drink; I will avoid drinkers and those places in which one is exposed to drink, and to contract bad habits; I will refuse drink when it is offered to me; sober, honest and self-respecting I will be all my life. Holy Virgin Mary, St. Patrick, accept my promise, and help me to remain faithful to it as long as I live!

Jesus, to quench whose thirst vinegar and gall were offered, have mercy on me!

### THE CIGARETTE.

You have renounced alcoholic drink, young friend, because your welfare demanded it; for the same reason, renounce the use of tobacco, and particularly of

cigarettes, at least until you have reached manhood.

You may think that smoking a cigarette makes you look like a man? Far from it, this evil habit prevents you from ever becoming a man sound in mind and body.

Tobacco, on account of the nicotine which it contains, is a poison which is most harmful to a young person, whose body is still in the formation stage.

The cigarette, above all, has a most noxious effect, because it is made of tobacco of inferior quality, and with this the makers mix ingredients injurious to health. The cigarette paper, even, is often made of materials that may produce most harmful effects: hence, the fearful results produced by cigarette smoking; for the body, the gradual poisoning of the blood, the irritation of the mucous membranes of the mouth and the throat, affections of the heart, the ear and the eye, the weakening of the bones, paleness and nervousness; the body remains undeveloped and the smoker becomes thin and feeble.

Cigarette smoking affects the mind and the soul as well as the body, causing stu-

pidity, the loss of noble sentiments, the weakening of the memory and intellect, the development of evil passions, and the acquiring of bad manners.

You must have noticed at school that cigarette smokers rarely hold the first places, and that they never excel in the examinations. Besides this, the habit of cigarette smoking leads to stealing and to a taste for drink. After smoking comes a great thirst, and the smoker feels a strong inclination to indulge in sharp-tasted, strong and intoxicating drinks.

But what is still more alarming is the fact that the cigarette smoker is continually increasing the number of cigarettes, until he cannot do without several packages every day. Once started in such a course, it is almost impossible to either stop or diminish the daily dose of this dangerous poison. Then follows smoker's cancer, or idiocy, or sudden death: at best, the result is a sadly weakened body, and a future with little promise of happiness.

For all these reasons, by a very wise law adopted two or three years ago, the Canadian Government prohibits the use

SMOKE  
CAMP-SCHOOL

of cigarettes to children less than sixteen years of age; the child caught smoking or having cigarettes in his possession may be fined, and the merchant who sold him the cigarettes may be fined and imprisoned.

Renounce tobacco, then, young friend, in order that you may be able to study well, to succeed in your examinations, to preserve the great blessing of good health, to allow your body and your mind to develop as they should;—in order, in a word, that you may become a man, sound in mind and body.

*The Commission of Montreal  
Catholic Schools.*





