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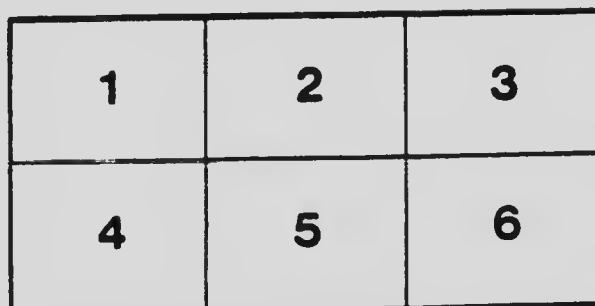
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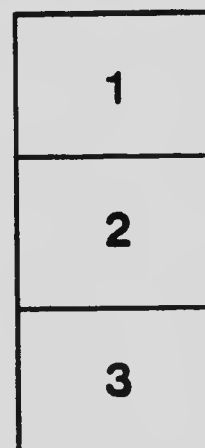
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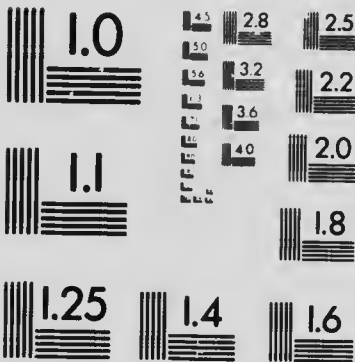
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REPORT
OF THE COMMITTEE ON
"TEMPERANCE AND PURITY LITERATURE"

Adopted by the Sunday School Commission at its meeting in Montreal, P.Q., Oct. 17th, 1916.

THE SUNDAY SCHOOL COMMISSION
OF THE
CHURCH OF ENGLAND IN CANADA

133-134 Confederation Life Bldg.

TORONTO

REPORT OF THE COMMITTEE ON TEMPERANCE AND PURITY LITERATURE

To the Members of the Sunday School Commission :—

The following Report consists of three parts, viz.:—

A. Form of Service for use in Sunday Schools on World's Temperance Sunday.

B. Material for the use of the Teacher, entitled "Alcohol and Modern Knowledge."

C. A List of Books on Sex Education.

FORM OF SERVICE FOR WORLD'S TEMPERANCE SUNDAY.

Hymn No. 617 (B.C.P.)

Responsive Readings.

1. The Foe.

LEADER—Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause?

SCHOOL.—They that tarry long at the wine; they that go to seek mixed wine.

LEADER—Wine is a mocker; strong drink is raging.

SCHOOL.—Whosoever is deceived thereby is not wise.

ALL—Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.

II. The Weapons.

LEADER—Be not drunk with wine wherein is excess.

SCHOOL.—But be filled with the Spirit.

LEADER—Walk in the Spirit.

SCHOOL.—And ye shall not fulfil the lust of the flesh.

LEADER—Be strong in the Lord.

SCHOOL.—And in the power of His might.

LEADER—Put on the whole armour of God.

SCHOOL.—That ye may be able to stand against the wiles of the devil.

LEADER—Put ye on the Lord Jesus Christ.

SCHOOL.—And make not provision for the flesh to fulfil the lusts thereof.

ALL—Watch and pray that ye enter not into temptation.

Let him that thinketh he standeth take heed lest he fall.

III.—The Victory.

LEADER—Know ye not that your body is the temple of the Holy Ghost which is in you?

SCHOOL—Therefore glorify God in your body and in your spirit which are God's.

LEADER—Every man that striveth for the mastery is temperate in all things.

SCHOOL—Whether, therefore, ye eat or drink, or whatsoever ye do, do all to the glory of God.

LEADER—It is good neither to eat flesh nor to drink wine nor anything whereby thy brother stumbleth or is offended, or is made weak.

SCHOOL—We then that are strong ought to bear the infirmities of the weak, and not to please ourselves.

ALL—Wherefore if meat make my brother to offend I will eat no flesh while the world standeth lest I make my brother to offend. Thanks be to God which giveth us the victory.

Creed.

Collect for the Day.

Collect for Fourth Sunday after Epiphany.

Prayer from Baptismal Service—"Grant, O Lord, etc."

Lord's Prayer.

Hymn No. 367 (B.C.P.)

Address or Lesson Taught.

Hymn No. 725 (B.C.P.)

The Grace.

ALCOHOL AND MODERN KNOWLEDGE

Note for the Teacher.

In making use of the following notes concerning Alcohol, it is of very great importance that it should be remembered that the evil spoken of is not inherent in the thing itself, but in the evil heart of man. Man, to whom God has given free will, has it in his power to misuse or abuse what God has made, and whenever this is done, evil and disaster follow.

Therefore our Lord prays for His disciples: "I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil."

The evils that result from the abuse of Alcohol are very great. They are very widespread, and few of us can have failed to notice them. The following pages will show us how awful these evils are.

Therefore, the Teacher should insist strongly upon personal responsibility, and make all pupils see the great wisdom of the Church Catechism when it tells us that "My duty towards my neighbor . . . is to keep my body in temperance, soberness and chastity."

1. Alcohol—Injurious to Health.

"Alcohol is a poison—so is strychnine; so is arsenic; so is opium. It ranks with these agents. Health is always in some way or other injured by it."—(The late Sir Andrew Clark, M.D., Physician to H. M. Queen Victoria.)

2. Alcohol—Not a Tonic.

"The tradition that alcohol was a stimulant and tonic, and possessed some power to give new force and vigor to the cells and functional activity, is a thing of the past. Studies of exact science in the laboratory show that alcohol is a depressant, anesthetic and narcotic; also that its first effects on the sensory centres are to diminish their acuteness and prevent their activity. In this way they delude the victim with a consciousness of vigor and strength that is contradicted when tested by instruments." (Dr. T. D. Crothers, Walnut Lodge Hospital, Hartford, Conn.)

"Among the early experiments was one which Professor Kraepelin tried upon himself, while he was still a moderate drinker. And it was the result of this experiment which made him an abstainer and deepened his interest in temperance. He arranged a delicate apparatus, measuring the 'time reaction', as it is called—the interval that elapses between sight of a flash and the finger's pressure of a button, by which a mark is made on a revolving cylinder. Of course, the more alert the mind, the more quickly the finger presses the button after the flash is seen. Therefore, the closer together the marks are on the cylinder the more active the mind and body are shown to be.

"During this epoch-making experiment, after having taken a small amount of alcohol, Professor Kraepelin himself felt sure that he was responding to the flash more quickly than before drinking. That is, that the alcohol had stimulated him, giving him new life. But when he looked at the record it revealed his mistake. He had been deceived. He had been working slower rather than faster. Reference has recently been made to this misleading effect of alcohol in an editorial in 'American Medicine' (July 1913, p.460): 'It is frequently difficult to persuade the subject of the experiment that he is really doing less work under alcoholic influence, so extraordinary is the masking effect of this agent.' Dr. J. H. Crooker in "Shall I Drink?" p. 21, 22.)

3. Alcohol and Disease.

"Alcohol lowers the resistance of the white corpuscles, which are the natural defenders of the body It is well known that persons who indulge too freely in alcohol show far less resistance to infectious diseases than abstemious individuals." (Prof. Elie Metchnikoff, successor of Pasteur)

"Alcohol acts as a direct poison on the protoplasm of heart-muscle just in the same way as chloroform and diphtheria." Sir Victor Horsley, F. R. S., etc.)

"Every medical man or woman is painfully conscious of the fact that not only are innumerable diseases aggravated, but many diseases actually engendered, by the habitual daily indulgence in alcohol, even within the limits of temperance."

"For every real drunkard, there are fifty others suffering from the effects of alcohol." (George Harley, M.D.)

4. Alcohol and the Brain.

"From the medical and scientific point of view we have this great physiological fact before us, that the first thing alcohol does, in 99 cases out of 100 is to affect the mental working of the brain of the man who imbibes." (Dr. Clouston.)

Alcoholic insanity steadily goes up. This year no less than 42.3 per cent. of all our men and 18 per cent. of our women—much the largest proportion we have ever had experience of—had **excess of alcohol** assigned as the cause of their insanity."

"It is certain that for every man in whom excessive drinking causes absolute insanity, there are twenty in whom it injures the brain, blunts the moral sense, and lessens the capacity for work in lesser degrees." (Dr. Clouston. Report of the Morningside Asylum, 1903.)

5. Alcohol and Self-Control.

"Self-control is one of the highest functions of the brain, and the racial power which results to a people as a consequence of the individual practice of self-control cannot be estimated too highly. By deadening the brain-cells, wherein are registered the ideals on which we depend for calmness of judgment, alcohol causes serious lapses of self-control in many people, especially in young adults. Quite small doses are often responsible for the commission of reckless self-pleasing actions." (Sir Victor Horsley in "Alcohol and the Human Body.")

6. Alcohol and Crime.

"After forty years' experience at the bar and ten years as a judge, I know as a fact that 90 per cent. of the crime of this country (Great Britain) depends upon intemperance." (Lord Alverstone.)

7. Alcohol and Insurance.

"The experience, now very extensive, of insurance offices seems to place it beyond doubt that even the moderate regular use of alcohol, in any form, is, on the whole, contributory to the shortening of life." (The London "Times", Sept. 14, 1905.)

"The Death Rate among infants of inebriate mothers is $2\frac{1}{2}$ times greater than among the children of sober mothers." (A. K. Chalmers, M.D.)

8. Alcohol and Doctors.

"Thirty years ago physicians were rather promoters of the use of alcohol, both as a stimulant and as a remedial agent. Now everywhere on both sides of the Atlantic, medical men are foremost opposers of the use of spirituous liquors as a beverage or even as an agent in the treatment of diseases." (Prof. Frederick Peterson, M.D., Columbia University.)

9. Alcohol and the Navy and Army.

"As regards straight shooting, which is so largely a question of eye, it is every one's experience that abstinence is necessary for the highest efficiency." (Admiral Jellicoe.)

"An officer in the British Navy, Captain Ogilvy, who had very large experience in training officers in shooting . . . found that the shooting efficiency of the men was 30 per cent. better before than after drinking moderately . . . Admiral Lord Charles Beresford, a total abstainer, lays stress on the fact that all his prize gunners were men who did not drink." (Dr. J. H. Crooker in "Shall I Drink?")

During the Soudan campaign, as is well known, Lord Kitchener allowed his soldiers no spirits whatever, the men being encouraged to drink cold tea when upon long marches. Lord Roberts has been equally firm in the matter of encouraging abstinence from alcohol." (Sir Victor Horsley.)

"Troops cannot work or march on alcohol. I was, as you know, with the relief column that moved on to Ladysmith. . . . In that enormous column of 30,000, the first who dropped out were not the tall men, nor the short men, nor the big men, nor the little men — they were the drinkers, and they dropped out as clearly as if they had been labelled with a big letter on their backs." (Sir Frederick Treves.)

10. Alcohol and Athletics.

"Alcohol of every kind was absolutely barred on the journey." (Capt. Roald Amundsen, Discoverer of the South Pole.)

"Instead of the muscles maintaining themselves in good condition, they become, under alcohol, flabby and less vigorous and effective. This is known to those who train for boat-racing and

other athletic pursuits, and they therefore readily acquiesce in the stringent orders to avoid alcoholic drinks for the time being, their desire to keep in good muscular condition causing them to abstain. It is worthy of note that those who avoid alcohol all the year round are permanently in a better muscular state, and do not require to go into such strict 'training' for the races as those men who in the intervals take some alcohol. . . . To sum up, it is now beyond question that alcohol, even in so-called dietetic (i.e., moderate) quantities, diminishes the output of muscular work both in quantity and quality, and that the best physical results are obtained under total abstinence from its use." (Sir Victor Horsley, F.R.S., etc.)

11. Alcohol and Business.

"The railroads of the United States now constitute one of the grandest and most effective Temperance organizations in existence." (The Railway Age Gazette.)

"The demands of business are doing more toward eliminating the Drink Habit than all the temperance orators." (The Springfield Republican.)

12. Alcohol and Personal Liberty.

"By the general concurrence of opinion of every civilized and Christian community, there are few sources of crime and misery equal to the dram shop. . . . There is no inherent right in a citizen to thus sell intoxicating liquor by retail." (The Supreme Court of the United States.)

"Social evils have no inherent rights. Destructive vices have no sacred privileges. Freedom grants no man permission to injure himself or his neighbor." (Dr. J. H. Crooker.)

13. Alcohol and Legislation.

"More common than any other fallacy in this connection is the erroneous belief that it is impossible to make men moral by legislation. But what else is the object of legislation in general?

Evidently the state cannot in any mechanical way transform sinners into saints. But what is true of education health, and business, is also true of temperance. School laws help to make the people wise by providing means of instruction. Sanitary laws promote the public health. Wise trade laws help to make the market places honourable. In many ways good laws tend to make the people good. So too, effective temperance legislation helps mightily to make men sober." (Dr. J. H. Crooker.)

More than seventy per cent. of the United States Territory, and more than fifty per cent. of the United States population, are under prohibition at the present time, and the change is going on at a rapid rate. Seven of the Provinces of Canada have passed Prohibition Laws.

14. Alcohol and the War.

"We are fighting Germany, Austria and drink, and so far as I can see, the greatest of these three deadly foes is drink." (Rt. Hon. David Lloyd George.)

15. Alcohol and Russia.

"The sale of all intoxicating drinks has been forbidden in the government of Tkaterinoslav, and this measure soon showed its beneficent effects upon the population of the government, which comprises an enormous industrial district, populated by hundreds of thousands of workingmen. Therefore the effects of the prohibition of the sale of liquors became noticeable here much sooner and clearer than elsewhere. These effects were especially noticeable in affecting two sides of the people's life, viz.: the amount of time decreased, and the general prosperity increased.

"According to statistical data, the percentage of crime has decreased to a minimum, and the greater part of crime in the past was directly attributable to the influence of intoxicating drinks. At present the leisure time of the workingmen and of other classes of working population, which before, in view of many social and psychological conditions, was spent in drunkenness and debauchery, is now spent rationally, the means for thus spending the leisure time being in a large degree provided by the administration.

"The tremendous growth of savings, reported by the many savings institutions, which cover the government as with a net, bears witness to the fact that the general prosperity has been increased enormously. This makes it possible for the people to improve and increase their domestic economy." (Governor Zhelobov.)

16. Alcohol and the National Future.

"If I could destroy to-morrow the desire for strong drink in the people of England, what changes we would see. We should see our gaols and workhouses empty. We should see more lives saved in twelve months than are consumed in a century of bitter and savage war." (Mr. Joseph Chamberlain, 1874).

"A universal cry of despair rises from the whole universe at the sight of the disasters caused by alcoholism. . . . This invasion of alcoholism ought to be regarded by everyone as a public danger, and the principle that the future of the world will be in the hands of the temperate ought to be inculcated into the masses as a truth that is incontestable." (Prof. Brouardel.)

"The latest and most authentic statistics show that over ten per cent. of all mortality is due to the abuse of alcohol, and fully twenty per cent. of all disease is traceable to this cause; also that over fifty per cent. of insanity, idiocy, and pauperism springs from this source. All authorities agree that from seventy-five to ninety per cent. of all criminality is caused by the abuse of alcohol." (T. D. Crothers, M.D., Superintendent Walnut Lodge Hospital, Hartford, Conn.)

17. Useful Books on Alcohol.

"Alcohol and the Human Body"—by Victor Horsley, F.R.S., F.R.C.S., M.B., B.S., London. Hon. M. D. Halle, late Chairman of the Representative Meeting of the British Medical Association; Professor of Pathology in University College, London;

and—

Mary D. Sturge, M.D., London. (Macmillan. 50 cents.)

"Shall I Drink?"—by Henry Crooker (Pilgrim Press. \$1.00.)

"The King and His Wonderful Castle"—by Brown. 45 cents.

C. RELIABLE BOOKS AND PAMPHLETS ON SEX EDUCATION.

N.B. There are many books published to-day on the subject of sex education, and a large number of these are by no means to be recommended. For this reason it has been thought advisable to prepare a selected list of such books as, in the opinion of the Commission, will be found not only "safe," but reliable and helpful. It should be remembered, however, that the recommending of such books does not mean that they are to be placed indiscriminately in the hands of the boy or girl. It is the conviction of the Commission that the best persons to give this necessary instruction on questions of sex are the parents themselves. These books are to be read by the parents for their own guidance or read to the boy or girl individually.

1. For Parents.

Sex Education—by Louise Bulley—5 cents.

II. For Boys.

1. **Papers for Boys**, by the Headmaster of Dover College, Dover, with a preface by the Archbishop of Canterbury. 15c per set.

This is a series of three papers and an introductory pamphlet addressed to Parents, Guardians and Teachers, and graded as follows:—

Paper I—Part 1—For a boy 8 or 9 years old; **Part 2**—For a boy of 13.

Paper II—For Schoolboys of 13 to 15 years.

Paper III—For Schoolboys of 14 to 16 years.

2. **Truths**—By E. B. Lowry, M.D., Talks to a Young Boy. 50 cents.

3. **Life's Beginnings**, by Hall. 25 cents.

4. **Developing into Manhood**, by Hall. 50 cents.

5. **Almost a Man**, by Wood-Allen.

6. **From Youth to Manhood**, by Hall. 50 cents.

7. **Instead of Wild Oats**, by Hall. 25 cents.

These 4 books are for youths from 16 to 18 years of age.

8. **"Beati Mundo Corde,"** by Rev. Paul Bull.

III. For Girls.

1. **Partners with God.** 15 cents a dozen.

A Talk to Girls upon Motherhood and Fatherhood.

2. **Confidences**, by E. B. Lowry, M.D. 50 cents.

Talks with a young girl.

3. **Life**, by L. Bulley. 3 cents.

This pamphlet is suitable for either girls or boys of about 14 years of age.

4. **A Talk on Questions of Sex**, by L. Bulley. 3 cents.

Suitable for either girls or youths of about 18 years of age.

Respectfully submitted,

CHARLES L. INGLES, Chairman.

C. V. PILCHER, Secretary.

