

## Temperance Column

The question is often asked: Why do men say that the temperance people are trying to take a good thing from them? Our correspondent has outlined the latest notes on the effects of Alcohol on the body and claims, after 37 years' experience, that if men only knew the real facts of Alcohol they would not indulge in its use.

### *Alcohol Creates a Desperate Craving*

Man has no natural appetite for Alcohol before he starts to indulge. In fact the appetite is created by the Alcohol itself, and by nothing else. The purest liquors from Ale up to Rum are made of nothing but Alcohol and water and a little flavoring and coloring. All we have to consider then is the question of the Alcohol, which in itself is simply a poison, but because it diffuses itself so very quickly, it has a very deceptive effect, it gives a person the impression of having done work more quickly and better than usual, when as a matter of fact it was just the reverse.

### *Alcohol Does Not Quench Thirst*

Alcohol, being a poison cannot quench thirst; then why drink it for such purpose? The direct effect of Alcohol on the human system is to hinder digestion, paralyze the nerves, numb the spinal cord and upset things generally.

Five minutes after a person takes even a small quantity of Alcohol its effect is felt in the head; it slows the vision, and lessens both the speed and accuracy of muscular movement, (thence automobile and other accidents, etc.).

The craving for Alcohol which leads to disaster may be formed as in known cases in six weeks' time by the daily habitual use of Alcohol and if persisted in will result in that "uncontrollable craving" which leads to final disaster in the shape of social and intellectual downfall.

### *Drinkers Deceived by Alcohol*

Alcohol is foreign substance to the human system and what deceives drinkers is the heart's excitement to get rid of the Alcohol. The reason for this is because the Alcohol paralyzes only part of the nerves at once, and the other nerves set up an action to counteract it. Drinkers imagine his action of the Alcohol makes them feel good and produces what drinkers call the "joy effect" and they always expect to stop at this point, but of course they do not. This is a false symptom, and when drinkers take more liquor to reproduce the same effect they then find their self-control is vanishing, etc., etc. When more liquor is used, of course a person becomes intoxicated.

### *Stages of Drinking May Be Set*

As Follows:

- (1) First few drinks—The Joy Effect.
- (2) More drinks—Intoxicated.
- (3) More drinks—Drunkard.
- (4) More drinks—Reeling drunk.
- (5) More drinks—Delirium Tremens.

The sight of a drunken person is surely a good reason why Alcohol should be left alone entirely.

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### *"Blind Pigs" Increase*

Proof that the bootlegging is as rampant under Quebec's much-vaunted Government Control policy as under total prohibition is becoming more and more convincing. Last week Alderman Desroches of Montreal pointed out that "blind pigs" were rapidly increasing in Montreal. The following day President Boyer, of the Licensed Victualler's Association, that is, the tavern keepers, made the following statements, published February 8 in the Montreal Star.

"Blind pigs," President Boyer said, "will not be eradicated by the sole arrest of their op-

erators. Ruin alone will stop their activities. And this ruin will be only brought about by the arrest of their customers. When the public, who patronize these establishments, know that they risk a heavy fine or a jail term, the patrons will fade away.

"Illicit places are a disloyal competition to respectable and law-abiding tavern keepers. They are also a moral liability to the whole community. The public is inclined to think that every drunkard met on the street is a so-called victim of the tavern. This is false. A look at the statistics will show, first, that taverns, last year, had a 50 per cent. decrease in their business, and secondly, that arrests for drunkenness are 50 per cent more numerous at the same time. So the business must have gone somewhere else. And, furthermore, a licensed tavern owner will not allow any drunkenness in his place of business."—Witness & Canadian Homestead.

### "THE POWER OF SUGGESTION"

Philippians 4:13. "I can do all things through Christ who strengtheneth me."

Suggestion has been a significant factor in the world of ideas. We all have at some stage in our lives come under its influence and jurisdiction, whether we have acknowledged it or not. It has been a transforming power, sometimes for good, and at other times for evil.

The child who heretofore was unacquainted with the world of sin has had his eyes opened through some remark let fall by his elders. His curiosity becomes aroused and away he goes to investigate the new vista which has been opened to him through suggestion.

During our school days I have no doubt but that we have all experienced a dilemma arising out of the fact that we were unable to solve a mathematical problem. We struggled and wrestled all in vain until our teacher, understanding our trouble, would suggest to us a new line of approach to the solution of our problem—our pencils would fly for a few moments—presently our faces would brighten with hope and we would look up with a gleam of triumph in our eyes. A suggestion had cleared our befogged brains and had enabled us to solve our problem.

Later on in our lives, during the adolescent period, our awkward growing arms and legs seemed to comprise the greater part of our bodies and were the means of putting us in terrible misery and self-consciousness. We felt ourselves afflicted with an "inferiority complex" to such a degree that we sought to escape from the haunts of men and fled to seek solitude where we could nurse our wounded pride. Every now and again we were aroused from our reverie and daydreams with a start to find that we had a cruel, cold world to face.

In the midst of our reticence, which was labeled "bashfulness", some kind soul would happen along, suggesting to us the road or which we could find the better way to win the best from life or pointing out to us that just around the corner we would find joy. In our hearts the birds of melody would burst into song and out we would go to face life with all its complexities and realities until one morning we awoke to find we were master of the world and self.

Often through some slight hint falling from lips of some self-taught philosopher have we not seen some incident of the commonplace transformed into a noble deed which would warm and cheer us on our way. How many times we have seen some fellow being appar-

ently afflicted, crippled in body and soul, relieved through the power of suggestion taking the form of harmless dupery on the part of a healer of doctor! Many of us are afflicted with troubles and ailments innumerable—children of the imagination. We experience a mental somersault and "presto chango"—we are in normal health once more.

On the other hand, have we not felt humiliation arising from blasted hopes? Someone has raised our hopes to the sky suggesting to us that we have great vocal, oratorical, musical, mechanical or intellectual ability. Away we go, the birds singing in our hearts and in our deluded and fanciful mood we ascend to lofty heights of eminence where we can look down on this mundane world and say: I saw, I came, I conquered. Then, for the saddest awakening a human can have, to realize that never can we attain to the height of our delusion. Our pedestal of hope is knocked from under us and we awake to find ourselves encased with the walls of grim reality and as slaves of circumstances.

Life to many seems to consist in the unfolding of countless hallucinations and mirages which will eventually drive them to the sacrificial stone where they will be ground to powder.

Actuality has been a great demi-god which has robbed thousands of their inheritance in hope and aspiration. When we are aroused out of our ennui and dreamlike thralldom, grim fact stares us in the face like some great nightmare which haunts us forever. It dogs our steps until we give up in despair and throw up our hands in resignation.

The bulk of the world's poverty, misery and shame has been caused through the efforts of men seeking to escape out of the clutches of this bloodthirsty monster by endeavoring to drown their finer nature in the whirlpool of lust and debauchery.

After the lamp of hope, ambition and aspiration has been dimmed or blown out by some cruel, heartless wretch, we no longer dwell in Venetian Gardens, but we betake ourselves to the land of shades and blasted hopes.

Suggestion has been a great emancipator of men in that they have found new fields of effort, have been made freemen, the nightingale of hope has risen with healing in its wings and they in their new found joy go on their way with a song. Yet they are as the bird with the wounded wing, which can only rise to a respectable height and must be very careful of its course, they go on with a dulled and feeble optimism.

The greatest emancipator has been that which has changed men into new creatures, old things have passed away and, behold, all things have become new. Jesus is our great emancipator, through Him we can rise as on the wings of an eagle and can bask in the sunshine of the resurrection life. He has said: "I am the resurrection and the life, he that believeth in me, though he were dead, yet shall he live."

Paul met with the "Great Suggestion" on the road to Damascus and was emancipated from the thralldom of the law and set free. No wonder Paul, after all his trials, imprisonments, beatings and temptations could rise as Michael the archangel in all his glory and say, "I can do all things through Christ who strengtheneth me."

We too have the same promise of freedom and struggle—"Whosoever will may come and partake of the water of life freely." That means "YOU." E. A. M. KEIRSTEAD.