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TEMPERANCE IN ENGLAND.

A correspondent under the *nom de plume* of 'Observer" writing to the *Yarmouth Herald* says:—Our Finance Minister, who is now in England, recently spoke at a gathering of representative Temperance men as follows, as reported by one present:—'He admitted that in regard to the temperance subject, the Mother Country was in advance of her Canadain daughter.'

We doubt if Sir Leonard has been rightly reported on this subject as it is a generally acknowledged fact that Canada is far ahead of the Mother Country on temperance legislation, The correspondent goes on to say:

'If correctly reported his statement is certainly news to us on this side, and we shall have to sing short metre. We have been glorying in our advanced position, and justly so. Now we have to look to our laurels. The progress, rapid progress, of our Motherland in temperance reform must be a cause for devout gratitude to temperance workers everywhere. Of that progress of the tidal wave of temperance of the last four years a vast change has been wrought in many centres of population. At Newcastle-on-Tyne 15,000 signed the pledge in 15 days; at Leicester, 16,000 pledges were taken, at Nottingham, 20,000; and at Sheffield 40,000. Smaller towns obtained equally gratifying results.

The Church of England Temperance Society (total abstinence branch) now numbers in England 657,584; members added last year 154,432. National Division Sons of Temperance 20,000 members; admitted last year 3,000 members. Bands of Hope in the United Kingdom, 11,708; membership 1,434,930 young people. In the Congregational Colleges of England last year there were 353 students for the ministry, and 303 were total abstainers. Twenty years ago there were but two total abstainers in the House of Commons; today there are thirty-six, besides a large number who "are almost."

The above facts, which might be largely increased, tell of solid progress. British society is honeycombed with temperance sentiments, and every class aroused. The solid body of temperance literature now sent forth and the creation of the last fifty years, is a fair index of the power of one of our greatest moral reforms. But the expression of the present House of Commons manifestly gives us the cue as to public opinion as regards temperance legislation. The following resolution was passed April 27th, by 264, against 177:—

"That inasmuch as the ancient and avowed object of licensing the sale of intoxicating liquor is to supply a supposed public want, without any detriment to the public welfare, this House is of opinion that a legal power of restraining the issue or renewal of licenses should be placed in the hands of the persons most deeply interested and affected—namely the inhabitants themselves who are entitled to protection from the injurious consequences of the present system by some efficient measure of Local Option."

In March, 1880, in the last Parliament, the same resolution was voted upon prior to the dissolution. For 134, against 247. In May of 1884, Sir William Harcourt, addressing a temperance deputation, spoke as follows:—

"The views of the Government have been distinctly stated as being in favor of the ratepayers having the power to determine in each locality what they desire in reference to the drink traffic. I stated that last year in my speech on Sir Wilfred Lawson's Local Option resolution. I have nothing now to add to it, and nothing to change. I adhere entirely without modification to what I then stated on behalf of the Government. We desire that the local authority should have complete control over the drink traffic, that the locality should determine what houses should be licensed—whether any or none at all, or how many."

No Government would thus commit themselves, unless warranted by public opinion.

There can be no doubt that in the United Kingdom the temperance question is in an advanced position. Still it is an open question if the Motherland, viewed all round, is in advance of us. As to legislation, it is not the case. Sunday closing is only partial in Ireland; not at all in England; and only in Scotland and Wales. With us Sunday closing of taverns is general.

Local option, we have for the Dominion what is being striven for in Great Britain. As regards temperance legislation, we are far in advance of Great Britain. * * * * * * Prohibition is the prevailing sentiment, although our senators know it not. Nobody troubles about that or their crude stuff they give forth in the name of sense when some of them talk about temperance legislation. They forget that the people have made progress while they have been asleep.

Prohibition is what is needed in these Provinces. How can we get it? By forming a temperance party? Yes! let us combine by all means."

The correspondent goes on to depreciate the temperance members of the Honse of Commons, and while there is considerable sense in the first part of his communication the latter part seems inspired from political motives. We believe that the members of the present House both in the Government and among the opposition, have been particularly zealous on the temperance question and did all they could for the good of the cause,—grumblers to the contrary.

LUNG GYMNASTICS.—If I should say that very many healthy people do not use their lungs for respiration and that this is so habitually, some of you may be surprised. Yet this is very true, and especially so with men of sedentary habits, students, and women. Some of these may be 'too lazy to breathe,' yet not fully conscious of it. It may be better to say they are 'too careless to breathe,' or have never considered its full importance. Dr. J. H. Tyndall (Treatment of Consumption, p. 85) has well said: The importance of knowing how to breathe cannot be overestimated. No line of treatment (of lung diseases) at home or by any change of climate should be inaugurated without thorough instruction in lung gymnastics, in the mechanism of breathing. Until you have paid close attention to the subject for a number of years, you will never know how to breathe, and through which organ to breathe. Respiration this most important of all functions of life, is by some carried on superficially, by others pervertedly and contrary to physiological requirements

'Breathing is a function which should be exercised slowly and profoundly; a requirement which can only be fulfilled by breathing through the nose. Breathing through the mouth leads to superficial and often rapid breathing; still oftener to snapping off the air.'

We are often called to prescribe for patients or give advice for relief of those who are of sedentary habits, as book-keepers, clerks, women or students, who will complain of pain in the upper half of the chest, or of at least a very uncomfortable feeling of depression in the breast or lungs. These patients often express a fear of organic lung trouble, and that consumption is threatening them. In such cases we very often note a languid expression of the semi-melancholic appearance. It is also not at all uncommon to note a sallowness of skin, a feeling of inability for any considerable manual effort, dyspnœa when the first effort is made, or that the patient becomes quickly exhausted, is constipated has hebetude of mind, and very little disposition to do more than absolute duty demands.

But in such cases I believe we have, in forced respiration, a valuable means with which to accomplish complete relief, or to at least assist in reaching such a desirable end Let a patient who comes with soreness of breast or lungs, a little cough, dyspnœa on exercise, lassitude, easily exhausted, rapid pulse on slight exertion, constipation, mental hebetude, etc., commence at once forced inspirations and expirations, and practice this for ten or fifteen minutes from four to six times every day, and with proper measures otherwise he will soon feel like a new man. He will need very little medicine, often only a placebo, and will need mostly hygienic management as to diet, hours of work, exercise, sleep, etc.

Tyndall says, "Lung gymnastics proper should be carried on in open air, while at work if possible, or while walking or standing still, or in a well ventilated room. The exact limits to which actual gymnastics should be carried on at home or in a gymnasium often tax the best judgment of the physician. Nearly all performances require more or less severe straining of the pectoral muscles, and sudden calls upon the heart for increased action. While walking, the patient shonld as frequently as possible, (say every ten oa fifteen minutes) take deep inspirations and expirations without straining, four to eight times in succession; which act completely empties and re-fills the lungs."

DRINK AND WORK.—"I drink to make me work," said a young man, to which observation an old man replied thus—

"That is right! You drink and it will make you work! Hearken to me a moment, and I'll tell you something that may do you good. I was once a very prosperous farmer. I had a good, loving wife, and two as fine lads as ever the sun shone on. We had a comfortable home and used to drink ale to make us work. Those two lads I have laid in a drunkards' graves. My wife died broken hearted, and she now lies by her two sons. I am seventy-two years of age. Had it not been for drink I might have been an independant man; but I used to drink to make me work—and it makes me work now! At seventy-two years of age I am obliged to work for my daily bread. Drink! drink! and it will make you work!"

There is a powerful warning in this incidental anecdote that ought to be heeded by every boy or young man. And it is forced home as a true outcome of dabbling in strong drinks. They will beat you in the end.

WHO WAS THE FOOL.—A gentleman in the habit of occasionally using intoxicating drinks took up an able temperance address, and sat with his family to puruse it. He read it through without saying a word when he exclaimed, 'This man is a fool!' He read it through again, and when he had finished it a second time he exclaimed, 'That man is a fool, or I am.' A third time he read it with still greater care, and when he had finished the last sentence he exclaimed. 'I am a fool,' and never tasted a drop of ardent spirits afterwards.—*The Rescue.*

Omaha is now receiving $100,000 a year from retail liquor dealers, and will hereafter receive, under a decision of the Supreme Court, from wholesale liquor dealers, $1,000 each for license. This will produce in all $120,000, which goes to the school fund. Yet high license may be high enough to become practically prohibitive. The Nebraska town which placed the fee at $100,000, has no licensed saloon and no application so far.

On our fourth page will be found a list of the subordinate Divisions with their Deputies &c. There are several that have been organized lately that we have not been able to publish owing to the limited time we had in getting our present issue published. They will be inserted, however, in our August number.

Abraham Lincoln, just before he died was measured, and found to be six feet four inches in height.

Among cultivated plants 25 are poisonous, sixty-six being narcotics, and the remainder deadly poisons.

The highest habitable spot in North America is the ranch of Tlamacas near Mexico, 12,500 feet above the sea.

Some people profess a great deal of sympathy with the temperance movement, although they do nothing to help it forward except talk. They remind one of the conduct of a man at a fire. When the fire broke out, a line of men was organized to pass along the buckets of water. One man came up and as soon as he saw what was the matter, he cried "fire, fire, fire!" but another man who was hard at work, said, "Hold your noise, man, and get a bucket." A good many people are denouncing the evils of drunkenness, but that is all. To them we say, "Hold your noise, get a bucket." We need men just now who are willing to work, give, and pray. We are in the thick of the battle and want deeds, not words.—*Ex.*

Here is another fruit of the traffic. That prolific tree which will not cease to bear evil fruit till every root-fibre is dug up and destroyed. 'Garielle Greeley, the only surviving child of Horace Greely, had a strange funeral from the old homestead at Chappaqua, N. Y., the other day. It was that of her God-child, a little boy of four years, who had taken a drink of alcohol, which proved fatal. The little fellow's father and mother were drunk at the time. His sister, only ten years old, had tried to improve the condition of the family by hiding the alcohol can, but the child found it and followed his parents example by taking a dram, which did its work. Miss Greeley loved the child and he was buried from her home.—*Ex.*

THE GREAT HOPE.—The great hope of the temperance reform to day is with the young. The main thing to be done is to induce them to abstain from all intoxicants. The right field for successful effort is in the home. It is the province of the parent, the pulpit, the teacher and the press to instil total abstinence principles. Every public school ought to introduce lesson books on the nature and evils of alcohol. Every church ought to have a temperance wheel in its machinery. Prohibitory laws are excellent when well enforced; but when a man's conscience becomes a law of prohibition unto himself he is safe. This is the only panacea.—*Rev. T. L. Cuyler.*

RAILROAD TO RUIN.—Surveyed by avarice; chartered by county commissioners; freighted with drunkards; with grogshops for depots, rumsellers for engineers, bartenders for stockholders; fired up with alcohol, and boiling with delirium tremems.

The groans of the dying are the thunders of the trains, and the shrieks of women and chlldren are the whistle of its engines.

By the help of God we will reverse the steam, put out the fire, annul the charter, and save the fre[illegible]—*Ex.*

A WORKING DIVISION.

The *Clarion* says:—What Sons of Temperance *may* do is not always quite clear to themselves. The idea of work is too often confined to the Division Room. Take this example—that of a brotherhood in this Province, as to whose efforts we are allowed to make an extract:—

"The Division moves on in its usual course and its influence in the community is still felt, especially when any attempt is made to bend intoxicants contrary to the 'Scott' Act. During the quarter a few members, in company with a constable, armed with a search warrant entered the house of a woman, who, the day before, came into our district from another County, and brought with her a stock of liquor; seized the stuff, and by order of the magistrate destroyed it. We are now watching the movements of two itinerant butchers, who, so it is reported, with the meat they bring here, also bring the *drink*. If we catch them it will be summary conviction, with intimation as forcible as it can be made, to stay away from here at least. We think we have the power and we will use it.

DOES ALCOHOL WARM?—A patient was urging with his doctor the necessity of his taking a stimulant. He urged that he was weak and needed it. Said he:—

"But, doctor, I *must* have some kind of a stimulant. I am cold, and it warms me."

"Precisely," came the doctor's crusty answer. "See here, this stick is cold"—taking up a stick of wood from the box beside the hearth and tossing it into the fire, "now it is warm; but is the stick benefited?"

The sick man watched the wood first send out little puffs of smoke, and then burst into a flame, and replied: "Of course not; it is burning itself!"

"And so you are burning yourself when you warm yourself with alcohol; you are literally burning up the delicate tissues of your stomach and brain."

Oh, yes! alcohol will warm you up, but who finds the *fuel*? When you take food that is fuel, and as it burns out you keep warm. But when you take alcohol to warm you, you are like a man who sets his house on fire and warms his fingers by it as it burns.—*Ex.*

In one of our Canadian cities a few years ago, a young lawyer became addicted to habits of intemperance, and finally got so low that one day he fell down drunk in a public square, and lay there with the sun pouring upon his face. A young lady, a stranger to him, passing by, took pity on him and covered his face with her pocket handkerchief. When he came to his senses, and was told of the act of kindness, he was so affected by it, that he said he would hereafter be a temperance man. He took the pledge and soon became a promising man in his profession. Not long after he was introduced to the lady who had done him the act of kindness, and afterwards married her. The parties are living happily together, and the young lawyer is now the Attorney General of one of the Canadian Provinces.—*Ex.*