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TEMPERANCE

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TEMPERANCE AND LONGEVITY.

We often hear of remarkable cases of long life, and equally startling instances of immunity from disease, as claimed, on the part of those who have disregarded the conditions of health, who have been the victims of the worst forms of bad habits. It may be that the most of these persons are honest in their statements, really knowing so little of the human system, as not to appreciate the effects of a violation of natural law. Human beings are certainly subject to God's laws, as are the heavenly bodies, or the lower animals.

The stomach is as much under law, as the brain, and neither can be abused for any length of time, and escape the penalty. No one who has brains, like immortal and intellectual beings, can violate the laws of the stomach with impunity, though the day of reckoning may be postponed for a time. Those who assure us that nothing that they eat hurts them, may yet live long enough to see that their statements were utterly false. Such may feel sure that their statements are correct, so far as present is concerned, so long as they have no pain, no sickness, no headache, no discomfort of any kind. The fearful utterance of the word: "The soul that sinneth, it shall die," has no more truthful import, than the same would have if it related to the body, as much under law as the soul. It is utterly impossible to violate any of God's laws and then escape the penalty, in full.

There is a pardon of moral transgressions, for the repentant, but no one can violate physical laws and then escape suffering. Other things being equal, he is the greatest sufferer who violates laws, while the one who obeys, is just to that extent exempt from the usual consequences of sins. Moral rectitude is no more certainly the result of righteousness than health, vigor, strength and firmness of constitution are of general obedience to the laws of the body. In corroboration of these principles, I quote from a voluminous author: "James Woodbury, of Beverly, Mass., who died in 1842, at the age of eighty-nine, belonged to a family remarkable for general temperance, abstemiousness, industry, sobriety and longevity, the united ages of ten of the family being 866 years, or over 86 years each; and so far as is known, there was never a drunkard in the family. And it is probable, highly so, that not a family can be found in the whole United States, whose averages were as great, whose progenitors, parents and grandparents, were intemperate or much diseased. For such a condition of ancestry, would be certain to deteriorate the progeny and shorten the days of some, if not all. That persons have lived to extreme old age, in the habitual use of alcoholic liquors, and even with tobacco, tea and coffee added, is not denied, but such are the extreme and very rare cases, and furnish no proof of the value or harmlessness of these agents, but simply evince the native vigor and endurance of the individuals, for if they possessed a vitality to endure such abuses, what would have been their ages, had they been temperate and sober men, and otherwise lived in accordance with the laws of nature?"

What Shall I Teach My Little Son?

This question is often asked, and should be made much more a study for individual cases than it is. The mother of one of our United States Senators asked herself this question, and answered it practically for herself and child. Her child's father was dissipated, and also his grandfather. Should she raise the object of her life's work and affection, in which was centred all her hopes for future comfort, in the reckless drifting way that many parents do, simply hoping that all will come out right in the end? No; she pondered the matter well in her heart, and labored in season and out of season with her boy in prayer, and taught him by precept and example the danger of his inheritance; that total abstinence for him

was his only chance for freedom. Mothers, fear not to teach and stimulate your child to shun the temptation which he cannot overcome.

This man has lived to do his country great service, and to give the personal testimony that he should never have been able to resist a drunkard's indulgence, had he ever allowed himself to tamper with the wine-cup. But ever in after life, in times of great nervous and physical exhaustion, at seasons of the strongest temptation to indulge in stimulating drink for an emergency, this great and good man asserts that nothing could have saved him but the eager, imploring expressions of his mother's face, as she comes in vision before him now as she taught him even at the early age of five years. No teaching can ever do the faithful work of a mother for the boy who inherits a love for liquor.

We speak of the horrors of war, its carnage and bloodshed, and mutilation and broken frames and empty sleeves and widow's weeds and orphan's woes, and enormous debt, and grinding taxation; and shudder at the ravages of pestilence and famine. But they sink into insignificance when compared with the sorrow and anguish that follow in the train of this conqueror of fallen humanity [intemperance]. The voice crieth on every hand, "Where is Abel, thy brother!"—Schuyler Colfax, Vice-president of the U. S.

There is to-day a larger army under its [the liquor traffic's] control, than went to the war, while those mourning over the vassalage and fall of loved ones, exceed in numbers, and in the bitterness of their woe, the millions who were made childless and widows by the casualties of that fierce and sanguinary strife. And the terrible disease, like a cancer, is eating into the very vitals of the nation, destroying the mental and moral, as well as the physical fibre of the people. The liquor interest controls the cities and largely influences state legislation and the local politics of the country. And all this has come to pass notwithstanding the temperance efforts of half a century, the preaching of the sanctuary, the presence and power of the Christian church.—Henry Wilson, vice president of the U. S.

It is inconsistent with membership in the Church of Christ, to be engaged in the manufacture or sale of intoxicating liquors as a beverage, or in any other way aid or abet in the manufacture, sale or use of intoxicating liquors.—19th General Assembly of the United Presbyterian Church of the United States.

SEPARATING CREAM FROM MILK.

The methods of separating the cream from the milk are three in number, viz., the deep pail system, the shallow pan system and the centrifugal creamer.

The deep pail system is derived from the method which has been common in Sweden for many years, and which is there known as the Schwartz method. It is based on the fact that the rapid cooling of the milk to a low temperature, and the maintenance of this temperature, cause the entire separation of the cream in a few hours; the lower the temperature, the more rapid being the separation. There are several kinds of apparatus in use adapted for this system. The use of water from a permanently cold spring, or of ice, is necessary under this system. The use of this method of raising cream is rapidly extending, and is indispensable in the management of a public creamery.

The shallow pan system is the most used, and is practically universal in private farm dairies; it has the advantages of convenience and simplicity, and under the best conditions of practice is quite as effective in every way as the deep pail system. No water or cooling is required; but some method of heating is desirable in the winter. An airy, dry, deep cellar, with thick walls, and well constructed, furnishes every desirable or requisite condition for raising the cream under this simple system.

The centrifugal is a comparatively new introduction in the business of dairying; but its value and adaptation for the economical and effective working of dairies, large or small, are boundless. This machine, which separates on the principle that centrifugal force in a confined vessel, properly constructed, will throw the denser and heavier particles of a fluid to the outer circumference, and thus compel the lighter particles to seek the center, is really the adaptation of the principle of gravity to a horizontal position, compelling the lighter particles to rise to the top, and the heavier ones to sink to the bottom, so to speak, by the exercise of this force being exerted horizontally, instead of perpendicularly. Like all the other operations of natural dynamic laws, it is exceedingly simple. —*American Agriculturist.*

A piece of meat will continue sweet and sound for many years in wine, or strong beer, or any other strong fermented liquor.—and the same happens when they are mixed in the stomach. In such a mixture beef is turned into shoe leather.—*Dr. Cleyne.*

ALCOHOL AND DIGESTION

It is an auspicious sign that physicians are beginning to consider more fully their responsibilities in connection with the use of alcoholic liquors. The *American Republican*, of Westchester, Pa., recently published a very suggestive and valuable article on alcohol from the pen of Dr. J. D. Johnson. After defining the nature of alcohol, and showing that it has none of the constituent elements of food, referring to the effect of alcohol upon digestion, he says:

— Besides furnishing no ailment for the blood, we have indisputable evidence that it arrests the process of digestion and prevents the assimilation of food. If we take a vial containing gastric juice, and place it in some bread and meat, keep it at a temperature of 98, in a few hours it will be dissolved into a pulvaceous mass. If to another vial of gastric juice and food, treated in the same way, we add a small quantity of alcohol, the dissolving process will be arrested, and the food will remain for days unchanged. 'It is a remarkable fact,' says Dr. Dundas Thompson, 'that alcohol, when added to the digestive fluid, produces a whit precipitate, so that fluid is no longer capable of digesting animal or vegetable matter.' Bowman and Todd, authors of a standard work on 'Medical Chemistry,' declare that 'alcohol retards digestion by coagulating the pepsin, an essential element of the gastric juice, and thereby interfering with its action. Were it not that wine and spirits are rapidly absorbed, the introduction of these into the stomach, in any quantity, would be a complete bar to the digestion of food.' But the experiments of Dr. Figg, of Edenburg, fully establish the truth of this proposition. He took two dogs, and gave to each five ounces of cold roast mutton, cut into squares, and passed into the oesophagus without contact with the teeth. An elastic tube was passed into the stomach of one, and an ounce and a quarter of alcohol injected. After five hours both animals were killed. In the one where the meat had been taken by itself, it had all disappeared. In the other, the pieces were as angular as when swallowed. Dr. Beddow made similar experiments upon dogs, and found that three drams of alcohol completely arrested digestion for over four hours. I have myself frequently witnessed the ejection of food that had been eaten twelve even twenty-four hours.

TO WIN SUCCESS.

The young man who does just as little as possible for an employer sometimes wonders why he is not given a higher position in the business house in which he is employed, when a less brilliant companion, who works for another establishment, is advanced very rapidly. The reason probably is that the less brilliant companion is more faithful and works conscientiously, always seeking to do more than enough barely to secure his salary. Somebody sees and appreciates his work, and when the opportunity comes a better place is given him, which he fills with equal faithfulness. An illustration of this may be found in the following true anecdote:

A boy about sixteen years of age had been seeking employment in one of our large cities. He looked vainly for two weeks, and was well nigh hopeless of getting any work to do, when one afternoon he entered a store kept by a gentleman whom we will call Mr. Stone.

The lad asked the usual question, "Can you give me anything to do?"

Mr. Stone, to whom he appealed, answered, "No; full now." Then, happening to notice an expression of despondency on the youth's face, he said, "If you want to work half an hour or so, go down stairs and pile up that kindling wood. Do it well, and I'll give you ~~one~~ ^{two} cents."

"All right, and thank you, sir," answered the young man, and went below. As the store was about closing for the afternoon, he came up stairs and went to Mr. Stone.

"Ah, yes," said the gentleman somewhat hastily. "Piled the wood? Well here's your money."

"No, sir; I'm not quite through, and I should like to come and finish in the morning," said the young fellow refusing the silver piece.

"All right," said Mr. Stone; and he thought no more of the affair till the next morning, when he chanced to be in the basement; and, recollecting the wood pile, glanced into the coal and wood room. The wood was arranged in orderly tiers, the room was cleanly swept, and the young man was at the moment busy repairing the coal bin."

"Hullo," said Mr. Stone. "I didn't engage you to do anything but pile up the wood."

"Yes, sir; I know it," answered the lad; "but I saw this needed to be done, and I had rather work than not; but I don't expect any pay but my quarter."

"Humph!" muttered Mr. Stone, and went up to his office without any further comment. Half an hour later the lad presented himself, clean and well brushed, for his pay.

Mr. Stone passed him his quarter.

"Thank you," said the youth and turned away.

"Stop a minute," said Mr. Stone. "Have you a place in view where you can find work?"

"No sir."

"Well, I want you to work for me. Here," writing something on a slip of paper, "take this to that gentleman standing by the counter there; he will tell you what to do. I will give you six dollars a week to begin with. Do your work as well as you did that down stairs and—that's all," and Mr. Stone turned away before the young man recovered from his surprise sufficiently to speak.

This happened fifteen years ago. Mr. Stone's store is more than twice as big as it was then, and its superintendent to-day is the young man who began by piling kindling wood for a quarter. Faithfulness has been his motto. By it he has been advanced, step by step, and has not yet, by any means reached the topmost round of success. He is sure to become a partner some day, either with his employer or in some other business house.—*Youth's Companion*.

A very large part of the brandy we receive from France is this falsified article, and in my opinion not more than one-third of it can be regarded as above suspicion.... All French brandy might properly and perhaps ought to be excluded from the United States on sanitary grounds.... A general measure, excluding the article entirely, would seem to be the only effective defense against the admission of a poison for which our people pay one or two million dollars a year.—*George Gifford, Consul, New Rochelle, June 5 1882.*

They greatly mistake who in this country hope to live longer by drinking wines or malt liquors, than they would expect to if addicted instead to distilled spirits. True, there is less alcohol in the same quantity of the fermented beverages, but the same quantity does not content them. Deceive themselves as they may, it is the alcoholic stimulus that their depraved appetites exact, and if indulged at all, they will be indulged to the constantly receding point of satisfaction. The single glass of wine or beer per day which sufficed at the beginning will soon be enlarged or repeated. It was enough to start the blood into a gallop yesterday, but falls short to-day, and will not begin to do to-morrow.—*Horace Greeley.*

SOME THOUGHTS FOR TIRED HOUSEKEEPERS.

E. A. MATTHEWS.

Every spring I am reminded of an old neighbor of mine who used to say: "I have no patience with all this bother of cleaning house twice a year. Why don't people keep their houses clean all the time, and then there would be no such trouble?"

And yet this very woman was always at work, and constantly nagging husband and boys about their carelessness in making dirt for her to sweep up. In short, I think the worst job of annual house-cleaning ever known could make no more trouble for all concerned than her everlasting fuss and scrub throughout the year. So, as the time comes for the extra work of putting out dwellings in summer array, I wonder if there cannot be some plan devised by which this will be made easier.

All over our land comes up a cry from overworked women for advice as to how this can be done, and I wish every woman would make up her mind to be law unto herself in the matter.

Many a delicate, fragile woman who has a conscience unduly developed, will bravely undertake to do just as much as her robust neighbor, and not only that, she thinks she must finish it in just the same length of time—and then suffers for it all the rest of her life.

My dear sister, cannot you realize that *your work is for you!* No one else can do your part, and you cannot do the work of another. If you have strength enough without tiring yourself, to clean just one room in a week, then begin early, and scatter your work through five or six weeks if necessary. Cultivate a wholesome habit of negligence, and stop just the moment you find yourself getting tired. When only one pair of hands must do the work of the family, then there should be very careful planning to make the work as light as possible, and to secure enough time for rest of mind and body.

How many times have I seen thin, haggard women working on with backs aching and with nerves at high tension just to finish some job that might as well be laid by until to-morrow!

Some dear, sensitive sisters have a fear of seeming lazy. No matter how it *seems*, so that you keep your health and strength. Are these of no account? I often think I will found a society for prevention of cruelty to housekeepers—but the worst of it is, I would have to punish the women themselves, for they

do not know when *NOT* how to save themselves. They think it seems lazy to lie down after dinner, to sit while they prepare vegetables, or iron, to use a mop for scrubbing, to cover the pantry shelves with paper to save scouring, to use a kind of washing fluid to make the clothes white without so much rubbing, and so on. They make themselves martyrs to the bugbear of "seeming lazy," and "work on pure nerve," as an English friend calls it, until by and by Nature takes a fearful revenge. One cannot go on forever getting over-tired.

By degrees a nervous irritability comes over you like a shadow, and before you know it, you are a broken-down invalid, a shattered, pale and sad wreck before middle life. I once heard a dear old lady say to a tired young mother, "My dear, it is your Christian duty to let your house go *dirty*. Just keep things 'broom clean,' and save your *life* for your husband and children."

O, if women only realized that a little saving in care and labor, a little rest, a little change would perhaps prevent mental or physical break-down! An easy chair, a quiet hour, a day's visit, a pleasant book, may save a brain and heart just on the point of exhaustion. If you feel yourself getting cross or upset, just close the door of the room in which you are working, no matter if the carpet is half tacked down, or if the windows are half-washed. Leave things just as they are, go off by yourself, or lie down for a short time, and keep perfectly quiet, or pick up a lively, chatty paper—anything that will completely change the current of your thoughts, and let the muscles lie idle. Then with what pleasure you will take up the task to-morrow, and finish it with perfect ease!

Of course these words are for the tired and overburdened women—those who cannot afford to hire help, and who must do the best they can without.

An old writer says: "We can easily manage, if we will only take each day the burden appointed for it. But the burden will be too heavy for us if we add to it the weight of to-morrow before we are called to bear it." We sometimes wear out mind and body by forecasting future labor—and a "day at a time" is a good motto for all of us. Do your work in a spirit of prayer, and it is wonderful how much easier it will be.

We hear now-a-days a great deal said about the reflex influence of one thing upon another, and this is but the modern fashion of uttering the old-time truths.

Our grandmothers prayed for strength to bear their burdens and do their daily

duties, and when they felt a peace and comfort steal over their souls, they called it "the Holy Spirit in answer to prayer." We, their nineteenth century daughters, utter the same requests, repeat the same verse of Scripture, or whisper in our hearts the same tender hymn, and when we are touched with a holy calm, and feel a wondrous lightening of our burdens, the philosophers call it the "reflex influence of our mental desires." O, no matter what they call it! Call it any name, the fact remains, and we who have had such help in our own experience know how sure and comforting it always is.

"In quietness shall thy soul find its strength."—*The Home Maker.*

Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports. In vain would that man claim the tribute of patriotism who should labor to subvert these great pillars of happiness, these firmest props of the duties of men and citizens. The merest politician equally with the pious man, ought to respect and cherish them. A volume could not trace their connection with private and public felicity.—*Washington's Farewell Address.*

The beer-shop system has proved a failure. It was established under the belief that it would give the public their beer cheap and pure; would dissociate beer-drinking from drunkenness; and lead to the establishment throughout the country of a class of houses of refreshment altogether free from the disorder supposed to attend exclusively on the sale of spirits.—*Committee of House of Commons, 1854.*

The Germans are emphatically not a nation of sober beer-drinkers, but consume more spirituous liquors than the Norwegians, the French, or the English, and as much as the notorious Hollanders, and are beaten only by the Russians and the Danes, who, as every one knows, are brandy drinkers purely.

Germans average yearly 8.8 quarts of whisky to every man, woman and child in Germany.... In Prussia annually die nearly two thousand persons in consequence of alcoholic excess.—*Dr. Spinola, Berlin, 1884.*

Alcohol is not a true food. It interferes with alimentation.—*Dr. E. Smith, F. R. S.*

Beer, wine, spirits, etc., furnish no element capable of entering into the composition of blood, muscular fiber or any part which is the seat of the vital principle.—*Baron Liebig.*

I am within the truth when I state that in four cases out of five, when an offense has been committed, intoxicating drink has been one of the causes.—*Late Inspector of English prisons.*

There can be no doubt that of all the proximate sources of crime, the use of intoxicating liquors is the most prolific and the most deadly. Of other causes it may be said that they slay their thousands; of this it may be acknowledged that it slays its tens of thousands.—*Twentieth Annual Report of the Executive Committee of the Prison Association of New York.*

If the trade were thrown open, we do not know what amount of police we should require; in fact, the borough fund would scarcely pay them.—*H. Danson, Beer Agent, Liverpool.*

Let there be an entire abstinence from intoxicating drinks throughout this country during the period of a single generation, and a mob would be as impossible as combustion without oxygen.—*Horace Mann.*

The man who first brewed beer was a pest for Germany. Food must be dear in all our land, for the horses eat up all our oats, and the peasants drink all our barley in the form of beer. I have survived the end of genuine beer, for it has now become small beer in every sense; and I have prayed to God that he might destroy the whole beer-brewing business, and the first beer-brewer I have often cursed. There is enough barley destroyed in the breweries to feed all Germany.—*Martin Luther.*

Alcoholism is widely prevalent; but it is not popular to die a drunkard, its victims are hardly ever credited to it, unless they are poor and friendless.—*Eighth Annual Report of Massachusetts Board of Health.*

I suppose that next to pulmonary diseases, more persons come to their death, either directly or indirectly, by alcoholism, than from any other cause. Hundreds of men who die from liver complaint, and kidney troubles, might have been healthy men to-day if they had not poisoned their systems with alcohol.—*James W. Alexander, Vice-President of the Equitable Life Insurance Company.*

For the laboring man, the ale-house is now a place of pure, unmitigated evil; the diminution of these houses is one of the most practical and efficient means of real radical reform.—*Southey.*

The Beer Bill has done more to brutalize the English laborer, and take him from his family and fireside into the worst associations, than almost any measure that could have been devised. It has furnished victims for the jails, the hulks, and the gallows, and has frightfully extended the evils of pauperism and moral debasement.—*G. F. Drury, Magistrate, England.*

The Sabbath in England in 1570.—It is usual to keep the church ales on the Sabbath day, —which holy day the multitude call their reveling day, which day is spent in bull-baitings, beare-beatings, bowlings, dicyngs, cardyng, daunsyngs and drunkenness.—*Wm. Keith.*

That dark and damnable traffic turned the day of God almost into a day of Satan, and made it questionable whether, for the mass of the people, it would not be better to have no Sunday at all.—*Rev. Canon Stowell.*

A large proportion of the cases before us were for assault and battery, and in every instance these were the direct results of a free and improper use of intoxicating drinks. . . . It is a noticeable fact that a very considerable number of these crimes were committed on the Sabbath day; so that the historic consequences which in all ages have followed Sabbath desecration are ripening their poison-fruit in our midst.—*Grand Jury of the City of Philadelphia, 1874.*

Alcohol is specifically and to all intents and purposes a cerebral poison. It seizes with its disorganizing energy upon the brain, that mysterious part whose steady and undisturbed action holds man in true and responsible relations with his family, with society, and with God; and it is this fearful fact that gives to government and society their tremendous interest in the question.—*Youmans on Alcohol.*

The Church of Great Britain loses, on an average, one member excommunicated or slaughtered by intemperance, and as there are thirty thousand churches, thirty thousand of God's people are annually the victims of the cup.—*Rev. V. Jones Hall.*

It is very difficult to arrive at a just conclusion as regards the amount of falsified wines and liquors shipped from this consular district to the United States. My opinion is, however, that a very large percentage of such products is adulterated, either by the introduction of deleterious drugs, or the mixing of a low grade of Spanish wines. . . . Our government would be justified in instituting a rigid inspection of all wines and brandies exported from this country.—*U. S. Consul Glover, of Havana, 1882.*

The proportion of crime traceable to this great vice [intemperance] must be set down, as heretofore, at not less than four-fifths.—*Mass. State Board of Charities, 1889.*

The victims of strong drink, however, come in numbers more numerous than all the rest together [of paupers and criminals], and with losses sustained, and respect gone, and the story of domestic sorrow and grief bearing upon the heart, point to the path of ruin that is before them and ask for help.—*Report of City and County Association of Charities of Penn., 1866.*

Alcohol is universally ranked among poisons by physiologists, chemists, physicians and all who have experimented, studied and written upon the subject.—*Professor Youmans.*

We have a great horror of arsenic, and fifty other things; the fact is, all these things are a mere bagatelle in relation to the most direct, absolute, immediate and certain poisonings which are caused by alcohol.

There are more men killed, so far as I know English statistics—more men poisoned by alcohol, than are poisoned by all other poisons put together.—*James Edmunds, M. D., London, Eng.*

You shall never land it on our shores. What! a whole barrel of rum! It would corrupt our morals and be our undoing.—*Connecticut Colonists, in capture of a vessel intending to land a barrel of rum.*

The largest invoice of New England rum ever shipped from the United States, was cleared to-day for the coast of Africa, 150,000 gallons.—*Boston Traveller, Aug. 3, 1837.*

Thus we send to the benighted heathen of Africa our greatest blessing and our greatest curse—the Word of God and our deadly rum. With one missionary of the cross we send 70,000 gallons of rum. Is this modern civilization? Is this the way we expect to evangelize the heathen nations.—*C. B. Colton.*

Drink is at the bottom of almost every crime committed in Dublin.—*Mr. Baron Douce in a charge to a jury, 1831.*

I have been for a whole week trying cases such as no Christian judge ought to have to try—cases of outrage and violence in this city, every one of which originated in public houses. The drinking system of Dublin is responsible for three sentences of penal servitude and seven heavy sentences of imprisonment. I marked the evidence in every case and every one of them began in a public house. It is the drink system, and the drink alone that leads to all this misery and crime and sorrow.—*Hon. Frederick R. Falkner, Q. C., and Recorder of Dublin, 1881.*

Two-thirds of the crimes which come before the courts of law of this country are occasioned chiefly by intemperance.—*Lord Chief Baron Kelly of England.*

The relation of intemperance to crime is that of cause and effect. There are other causes, such as hate, avarice, jealousy, lust and revenge; but these are narrower in their circles of evil; more easily repressed by individuals and society; more subject to moral influences and restraints, and are not sanctioned by law nor dealt out under statutory licenses.—*Judge Noah Davis.*

Drunkenness is a flattering devil, a sweet poison, a pleasant sin, which whosoever hath, hath not himself; which whosoever doth commit, committeth not a single sin, but becomes the center and the slave of all manner of sin.—*St. Augustine.*

The church of to-day, much more church of the future must take to its heart the duty of combining and massing its forces against that gigantic atrocity of Christian civilization that mothers nine-tenths of the woes and sorrows that blight and curse our modern age, the traffic in intoxicants which hides its deformity under forms of law. Are we reduced to the shame of admitting that a civilization that has grown up around our altars is impotent to cure the evil? How can we go to the heathen with this cancer of worse than heathen infamy festering in our own bosom? Our church from the first has borne testimony against it, but we must renew our protest with louder and more solemn emphasis until our land is rescued. If ever the pulpit had the right, the duty to flame with unsparing rebuke, it is here. If ever there was a cause which deserves to unite philanthropy and patriotism with piety in restless endeavor, it is this.—*Bishop Foster, of M. E. Church, 1884.*

No statistics are needed to assure you that temperance reform lies at the bottom of all further political, social and religious progress. Drink is the curse of the country. It ruins the fortunes, it injures the health, it destroys the lives of one in twenty of our population, and anything which can be done to diminish this terrible sacrifice of human life and human happiness is well worthy of all the attention and study we can give it. . . . The agitation will go on without us if not with us. If we are silent, the very stones would cry out. If there is in the whole of this drink business any single encouraging feature, it is to be found in the growing impatience of the people at the burden which they are forced to bear, and their growing indignation and sense of the shame and disgrace it imposes upon them.—*Joseph Chamberlain, M. P. President of the London Board of Trade and Chairman of National Educational League of England.*

Should any one in truth seriously ponder this subject, he will see that in the course of life there is nothing about which we put ourselves to more trouble than wine, as if nature had not given to us the most salubrious drink, with which all other animals are satisfied. . . . And from so much pains, so much labor, so much expense, it is evident that it changes the mind of man, and causes fury and rage, casting headlong the wretches given to it into a thousand crimes and vices; its fascination being so great that the multitude can see no other object worth living for.—*Pliny the Elder.*

Prussia. Neglect of education, dislike of work and drunkenness.

Mexico. Want of education, abuse of intoxicating drinks, and poverty.

Netherlands. Want of education and drunkenness.

Norway. Laziness and drunkenness.

Russia. Fatalism and drunkenness.

Sweden. Poverty, and an ever constant desire for spirits.

Switzerland. Bad education, sensualism and drunkenness. The wine traffic causes in some of the cantons the commission of one crime as the effect of wine to every 100 persons of the population.

United States. Drunkenness is the proximate cause of much crime here.

Drunkenness causeth woes and mischief, wounds and sorrows, sin and shame; it maketh bitterness of spirit, brawling and quarreling. It increaseth rage, and lesseneth strength; it maketh red eyes, and a loose and babbling tongue.—*Jeremy Taylor.*

I can keep no terms with a vice that fills our jails, that destroys the comfort of homes and the peace of families, and debases and brutalizes the people of these islands.—*Lord Chief Justice Coleridge of England.*

Official answers in 1872 by the governments of the countries named, to the question, What are the principal causes of crime in your country?

Austria. Desire for luxuries and license, want of education and poverty.

Belgium. Oblivion of religious and moral principles, creation of factitious wants, drunkenness and idleness.

Denmark. Idleness, desire for pleasure and habits of drinking.

Bavaria. Rough manners and customs. It being the habit of the peasants to carry long, stiletto-like knives when visiting public houses and dancing places, on Sundays and holidays, the smallest cause often leads them to inflict on each other severe injuries.

Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?

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

Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright.

At the last it biteth like a serpent, and stingeth like an adder.—*Bible.*

Teach the poor colored man that the drink habit is slavery—that is what you have to do to solve the negro question and the southern question with it.—*George W. Bain.*

No man oppresses thee, O, free and independent franchiser! but does not this stupid pewter pot oppress thee? No son of Adam can bid thee come or go, but this absurd pot of heavy-wet can and does! Thou art the thrall, not of Cedric the Saxon, but of thy own brutal appetites, and this accursed dish of liquor. And thou pratest of thy liberty, thou entire blockhead!—*Thomas Carlyle.*

Were it possible for me to speak with a voice so loud as to be heard from the river St. Croix to the remotest shores of the Mississippi, which bound the territory of the United States, I would say: "Friends, and fellow citizens, avoid the habitual use of these seducing liquors. . . . Ministers of the Gospel of every denomination in the United States! aid me with all the weight and influence of your sacred office, to save our fellowmen from being destroyed by the great destroyer of their lives and souls.—*Dr. Benjamin Rush, in 1787.*

The deaths from sunstroke in western cities, particularly in St. Louis, became on some days appalling. The papers faithfully chronicled the fact that this fatality was largely confined to persons addicted to an intemperate use of alcoholic drinks, and beer-drinkers fared no better than others.—*Zion's Herald.*

No person addicted to drinking can expect to be trusted with any responsible duty, and a person who can not be trusted had better not be continued in office.—*Rutherford B. Hayes.*

The habit of intemperance by men in office has occasioned more injury to the public, and more trouble to me, than all other causes; and were I to commence my administration again, the first question I would ask respecting a candidate for office would be, "Does he use ardent spirits?"

—*Thomas Jefferson.*

A tavern is the foundation of sin; the school of the devil. It is the manner of God to show his power in the church, and to work miracles; that is to say, to give sight to the blind, to make the lame go, the dumb to speak, and the deaf to hear; but the devil doth quite contrary to all this in a tavern; for when a man goeth to a tavern, he goeth uprightly, but when he cometh forth, he cannot go at all, and he hath lost his sight, his hearing, and his speech. The lectures that are read in the school of the devil, are gluttonies, perjuries, lyings and blasphemies, and divers other villainies; for in a tavern are quarrels, slanders, contentions and murder.—*History of the Waldenses, 1658.*

The odious and loathsome sin of drunkenness is of late grown into common use, being the root and foundation of many other enormous sins, . . . to the great dishonor of God and of our nation, the overthrow of many good arts and manual trades, the disabling of divers workmen and the general impoverishment of many good subjects, abusively wasting the good creatures of God.—*4th James I. (1605.)*

Our missions are reduced to such extremity that we can no longer maintain them against the infinity of disorder, brutality, violence, injustice, impiety, impurity, insolence, scorn and insult, which the deplorable and infamous traffic in brandy has spread universally among the Indians of these parts.—*Father Carheil writing from Michillimackinac, 1702.*

Just here the Grand Jury desires to emphasize the fact that nearly all the homicides considered by them during this season were committed in drinking saloons, and nearly all the crimes of violence originated in such places, or were committed when the actors were under the influence of strong drink. In asking for a more stringent enforcement of the excise laws, whose provisions are simple, reasonable and humane, the Grand Jury is only aiming to dam up and control the principal sources of the crimes it is periodically called to confront.—*Grand Jury of New York City, 1884.*

Of all habits, that of continued tipping is about the last that should be encouraged in such a climate as India; for the diseases which it is observed to cause in England are diseases from which the soldier suffers severely in India. All the officers with one voice, who gave evidence to the commissioners, condemned the use of spirits by the troops; and their estimate of malt liquors in such a climate was scarcely more favorable.—*Royal Commission, appointed to enquire into the sanitary condition of British and native troops in India.*

In the performance of our duty, we have been deeply impressed with the fact that four-fifths if not nine-tenths, of the six thousand paupers and criminals which fill our public institutions are in their present sad and deplorable condition through the influence of intoxicating liquors. If we look beyond these institutions to determine the cost of the liquor traffic in this city; if we estimate the increase of the police force necessary to meet its requirements, the degradation emanating from the infamous pest-houses which it sustains, the idleness which it fosters, the wealth which it squanders and destroys, the poverty and disgrace which it entails, the burdens and expenses which it lays upon our courts of justice; and if we add to these the perpetual support of so large a number of paupers and criminals—the loss we suffer is incalculable.—*Grand Jury of Philadelphia.*

Alcohol is not shown to have a definite food value by any of the usual methods of chemical analysis or physiological investigation.

The purity of alcoholic liquors is in general not so well assured as that of articles used for medicine should be.—*International Medical Congress, 1876.*

I should say from my experience that alcohol is the most destructive agent that we are aware of in this country. . . . A very large number of people in society are dying day by day, poisoned by alcohol, but not supposed to be poisoned by it.—*Sir William Gull, F. R. S. and Physician in Her Majesty, 1878.*

It is unsafe for dipsomaniacs, and those who are the subjects of the inherited alcoholic taint, to take even a sip of even a weak intoxicant in any circumstances. If the church of Christ is to be a church for all sinners, it is incumbent on the ministers and officers to provide a communion element safe for all. There are God-fearing men and women, who can not safely communicate in intoxicating drinks. For such I appeal with confidence to the Christian church. They may be weak and poor creatures in the eyes of us who are physically stronger, but the minister of Christ can never forget that our blessed Lord died in order that the very weakest and poorest of our fellow-men might have "happiness unspeakable and full of glory."—*Dr. Norman Kerr.*

Altogether there are about a hundred and thirty warnings and admonitions in scripture against intoxicating drinks, while there are not over twenty instances of distinct approval of wine, under all its names, in the whole Bible. And these passages, as far as the evidence is explicit, show the wine commended to be of an unintoxicating quality. All the other cases in which the word wine occur, are doubtful or neutral in this question, since they contain no proof either on the one side or on the other.—*Rev. Wm. Reid, Edinburgh.*

The *Folkstrend* for August, 1854, states that out of nine hundred persons who died in Rotterdam the preceding year from cholera, only three were abstainers.—*Judge Pitman.*

I have found the use of alcoholic drinks to be the most powerful predisposing cause of malignant cholera with which I am acquainted. Were I one of the authorities, I would placard every spirit-shop in town with large bills, containing the words—CHOLERA SOLD HERE.—*Dr. A. M. Adams, Professor of the Institute of Medicine in the Andersonian University of Glasgow, 1848.*

Being satisfied from observation and experience, as well as from medical testimony, that ardent spirits as a drink is not only needless, but hurtful, and that the entire disuse of it would tend to promote the health, the virtue, and the happiness of the community, we hereby express our conviction, that should the citizens of the United States, and especially the young men, discontinue entirely the use of it, they would not only promote their own personal benefit but the good of our country and the world.

James Madison,	John Tyler,
Andrew Jackson,	Z. Taylor,
John Quincy Adams,	Millard Fillmore,
M. VanBuren,	James K. Polk,
Franklin Pierce,	James Buchanan,
Abraham Lincoln,	Andrew Johnson.

Collected by *Edw. C. Delavan.*

Many there be, who oft have recourse to wine, when, I think, they had more need to run to the water—namely, when overheated with the sun, or frozen and frigid with the cold, or when overstrained with speaking, or exhausted with study and reading of books and generally when weary with violent exercise and long travel. Then, indeed, they fancy that they ought to drink wine, as if nature herself called for such treating—but in truth she desires no good to be done to her in this wise. Such persons should be totally debarred of wine, or else enjoined to drink it well allayed with water.—*Plutarch.*

It is well known to the physicians of Mobile and New Orleans that the victims of yellow fever are chiefly those who drink freely.—*Dr. Drake of Cincinnati.*

Out of a caravan of eighty-two persons who crossed the great desert from Algiers to Timbuctoo, the present summer, all but fifteen used wine and other liquors, as a preventive against African diseases. Soon after reaching Timbuctoo, these all died save one; while of the fifteen who abstained, all survived.—*Quoted by Edw. C. Delavan in 1860.*

For one really converted Christian as the fruit of missionary labor, the drinking practices of the English have made one thousand drunkards. This is a sad thought, but it is the solemn truth. If the English were driven out of India to-morrow, the chief trace of their having been there would be the number of drunkards left behind.—*Archdeacon Jeffries, after 31 years spent in India.*

In hospitals where the largest amount of alcohol is used, there is the greatest percentage of deaths.—*Dr. King, President of the Philosophical Society of Hull, England.*

I have amply tried both ways. I gave alcohol in my practice for twenty years, and have now practiced without it the last thirty years or more. My experience is that acute disease is more readily cured without it, and chronic disease much more manageable.—*John Higginbottom, F. R. S.*

As to the general use of alcohol in disease, every form of disease would be better treated without alcohol than with it.—*Dr. Benj. W. Richardson, F. R. S.*

Alcohol may be wholly dispensed with without injury to the sick, every intelligent physician being able to supply its place with other remedies of equal, if not of greater value.—*Dr. N. S. Davis, Chicago; Dr. Stephen Smith, New York; Dr. James Edmunds, London, and many others eminent in the profession.*

We have for some time charged extra rates for brewers and persons engaged in the manufacture or sale of beer and spirits, even when the applicants themselves were abstemious men, for we fear that persons so engaged cannot keep so near the fire without getting burned.—*Equitable Life Ins. Co.*

If there is anything proved by our mortuary experience, it is that those who abstain from the habitual or excessive use of alcoholics have a far greater chance of long life than those who indulge in these beverages. This rule applies to the use of malt liquors as well as spirituous liquors. The fact is that drinkers of malt liquors take more spirits than the ordinary drinkers of alcoholics, to get the equivalent in effect.—*Walter R. Gillette, Medical Director of the Mutual Life Ins. Co., N. Y.*

The facts and considerations just named make clear the sad truth that the children of parents whose systems were tainted by alcoholic poison do start in life under great disadvantages. While they inherit strong animal propensities, and morbid appetites and tendencies constantly craving indulgence, they have weak restraining faculties. Their temptation is greater and their power of resistance is less than in children of purer stock. They are therefore more likely to fall into the pauper or criminal class.—*Second Report Board of State Charities, Mass.*

All spirit-drinkers will be the first victims of the cholera.—*Notice displayed by the authorities in London in 1832.*

Cholera has stood up here [Montreal], as it has everywhere, the advocate of temperance. It has pleaded most eloquently and with tremendous effect. The disease has searched the haunts of the drunkard, and has seldom left them without bearing away its victims. Even moderate drinkers have been but a little better off. Ardent spirits in any shape and in any quantity have been highly detrimental. There seems to be a natural affinity between the cholera and ardent spirits.—*Dr. Bronson writing from Montreal in 1832.*

Some by violent stroke shall die,
By fire, flood, famine: by intemperance more.
—*John Milton.*

It is remarkable that all the diseases arising from drinking spirituous or fermented liquors are liable to become hereditary, even to the third generation, increasing, if the cause be continued, till the family becomes extinct.—*Darwin in "Botanic Garden."*

Many years ago, when I asked a noted drunkard to sign the pledge, she replied bitterly that I was the last man who ought to give her such advice; for it was my own father who had taught her to love the drink. He had prescribed whisky for her in an illness, and she had learned to love it. I succeeded with her for fifteen months, but after that she fell into the old miserable habit.—*Dr. Harrison Branthwaite.*

The tavern bell, I fear, does more harm than the church bell does good.—*Watson, 1662.*

A Parliamentary return shows that, for the year ending Sept. 29, 1884, there were 15,942 convictions of persons arrested for drunkenness on Sunday in England and Wales.—*The Voice.*

Eighty per cent of the crime of our country is the result of intemperance, and ninety-five per cent. of the depraved youth are the children of drunken and depraved households.—*Gen. Eaton, United States Commissioner of Education.*

It is in short, intoxication that fills our gaols. It is intoxication that fills our lunatic asylums. It is intoxication that fills our work-houses with poor. Where it not for this cause, pauperism would be nearly extinguished in England.—*Charles Buxton.*

If exercise throws off all superfluities, temperance prevents them; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise raises proper ferments in the humors and promotes the circulation of the blood, temperance gives nature her full play, and enables her to exert herself in all her force and vigor; if exercise dissipates a growing distemper, temperance starves it.—*Spectator.*

The yellow fever came down like a storm upon this devoted city of 1127 dram-shops in one of the four parts into which it has been divided. It is not the citizen proper, but the foreigner, with mistaken notions about the climate and the country, who is the chief supporter of these haunts of intemperance. About five thousand of them died before the epidemic touched a single citizen or sober man.—*Dr. Cartwright of New Orleans.*

Who can contemplate the wonder, the beauty, the vast utility, the benevolence, the indescribable fitness of this organization, and not feel that this vice of intemperance, which aims directly to destroy it, is an arch-abomination of our natures; tending not merely to create a conflict between the nicely adjusted principles, but to assure the triumph of that which is low, base, sensual and earthly, over the heavenly and pure; to convert this so curiously organized frame into a disordered, crazy machine, and to drag down the soul to the slavery of groveling lusts.—*Edward Everett.*

If you love the missions, work, help to dethrone the demon of intemperance, our reproach before heathens, the blight of our infant churches.—*Rev. E. R. W. Krause from Borabora, South Sea Islands.*

Rev. Howard Malcolm said of the people of Siam, as he found them in 1838, "The Siamese are Buddhists and are amiable, temperate and inquisitive." A disastrous change has come over the moral condition of the Burmese and Siamese since, caused by the floods of intoxicating poison poured upon them from Christian lands, and the present King of Burmah is notorious for intemperance. Who is responsible for this?—*G. T. Stewart.*

We should not at this moment have been put to the necessity of erecting a new gaol, if it were not for the existence of the licensed public houses and beer houses. I believe they are at the source of all the mischief.—*Robertson Gladstone, Magistrate, Liverpool.*

There are few people who see the practical evil as we see it in the criminal courts of this city. There we can trace four-fifths of the crimes that are committed to the influence of rum. There is not one case in twenty where a man is tried for his life in which rum is not the direct or indirect cause of the murder. Rum and blood—I mean the shedding of blood—go hand in hand.—*Judge Allison of Philadelphia.*

Three thousand cases of alcoholism are treated yearly in the hospitals.—*Dr. Guttstadt, Berlin, 1884.*

One-third of the students [in the universities of Berlin and Halle] are once a week what you would call drunk.—*Prof. W. F. Wessen, after seven years' residence in Germany, 1867.*

I have treated nearly seven thousand cases of inebriety, and eight-tenths of that number originated from wine and malt liquors.—*Albert Day, M. D., Sup't of Washingtonian Home at Boston.*

Wine-drinking is the mother of all mischief, the root of crimes, the spring of vices, the whirlwind of the brain, the overthrow of the sense, the tempest of the tongue, the ruin of the body, the shame of life, the stain of honesty, and the plague and corruption of the soul.—*St. Augustine.*

Wine is the source of the greatest evils among communities. It causes diseases, quarrels, seditions, idleness, aversion to labor, and family disorders. . . . It is a species of poison that causes madness. It does not make a man die, but it degrades him into a brute. Men may preserve their health and vigor without wine; with wine they run the risk of ruining their health and losing their morals.—*Fenelon.*

Every day's experience tends more and more to confirm me in the opinion that the temperance cause lies at the foundation of all social and political reform.—*Richard Cobden.*

Every benevolent institution utters the same complaint. A monster obstacle is in our way. Strong drink—by whatever name the demon is styled, in whatever way it presents itself—this prevents our success. Remove this one obstacle, and our cause will be onward, and our labors will be blessed.—*John Bright.*

We are of opinion 1. That a very large proportion of human misery, including poverty, disease and crime is induced by the use of alcoholic or fermented liquors as a beverage. 2. That the most perfect health is compatible with total abstinence from all such intoxicating beverages, whether in the form of ardent spirits, or as wine, beer, ale, porter, cider, etc. 3. That persons accustomed to such drinks may with perfect safety discontinue them entirely, either at once, or gradually after a short time. 4. That total and universal abstinence from alcoholic beverages of all sorts would greatly contribute to the health, the prosperity and happiness of the human race.—2000 physicians of Great Britain.

Men dread the cholera, the yellow fever, and the small pox, and take expensive precaution against it, while the ravages of all of them in a year do not produce the mischief that intemperance does in a month. It is worse than a plague, worse than fire or inundation, or war. Nothing but sickness, death, immorality, crime, pauperism, and a frightful waste of resources comes of it. Nothing noble is born of it. Meantime our public men are timid about it, our churches are half indifferent over it, our ministers talk about the scriptural use of wine, our scientific men dispute about the nutritive properties of alcohol, our politicians utter wise things about personal rights and sumptuary laws, and the people are going to the devil.—*J. G. Holland in 1872.*

Testimony of three District Attorneys of the county of Suffolk, including Boston:

While district attorney, I formed the opinion (confirmed by every hour of experience since) that ninety-nine one-hundredths of the crime in the commonwealth is produced by intoxicating liquors.—*Hon. John C. Park.*

There are very few cases into which the use of intoxicating liquor does not more or less enter.—*Hon. Geo. P. Sanger.*

According to my official observation, drinking in some form is directly responsible for about three-fourths of the crime that is brought to the cognizance of the county, and indirectly for about three-fourths of the other crimes.—*J. Wilder May.*

All the crimes on earth do not destroy so many of the human race, nor alienate so much property as intemperance.—*Lord Bacon.*

The consequences of the vice of intoxication are so many and so fearful that it is difficult to enumerate even the outlines of them; and to pursue them in all their melancholy details would require a volume. . . . The mere pecuniary loss to the nation may be fairly estimated at little short of fifty millions of pounds sterling per annum.—*Report of a select committee appointed by the House of Commons in 1834, and including Lord Althorp and Sir Robert Peel.*

Drinking baffles us, confounds us, shames us, and mocks us at every point. It outwits alike the teacher, the man of business, the patriot and the legislator. Every other institution flounders in hopeless difficulties, but the public house (grogshop) holds its triumphant course. The administrators of public and private charity are told that alms and oblations go with rates, dues and pensions, to the all-absorbing bar of the public house. Under the accumulating influence of alcohol, the honest man turns knave, the respectable man suddenly loses principle and self-respect, the wise man is utterly foolish, the rigidly moral man takes a plunge into libertinism. Let us do something toward staying the huge mischief which, one way or another, confounds us all, and may—for we cannot be sure—crush and ruin us all. —*London Times.*

There is one way of profaning the Lord's day which is so prolific of evil results that we consider it our duty to utter against it a special condemnation. This is the practice of selling beer or other liquor on Sunday, or of frequenting places where they are sold. . . . While we hope that Sunday laws on this point will not be relaxed, but even more rigidly enforced, we implore all Catholics, for the love of God and of country, never to take part in such Sunday traffic, nor to patronize nor countenance it. And we not only direct the attention of all pastors to the repression of this abuse, but we also call upon them to induce all of their flocks that may be engaged in the sale of liquors to abandon as soon as they can the dangerous traffic, and to embrace a more becoming way of making a living.—*Letter of the Roman Catholic Plenary Council, 1884.*

Judges are weary with calling attention to drink as the principal cause of crime, but I cannot refrain from saying that if they could make England sober, they would shut up nine-tenths of the prisons.—*Lord Chief Justice Coleridge of England.*

An experience of more than twenty years of judicial life has taught me that more than seven-eighths of the crimes committed in this country—which involve personal violence—were traceable to the use of intoxicating liquors. . . . that of all the causes of sin and misery, of pauperism and wretchedness, intoxicating liquor stands forth the unapproachable chief.—*Noah Davis, Chief Justice of the New York Supreme Court.*

Our people have been greatly disorganized, and lost their virtue, which can be traced to their indulgence in spirits.—*Imperial Edict, China about 1116 B. C.*

It has been said that greater calamities are inflicted on mankind by intemperance, than by the three great historical scourges, war, pestilence and famine. This is true for us, and it is the measure of our discredit and disgrace.—*W. E. Gladstone, Premier of England, 1880.*

All wine districts are poor, and the French peasantry were always more healthy where there was a scarcity of wine.—*Smollett.*

In those districts where most wine is made, there also is the greatest wretchedness, and the most frequent appeals to government for aid.—*Duke of Orleans in 1838.*

The first temperance sermon ever preached in America, was by Rev. Ebenezer Porter, pastor of the First Congregational Church of Washington, Conn., in 1805. His text was, "Woe unto them that rise up early in the morning that they may follow strong drink; that continue until night, till wine inflame them."—*Dr. Dorchester.*

All kinds of ardent spirits and other strong stimulants are not useful in preventing cholera, but dispose to its attack.—*Boston Board of Health, 1832.*

Resolved, That the vending of ardent spirits, in whatever quantity, be considered a nuisance—and, as such is hereby directed to be discontinued for the space of ninety days from this date.—By order of the Board of Health, James Larned, Sec. Passed in Washington, D. C., 1832, on account of the prevalence of the cholera.

It is no figure of speech, but the literal truth, that hundreds of neuralgic, hysteric, and epileptic patients have been driven into drunkenness or lunacy or both, by the endless folly of advisers, who had no better reason for the prescription of large doses of alcohol than the fact that these diseases are attended with nervous weakness.... It is a grave scandal and mischief, that medical men should endanger in this serious way the power of moral resistance of women and other weak persons.—*Dr. James G. Wakely in the London Lancet.*

Obey the law, and walk steadily in the path of purity, and drink not liquors that intoxicate and disturb the reason.—*Pentologue of Buddha.*

O, true believers, surely wine and lots are an abomination, a snare of Satan, therefore avoid them. Satan seeketh to sow dissention and hatred by means of wine and lots; will ye not, therefore, abstain from them?—*Khoran.*

O, thou invisible spirit of wine, if thou hast no name to be known by, let us call thee Devil.—*Shakspeare.*

I have just spent six months in a country place of Switzerland, where the people do nothing but work in the vineyards; where wine is cheap and pure, and far more the beverage of the laboring class than water. Here more intoxication was obvious than in any other place it was ever my lot to live in. On holidays and festal occasions you might suppose all the male population drunk, so great is the number in this degraded and beastly condition. Intelligent Germans inform me that this is the great social evil of their country, a place where wine if not very cheap is never adulterated, and where great quantities of it are drunk.—*Rev. E. S. Lacy of San Francisco.*

I have known many persons destroyed by ardent spirits, who were never completely intoxicated during the whole course of their lives.—*Dr. Benjamin Rush, about 1780.*

A man may be considered by his friends and neighbors, as well as by himself, to be a sober and a temperate man; he may say quite truthfully that he never was tipsy in the whole course of his life; and yet it is quite possible that such a man may die of disease caused by the alcohol he has taken, and by no other cause whatever. This is one of the most dreadful evils of alcohol, that it kills insidiously, as if it were doing no harm, or as if it were doing good, while it is destroying life.—*Dr. B. W. Richardson, F. R. S., about 1880.*

We should not admit the popular reasoning as applicable here, that the abuse of a thing is no argument against its use. All use of ardent spirits as a beverage is an abuse. They are mischievous under all circumstances.—*Dr. Samuel Emlin Secretary of the College of Physicians and Surgeons of Philadelphia.*

If what has been said of the nature and essential properties of alcoholic liquors be correct, there can be no such thing as a temperate or moderate use of them as beverages. No man in the enjoyment of health and vigor can need such beverages, nor innocently imbibe them, whether in large or small quantities.—*Horace Greeley.*

We are of the opinion that the use of alcoholic liquors as a beverage is productive of a large amount of physical and mental disease; that it entails diseased appetites and enfeebled constitutions upon offspring; and that it is the cause of a large percentage of the crime and pauperism in our large cities and country.—*Medical Association of the United States, Detroit, 1874.*

We are of the opinion, 1. That a large portion of human misery, poverty, disease and crime, is produced by the use of alcoholic drinks as a beverage. 2. That total abstinence from intoxicating liquors, whether fermented or distilled, is consistent with and conducive to the highest degree of physical and mental health and vigor, and would greatly promote the health, morality and happiness of the people.—*Ninety-six physicians of Montreal, 1873.*

The unanimous voice of the ablest members of the medical profession, both of this country and of England, is against alcoholic medication. Liebig says that alcohol retards the reaction of the blood, changing arterial into venous blood; Dr. Mussey, that the morbid symptoms are aggravated, and new centers of irritation are established by its use; Dr. Carpenter, that it causes coagulation of the blood resulting in sudden death or destruction of important organs; Sir Astley Cooper, that it produces fatty degeneration of the heart, dropsy, Bright's disease, and many diseases of the digestive organs; Dr. Brown of England, that it produces paralysis, and acute and chronic mania, and many other derangements of the nervous system.—*J. T. Boyd, M. D., of St. Louis, Mo.*

Alongside of all the teetotalism that exists, there is an appalling amount of tipping that does not distinctly intoxicate, but saturates the principal organs, and destroys them more quickly than would an occasional debauch.—*Editor London Lancet, Dec. 1884.*

Don't take your daily wine under any pretext of its doing you good. Take it frankly as a luxury—one that must be paid for, by some persons very lightly, by some at a high price, but always to be paid for. And mostly some loss of health, or of mental power, or of calmness of temper, or of judgment is the price.—*Sir Henry Thomson, one of the most distinguished of living surgeons.*

What does drink cost the glory of England in the execration of her name over whole continents, and the ruin of her efforts among whole populations? If Mahomedans see one of their number drunk, they have been known to say, "He has left Mahomet and gone to Jesus." The Hindoos have said by the lips of their eloquent representative Keshub Chunder Sen, that all the benefits of our English rule in India have been nullified and counterbalanced by our teaching them the use of beer and brandy; that the wailing of widows rends the air of India with curses against the British government for having introduced this thing.—*Canon Farrar.*

The drunkenness of France is on wine.—*Louis Philippe of France, 1838.*

As to the temperance of wine-producing nations, and of this one in particular [France], a great deal has been boastingly said, which is not half consistent with the facts. That wine will intoxicate, does intoxicate, is notorious and undeniable; and I am assured that thousands of Frenchmen, no longer satisfied with the milder stimulants to which they have been accustomed from childhood, are here ripening into habits which their wine-drinking friends can not regard without alarm.—*Horace Greeley from Paris.*

The crisis has come. By the people of this generation, by ourselves probably, the amazing question is to be decided, whether the inheritance of our fathers is to be preserved or thrown away. Whether our Sabbath shall be a delight or a loathing. Whether the taverns, on that holy day, shall be crowded with drunkards, or the sanctuary of God with humble worshippers. Whether riot and profanity shall fill our streets, and poverty our dwellings, and convicts our jails, and violence our land; or whether industry and temperance and righteousness shall be the stability of our times.—*Dr. Lyman Beecher, in 1813.*

My experience and observation would lead me to say that seventy-five per cent. of the cases of insanity is not too large a number to ascribe to alcohol.—*Superintendent of the Ohio Insane Asylum, 1854.*

From my long observation, extending over a quarter of a century, in the care and treatment of the insane, the impression has become very firmly fixed in my mind that more than one-half of the idiocy, imbecility and insanity of our day is due, either directly or indirectly to the use of alcoholic liquors.—*Superintendent of the Alabama Insane Asylum, 1854.*

It is in vain that every engine is set to work that philanthropy can devise, when those whom we seek to benefit are habitually tampering with their faculties of reason and will,—soaking their brains with beer, or inflaming them with ardent spirits. The struggle of the school, the library, and the church all united against the beer-house and gin-palace, is but one development of the war between heaven and hell.—*Charles Buxton, M. P., at one time England's greatest brewer.*

The number of insane persons in Prussia is in almost exact proportion to the number of public houses and retail drink-shops.—*Dr. Baer, of Berlin, 1880.*

Those who have the care of the insane bear witness to the daily increase of mental disease; tribunals and assize courts re-echo with the history of crimes committed under the influence of alcoholic madness; poor houses are crowded with persons, many of whom are educated, and once even had fortunes, but whom drunkenness has reduced to idleness, to brutishness, to a vagabond life, to the lowest degradation. The tide rises incessantly.—*Mr. Barella, of Belgium, before the International Temperance Conference at Brussels, 1880.*

Hold a mouthful of spirits—whiskey for instance—in your mouth for five minutes, and you will find it burns severely; inspect the mouth and you will find it inflamed. Hold it for ten or fifteen minutes, and you will find that various parts of the interior of the mouth have become blistered; then tie a handkerchief over the eyes, and taste, for instance, water, vinegar, milk, or senna, and you will find that you are incapable of distinguishing one from another. This experiment proves to a certainty that alcohol is not only a violent irritant, but also a narcotic. Can you believe that the still more tender and important internal organs of the body can be less injuriously effected than the mouth.—*Dr. McCulloch.*

In this office we keep the two classes of men—abstainers and moderate drinkers—entirely separate. During the last seventeen years, the expected deaths among the abstaining section of the insurers were 2644; but the actual deaths were 1861. Among the moderate drinkers—we take no immoderate drinkers—the expected deaths during the same period were 4408, while the actual deaths were 4339, scarcely any difference at all. These figures therefore show that among the temperate or total abstainers, the actual deaths were only seventy per cent. of the expected deaths; whereas in the moderate drinking section the actual deaths had come within the merest fraction of the expected deaths.—*Hon. B. Whitworth, Director of the Temperance Provident Institution of London, 1883.*

The places of judicature I have long held in this kingdom, have given me an opportunity to observe the original cause of most of the enormities that have been committed for the space of nearly twenty years; and by due observation I have found that if the murders and manslaughters, the burglaries and robberies, the riots and tumults and other enormities that have happened in that time were divided into five parts, four of them have been the issue and product of excessive drinking—of tavern and ale-house drinking.—*Sir Matthew Hale, C. J. England, about 1670.*

I don't know that any judge can better discharge his duty, than by again and again calling the attention of the gentry of the country as well as inhabitants generally to the fact that the great bulk, I might almost say the most of the offenses of violence which take place in the counties of this land, are directly ascribable to the habit of drinking to excess.—*Mr. Justice Denman at Surrey Assizes, England, August, 1852.*

Spirits, by their action on the nerves of the drinker, make up power at the expense of his body. He draws a bill on his health which must always be renewed. . . . The bankruptcy of the body is the inevitable result.—*Baron Liebig.*

I consider I shall do more in curing disease and preventing disease in one year by prescribing total abstinence, than I could do in the ordinary course of an extensive practice of one hundred years.—*Dr. Higginbottom, an eminent surgeon of Nottingham.*

Your memorialists have no doubt that the rumor of a plague, or any other pestilential disorder which might sweep away thousands of their fellow-citizens, would produce the most vigorous and effective measures in our government to prevent or subdue it.

Your memorialists can see no just cause why the more certain and extensive ravages of distilled spirits upon life should not be guarded against with corresponding vigilance and exertion by the present rulers of the United States.—*College of Physicians of Philadelphia to Congress, in 1790.*

A Catholic legend says that the devil gave a hermit the choice of three great vices, one of which was drunkenness. The hermit chose this as being the least sinful; he became drunk, and then he committed the other two.—*Rev. Wm. Reid, Edinburgh.*

Of all things known to mortals wine is the most powerful and effectual for exciting and inflaming the passions of mankind, being common fuel to them all.—*Lord Bacon.*

Light wines—nothing so treacherous! They inflame the brain like fire, while melting on the palate like ice. All inhabitants of light wine countries are quarrelsome.—*Sir Edward Bulwer Lytton.*

We unite in the declaration that we believe alcohol should be classed with other powerful drugs; that, when prescribed medicinally, it should be with conscientious caution, and a sense of grave responsibility. We are of the opinion that the use of alcoholic liquor as a beverage is productive of a large amount of physical disease; that it entails diseased appetites upon offspring; and that it is the cause of a large percentage of the crime of our cities and country. We would welcome any judicious and effective legislation—state and national—which should seek to confine the traffic in alcohol to the legitimate purposes of medical and other sciences, art and mechanism.—*200 Physicians of New York and Brooklyn.*

What makes these slums [of London] so horrible? I answer with certainty, and with the confidence of one who knows—drink! . . . I tell the nation with conviction founded on experience that there will be no remedy until you save these outcasts from the temptation of drink. Leave the drink and you might build them palaces in vain. Leave the drink, and before the year is over your palaces would be reeking with dirt and squalor, with infamy and crime.—*Canon Farrar.*

The beer experiment was initiated in England in 1830 by the British Parliament which passed "An act to permit the general sale of beer and cider by retail in England."

The results of their experiment did not confirm the expectations of its promoters. The sale of beer was increased, but the sale of spirituous liquors was not diminished.—*London Times.*

The new beer bill has begun its operations. Everybody is drunk. Those who are not singing are sprawling. The sovereign people are in a beastly state.—*Sydney Smith.*

In our world, death deputed
Intemperance to do the work of age,
And hanging up the quiver nature gave him,
As slow of execution, for dispatch,
Sends forth his licensed butchers, bids them
slay
Their sheep (the silly sheep they sheered be-
fore),
And toss him twice ten thousand at a meal.
Oh, what a heap of slain
Cry out for vengeance on us!

—*Young.*

It has been told me that thou hast forsaken books and devoted thyself to sensuality; that thou goest from tavern to tavern, smelling of beer at eventide. If beer gets into thee, it overcomes thy mind; thou art like an oar started from its place; like a house without food, with shaky walls. If thou wieldest the rod of office, men run away from thee. Thou knowest that wine is an abomination; thou hast taken an oath concerning strong drink, that thou wouldst not put such into thee. Hast thou forgotten thine oath?—*Egyptian priest and tutor to his young pupil nearly 4,000 years ago. Hieratic Papyri, Letter XI.*

Overseers of the poor variously estimate the proportion of crime and pauperism attributable to the vice of intemperance from one-third in some localities up to nine-tenths in others. This seems large, but is doubtless correct in regard to some localities, and particularly among the class of persons receiving temporary relief, the greater proportion of whom are of foreign birth or descent.—*Third annual report of Board of State Charities for Massachusetts, 1867.*

Ignorance and drunkenness are the real causes of nearly all the misery in the world. The last is immeasurably worse than all others combined; for such is the benumbing, stultifying, and crazing effect of inebriating drinks, that they change a man of reason and feeling into a brutalized monster.—*Wm. J. Mullen, Prison Agent, Philadelphia, 1870.*

When an anatomist wishes to preserve a human brain for any length of time, he effects his object by keeping that organ in a vessel of alcohol. From the soft, pulpy substance, it becomes comparatively hard; but the inebriate, anticipating the anatomist, begins the indurating process before death; begins it while the brain remains the consecrated temple of the soul, while its delicate and gossamer tissues throb with the pulses of heaven-born life.—*Boston Medical Journal.*

have long had the conviction that there is no greater cause of evil, moral and physical, in this country than the use of alcoholic beverages. After more than twenty years of professional life, I have no hesitation in attributing a very large proportion of some of the most painful and dangerous maladies, which have come under my notice, to the ordinary and daily use of fermented drink, taken in the quantity which is constitutionally deemed moderate. . . . There is no single habit in this country which so much tends to deteriorate the qualities of the race, and so much disqualifies it for endurance.—*Dr. Thomson, F. R. S., and Surgeon Extraordinary to the King of the Belgians.*

Spirituous liquors beget drunkenness, neglect of duty, and they profane prayer.

Drunkenness is the worst of all vices, for it obscures reason, which is a divine ray from Brahma's self.

The divine precepts of the holy Scripture may not be uttered by a mouth poisoned by drunkenness.—*Veda.*

Strong drink is not only the devil's way into a man, but man's way to the devil.—*Dr. Adam Clark.*

About four-fifths of the number [of prisoners] committed the crimes for which they were sentenced, either directly or indirectly by the use of intoxicating drinks.—*Report of Inspectors of Massachusetts State Prison, 1868.*

As I looked at the hospital wards to-day and saw that seven out of ten owed their diseases to alcohol, I could but lament that the teaching about this question was not more direct, more decisive, more home thrusting than ever it had been. . . . It is when I think of all these, that I am disposed to give up my profession, to give up everything and go forth on a holy crusade, preaching to all men:—"Beware of this enemy of the race."—*Dr. Andrew Clark, one of the physicians to her majesty, the Queen, and to Gladstone.*

There is never the body of a man, how strong and stout soever, if it be troubled and inflamed, but will take more harm and offense by wine being poured into it.—*Plutarch.*

It is evident that, so far from being a conservator of health, alcohol is an active and powerful cause of disease, interfering as it does with the respiration, the circulation, and the nutrition; nor is any other result possible.—*Professor Youmans, New York.*

A COLD WATER STORY.

Somewhere lives a small farmer of such social habits that his coming home intoxicated was once no unusual thing. His wife, urged him, in vain to reform. "Why you see," he would say, "I don't like to break off at once; it ain't wholesome. The best way is always to get used to a thing by degrees, you know." "Very well, old man," his helpmeet would rejoin, "see now if you don't fall into a hole one of these days, while you can't take care yourself, and nobody near to take you out." Sure enough, as if to verify the prophecy, a couple of days after, returning from a glorious frolic, the old fellow reeled into his own well and after a deal of useless scrambling, shouted for the "light of his eyes" to come and help him out. "Didn't I tell you so," said the good soul, showing her cap-frill over the edge of the well and its only lucky I'm in hearing, or you might have drowned. "Well," she continued after a pause, letting down the bucket, "take hold." And up he came, higher at every turn of the wifflass, until, the old lady's grasp slipping from the handle, down he went to the bottom again. This occurring more than once made the temporary occupant of the well suspicious. "Look here," he screamed in fury, at the last splash, "you're doing that on purpose, I know you are."

"Well, now I am," responded his old woman, tranquilly, while winding him up once more; "didn't you tell me it's best to get used to a thing by degrees? I'm 'fraid if I was to bring you right up on a sudden, you wouldn't find it wholesome."

The old fellow could not help chuckling at her application of his principle, and protested that he would sign the pledge on the instant, if she would lift him fairly out. This she did, and packed him off to "swear in," wet as he was.—*Sol.*

HOW TO MAKE BREAD.

The novice is often sorely puzzled how to go about the work of making bread, and all the cookbooks in existence do not seem to be able to solve the mystery for her. The writer has experienced it all herself, and the day (some six years ago) that found her, a city girl, landed on a farm, with a little baby on her hands, the "greenest" of hired help, and the awful problem before her of providing bread for the household, and not knowing how to go about it, will never be forgotten. Cook books were read backwards and forwards, every article in the agricultural papers that touched on this all absorbing theme was devoured, and at last the day came when she felt she had mastered the difficulty, and could do the hardest part of it all, namely—teach Bridget how to do it.

Perhaps a few hints may help those who are struggling as I was then. They may be nothing new to many of our readers, some may have serious fault to find with them, but to a few they may not come amiss.

The three essentials for good bread are good yeast, good flour and a good oven. The safest yeast is, I suppose, the home made yeast. We know whether it is fresh and what it contains. Where they can be had, fresh, Fleischmann's compressed yeast cakes are absolutely pure and reliable, and I would advise the novice to use them instead of experimenting with any home made yeast. They are very effective and seem to require less warmth and less time, which is a point that must not be overlooked. One yeast cake is sufficient for five or six quarts of flour.

There are many good brands of flour and the writer's preference are decidedly those made of spring wheat, as they have proved the most satisfactory and economical with her. Pillsbury's Arnold's, Jones' and others are excellent.

The good oven is not always as easy to find as good yeast and good flour. Our new cook stoves are all that we could desire, as far as looks and convenience are concerned, but some of them hardly do the work of our old, reliable, homely stoves.

But to return to the bread making.—At night pare about six good sized potatoes for a baking of about four or five loaves. Put them on to boil, and when

they are done pour off the water into some clean vessel, and save it for mixing the dough. Mash the potatoes very carefully, add about two teaspoonfuls of lard and the same amount of sugar. Sift about one quart of flour into a bowl, and beat it up thoroughly to a thick, smooth batter with the water in which the potatoes were boiled. Then add the mashed potatoes, and finally the yeast, the cake having been dissolved in a little lukewarm water. Be sure that the potatoes and the water are only lukewarm, or your batter may be too warm for the yeast. Beat all up thoroughly and patiently. Cover this sponge with a clean towel or napkin and a heavy woollen cloth in cold weather, and set in a warm place over night. It is well to sift the whole quantity of flour required for the baking at night, adding a teaspoonful of salt for each quart of flour, and setting it in a warm place, as it will then be all ready to mix with the sponge the first thing in the morning. If your sponge is light and nice when you get up, mix it with the flour, using as much lukewarm water as required. The dough must be neither too soft or too stiff, and it will not be too soft provided it retains its shape in rising. If it spreads and becomes flat the bread will not be nice. Knead it thoroughly; twenty minutes is none to long, and will repay you for your labor. Then set it away to raise again, and when it has risen to about three times its original size it will be ready to put into the tins. Use as little flour as possible in shaping your loaves. The smaller you make them the longer they must be left to raise, and rolls will be none the worse for a few hours raising, as the heat penetrates them so rapidly and they bake so quickly that they do not lighten as much in baking as a large loaf. The smaller the article to be baked the stronger the fire must be.

Remove the loaves from the tins as soon as they are baked, and set them so that the air can circulate on all sides while they cool off. Do not pack away until thoroughly cooled.

Follow these directions, and with a little practice, you will have good bread.

—*New Jersey Agriculturist.*

A Temperance Lesson From a Dog.

This is a short story to illustrate the superiority of dumb animals in some respects to that of man. Not very long ago I was staying in the house of some people I knew, who possessed a large, black dog, something of the mastiff breed, who was a great pet with every member of the family. At dinner-time he would be frequently given drink from a goblet of glass which was taken in for that purpose. It was generally water that was given, and sometimes a little beer, which he would drink, but on one occasion the family were away from home, and one of those who were left in charge of the house was giving some spirits from one of the goblets. In a bit of fun she placed the glass on the floor to the dog, who seemed to relish the gin, which was well sweetened, and drank it all up. She was so amused at the idea of the gin-drinking dog that she gave him a little more, which had the effect of making him intoxicated, and I shall never forget the ludicrous antics of the dog. He rolled about from side to side, and was quite unable to stand on his legs. He finally rolled down a steep bank at the side of the house, where he lay, an inert mass, until the fumes of the liquor had been slept off. As he walked into the house, blear-eyed and heavy looking, with just the appearance of a toper, it occurred to the mind of the one who gave him the drink, to try if he were like many human beings, who, with aching head and weary limbs, will still fly again to the cause of their pain. She, therefore, placed a glass on the floor before the dog, who showed his superior sense by running away, and on her pushing it under his nose, growled at her, and on her still persisting in offering him the obnoxious stuff, as he thought, although the glass was empty, he snapped at her and got under a large table, where he continued to eye her with distrust as the cause of his suffering, and never again, by any means, could he be persuaded to *drink anything out of a glass of any description.* What a lesson of wisdom this poor, dumb animal teaches to many of the superior creatures called men. Indeed, he sets a noble example to us all to avoid the things that do us harm, when we know the danger of meddling with them. Let us, like the dog, turn away our heads with a firm resolve not to touch them.

Applying the Rule the Other Way

A Chinaman, says the *Christian Advocate*, applied for the position of cook in a family in one of our Western cities. The lady of the house and most of the family were members of a fashionable church, and they were determined to look well after the character of the servants. So when John Chinaman appeared at the door, he was asked :

“Do you drink whisky?”

“No,” said he, “I Clistian man.”

“Do you play cards?”

“No, I Clistian man.”

He was employed and gave great satisfaction. He did his work well, was honest, upright, correct and respectful. After some weeks the lady gave a “progressive euchre” party, and had wines at the table. John Chinaman was called to serve the party, and did so with grace and acceptability. But the next morning he waited on the lady and said he wished to quit work.

“Why, what is the matter?” she inquired.

John answered: “Chistian man; I told you so before, no heathen. No workee for Melican heathen!”—*Sol.*