

ables them to resist cold. Captain Ross, Captain Parry, and Dr. Kane, the Arctic explorers, say that, no sailor who was addicted to the use of intoxicants ever came back alive from those expeditions in the frozen north. It was the same with the *Jeannette* expedition. Not one of those who had been in the habit of using liquors, though he had ceased it years before, but found a grave in the Polar snows. In Canada, the people dare not drink intoxicants if they would be protected from the cold of that region.

The drunken sot thinks he is warm, when he is freezing; but he is deceived. The blood falls from two to three degrees with a very light dram. The man who thinks it warms him is mistaken; the organs are deprived of heat.

Men sometimes claim that liquor makes them strong; but it has an opposite effect. In a certain eastern university there is a custom of testing, by a dynamometer, the strength of the students. Frequently boozy students will come in the flush of their supposed strength, but the tests show that the pressure of the hand is from four to five degrees less than when they are sober. It is even less than when the effects of the liquor are just going off.

Besides the effects of alcohol on the particular organs I have mentioned, it impairs the tissues generally, and makes every part more liable to disease. I once visited a large pork packing establishment in Chicago; they fatten their hogs on the refuse of distilleries. This food is forbidden for cows in New York, because it is unwholesome. But it is given to pigs in Chicago, where your fine lard comes from. The superintendent of the establishment that I visited informed me that when one of the pigs thus fed receives a scratch or a cut, it never recovers. They have to "kill it to save its life," as it were. Thus alcohol predisposes to diseases in all flesh.

Dr. Edwards says he trembles when a drinker comes to him to have an operation performed. He has performed some terrible operations, successfully, on temperate men, but others fall before comparatively light ones. Pneumonia is almost incurable in those addicted to strong drink.

Some will point out a robust man who drinks and refer to him as one not affected by the liquor. How much stronger would he have been if he had let it alone? Some people are naturally weak and others strong. It will not do to take isolated cases.

That is not logical. Consider men in the aggregate. For instance, life insurance statistics are carefully made, for on this depends much of the success of the companies as business ventures. The tables thus made will show that, outside of accidents and unusual circumstances, a temperate man of 20 has 44 years of life before him; one of 30 has 36 years; and one of 40 has 28 years. But intemperate men have no such prospects. Of his class the man of 20 has in prospective 15 years; the one of 30 has but 13; while he of 40 has only 11 years of life to look forward to.

When cholera raged in Russia, Mr. Huber saw 2100 people who died in 20 days. He cited it as a remarkable circumstance that "those given to drink were swept away like flies." In the city of Tiflis not one drunkard escaped.

This is a day of pestilence, and trouble, and desolation. The Saints are warned that these judgments will commence at the house of the Lord. How earnest we should be, then, to keep the destroyer from our doors. The voice of revelation has warned us of the dangers of certain things. Scientists also sound the note of alarm. At a meeting of the International Medical Congress, in 1876, at Philadelphia, where leading physicians from all the world assembled, the following were adopted as the result of their combined judgment:

"First. Alcohol has no definite value as food.

"Second. The use of alcohol as a medicine is mainly on account of its value as a stimulant, and it could be profitably substituted by something else.

"Third. The purity of alcoholic liquors is not sufficiently assured to warrant their use as medicines."

Alcoholic liquors are nearly all adulterated. It is rare that we find one that is not; and the adulterations are with injurious matter. Of 1518 samples examined in Paris, only 65 were free from adulterations, 95 per cent having had injurious matter added to them.

Tobacco, which is a narcotic, produces similar effects to alcohol. I have not time left to explain these in detail. But the weed is highly injurious to man. Especially is tobacco-heart developing among smokers and chewers. In France, the students of the Polytechnic Institute were divided into smokers and non-smokers, and in the struggle for the honors the smokers were always beaten. The teacher of drawing

said he could always tell the drawing of a smoker from that of a non-smoker. The steady hand of the latter presented a strong contrast to that of the former. At Harvard, the smokers have never yet stood at the head of the class.

Dr. Bigelow tells how English soldiers got themselves on the sick list in order to get out of some work. They would bind a piece of tobacco under the arm, and the nicotine poison, permeating the system, would make them sick and deceive the most experienced surgeon as to the cause.

Stimulants and narcotics are used more extensively than many people imagine. For instance, Paraguay tea is used by 10,000,000 people, coca leaves, by 10,000,000; chickory, by 40,000,000; cocoa, by 50,000,000; coffee, by 100,000,000; hashisch, by 300,000,000; opium, by 400,000,000; Chinese tea by 500,000,000, and tobacco by 800,000,000; and the whole population of the globe is probably not much above 1,000,000,000.

We have a peculiar phase of matters to consider here. The words of revelation and the words of science agree that the body should not become addicted to these stimulants and narcotics. I have said that the body needs stimulants. Nature has provided her own. These are hearty work and healthful recreation. The man whose heart is in these when properly engaged in, needs no other stimulants. If we let bad habits grow about us like iron bands, we will find ourselves unable to throw them off with giant strength. Sometimes we feed our children in a way to fasten on them this terrible habit of a craving for stimulants. Don't arouse such appetites in them. Let judicious alternation between work and play exert its effect. Remember that pestilence is abroad. The evil one is plotting our destruction. Do we think we can go before our Maker for His blessing and protection when we violate His simplest laws? The Holy Spirit wants a pure body in which to dwell. De Quincy said he shuddered, not at death, but at the thought of going into the presence of Omniscience before his time, as the result of following an evil habit. Let us avoid such a condition. We are missionaries here. Let us await His call and do the work of Him who sent us. Keep these bodies as near perfect and pure as possible.

Four-fifths of the world tolerate beastly habits and profess to be clean when they are unclean. We look upon woman as being more deli-