

# National Temperance Study Course For Sunday Schools

Study II, October 9, 1938  
 HOWARD E. HAMILTON  
 BY HOWARD E. HAMILTON

Youth, I am made from materials that are perfectly normal, harmless food to you. I am made directly from sugar, which contains the same chemical elements that I do, but in different proportions. I can also be made from other vegetable matter. If the latter is first converted into sugar, I am largely made from the starch of grain, for which reason I am often called "grain" alcohol.

I'm made from sugar as an interesting process known as fermentation. This process is due to the action of chemical substances produced by living yeast cells. These special substances are known as enzymes or ferments.

In some peculiar way these enzymes change the sugar into ethyl alcohol and carbon dioxide. The latter is called "gas" and bubbles through the fermenting liquid. The word "fermented" means to boil. This name was applied to the process because the bubbling up of this gas through the liquid resembles the boiling of water.

The digestion of the foods that you eat is also accomplished by similar enzymes and the resulting products are either used for energy or used for the growth, development and activity of your body without producing injurious effects such as I do. This would be called "digestive" fermentation, whereas I am made by what is known as "alcoholic" fermentation.

There are two main factors which regulate my concentration in sweet liquids undergoing alcoholic fermentation. In the first place I am limited by the amount of sugar contained in the liquid. If my concentration exceeds fifteen per cent, I paralyze the yeast plants that produce me.

But man discovered that I could be separated from the water which dilutes me by a process of distillation. Since I have a lower boiling point than water, I will evaporate earlier when a mixture of water and myself is boiled. This has enabled man to concentrate me into liquid that is almost 100 per cent pure alcohol. This means that the stronger whiskey, brandy, and whisky are produced by the act of man himself.

In such concentrated form I do you great injury. In mild form I do you equal damage if you take me in sufficient quantity to secure equal concentration in your blood. In addition, use of me in mild form may lead to use of me in more concentrated form.

have been distributed to all parts, I affect all parts of your body, but most seriously the brain, and nerve, and these organs like the liver, possess a rich blood supply. I numb or depress, not stimulate, as you may think, the living processes of all these parts.

Your tolerance or ability to withstand my effects is not a matter of how much of me you have in your blood, but a question of the speed at which you absorb me. You as I do anyone else who has an equivalent amount of me in his blood. The experienced drinker merely appears to have a great tolerance for me because he absorbs me more slowly. His tolerance is unnatural and dangerous. I do the same harm to the experienced drinker that I do to the novice. But because of his unnatural tolerance for me, I am especially dangerous to the experienced drinker in that I continue to injure him with less consciousness on his part that I am doing so.

### I AM SLOWLY BURNED UP IN YOUR CELLS

You may wonder what happens to me after I am taken from the blood into the cells of your body. There I meet and combine with some of the oxygen that entered your blood in the lungs from the air you breathe. By this chemical reaction known as oxidation, I am changed into carbon dioxide and water; the same products as would be formed if I burned in a lamp.

Your body cells burn me with great difficulty. The process is so slow that it would take a day to burn as much of me as is contained in an ordinary glass of whisky. So you see, I do not burn as readily in you as I do in air, outside.

If you have taken me in large quantity and in strong concentration, I just have to stay in your blood, except for a little that escapes in your breath and through your skin and kidneys, until you can completely oxidize me. All this time that I am in your blood I am numbing your brain and causing you to produce injury to your organs, like the liver, which is a rich blood supply. This slow rate of consumption explains why my effects are often of long duration.

It has recently been shown by experiment, that the rate at which I disappear from your blood is not altered by the performance of muscular work; therefore, you cannot claim to help, when you use your muscles to do things.

### QUESTIONS

1. (a) How is alcohol made? Value 5 marks.
1. (b) Which parts of the body does alcohol affect most seriously? Value 5 marks.
2. What happens when alcohol passes into the blood? Value 10 marks.

### Study II, October 9th THE WISE MAN'S WORDS (1 Kings 3: 1-15) BY CHRISTINE I. TINKLING

Once, long ago, a young man was told, not by his father but by God Himself, to ask for whatever he wanted. God, who made the world and who said, "The silver is mine and the gold is mine," said to him, "Ask what I shall give thee." This young man was King Solomon. He was the son of David and his name means Peace. David was a man of war, he had fought many years to fight and flee by turns because his enemy, Saul, constantly sought his life. Even after he became king, there was still more fighting to do, and David was often weary of war and bloodshed. He hoped that the son who was to succeed him would have a kinder kind of life and so he named him Solomon, or the man of peace.

Solomon grew to manhood under the care of the noble prophet Nathan, and he most likely received lessons also from some of the priests and Levites. When he was about eighteen his father died and he became king in his stead. We are told that the young king loved the Lord and walked in the statutes of David his father. Because he was full of gratitude to God for putting down his enemies and breathing life into his kingdom, he went up soon after his accession to a place called Gibeon to offer sacrifice. He intended to ask God to give him wisdom, the specially asking the captains, the judges, the governors and the chief of the old men. A great congregation gathered together for that sacred day and Solomon offered no fewer than thousand burnt offerings upon the altar. That night, when it was all over and the crowd had dispersed and gone to their homes, the king was asleep in his bed. God appeared to him in a dream and said, "Ask what I shall give thee."

What a wonderful chance this was! He had not to ask and God would give him the thing he wanted most. Many people would have asked for riches; others would have asked for fame; some would have prayed that they might be victorious over their enemies; and some, no doubt, would have wished to live to a very great age.

Solomon asked for none of these things. He said to God, "Give me now wisdom and knowledge, that I may go out and come in before this people, for who is able to judge this people that is so great?" He felt that this was a serious thing to be the ruler of a nation, and what he wanted most of all was wisdom to do his work well. God was very much pleased with this answer and promised that he should not only have the wisdom he had desired, but also the riches and honour that he had not asked for. Soon his fame spread among all the nations round about. People came from distant lands to hear his wisdom, and to see the greatness of his court. He knew all about beasts and birds and creeping things and fishes; he was familiar with all the plants and trees, great and small. In fact, he seems to have known about everything. Many of the wise things this wise man said you can read for yourself in the Book of Proverbs. Let us see what he had to say about that thing that has spoiled so many

**Travel The "ACADIAN" Way**  
 Effective August 1, 1938  
 Atlantic Standard Time  
 DAILY UNTIL FURTHER NOTICE

Bus leaves Detroit immediately on arrival of the S. S. Hochelaga, and returns to Detroit immediately on arrival of the S. S. Truro, Halifax, Moncton and the S. S. Acadia.

**Ticket Agent:**  
**I. M. T. OFFICE**  
 White's Restaurant  
 Queen St., Charlottetown  
 Phone 248 — P. E. I.

**ACADIAN COACH LINES**  
 Operating By United Service Corp., Limited  
 Union Terminal, Halifax  
 Lord Nelson Hotel, Tel. B-8114

lives, strong drink. The words of the wisest man will surely be worth remembering.

"Hear thou, my son, and be wise, And guide thine heart in the way. He is among winebibbers," says the wisest man. Among riotous eaters of flesh; For the drunkard and the glutton shall come to poverty, And drowsiness shall clothe a man with rags.

**ECONOMY SPECIALS**  
 DOLLARD SOAP, 10 bars — 25c  
 Peas, 3 tins — 25c  
 Rinso, 1 large and 1 small — 25c  
 pkgs. Robin Hood Oats 35c

**New Complete Supply of DR. HESS' STOCK TONICS, ETC. GUARANTEED QUALITY. H. L. WORTHY**  
 Queen Street, Phone 271

Now is the time to check your tires and have them put in shape for the Fall, before the weak spots get worse.

Call and have us give them a thorough examination for defects and injuries.

**WHITLOCK TIRE SERVICE**  
 Phone 909 Kent Street.

# The NEW "FOTO-BLOX CONTEST"

## An Interesting Profit-Sharing Pastime For A L Our Readers

### Read These Advertisements — Enter This Contest — Deal With These Firms

**\$180.00 — IN PRIZES — \$180.00**

1st Prize — \$3.00  
 2nd Prize — \$1.50  
 3rd Prize — \$1.00  
 4th Prize — .50

**ECONOMY SPECIALS**  
 DOLLARD SOAP, 10 bars — 25c  
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**WHITLOCK TIRE SERVICE**  
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**INVITATION**  
 We cordially invite our customers to consult with us at any time, on matters pertaining to the production and distribution of

**GARDEN CITY Health Products**  
 We want you to feel that this is YOUR DAIRY and that you have a right to know many facts regarding the various scientific processes, costs, etc.

We are always glad to have you call and inspect this your dairy, affording us an opportunity of discussing fairly and frankly any questions you may wish to be correctly informed on.

**THE PURE MILK CO., LTD.**  
 Safeguarding the Health of Our Citizens

**For all branches of first class REMODELLING AND REPAIRS CALL Borden T. Myers**  
 ST. AVARDS Contracting Carpenter Full estimates on all jobs large or small.

Through the co-operation of the sponsors, whose advertisements appear in connection with the contest, the Charlottetown Guardian is publishing the Foto-Blox Contest for thirty consecutive weeks. Prizes are being awarded each week as listed above, in the form of service or merchandise orders.

**CONTEST RULES**  
 Any readers of the Charlottetown Guardian may participate. (Excepting employees of the Guardian Publishing Co., and members of their families.)

It is important that each reply shall be accompanied by a recent photograph. When properly placed from one of the firms whose announcement appears in the contest.

It is also important that you state on your entry which of these firms you wish to draw your prize on.

**EXPLANATION OF CONTEST**  
 Scattered throughout this contest section you see several pieces of a photograph. When properly placed together these pieces form the picture of the business premises of one of the sponsors of this contest.

Contestants are simply required to state the name of the firm, the name of the manager, the kind of business, and the street on which is located the business premises shown in the picture.

**HOW TO ENTER**  
 Read the ads thoroughly — in one or more of them you may find a clue to the solution. Clip the sections of the picture and assemble them so as to recognize the business premises. YOU DO NOT HAVE TO SEND THE PICTURE WITH YOUR REPLY.

Write your entry ON ONE SIDE of sheet of paper, giving the particulars in this manner:

**SOLUTION to LAST WEEK'S CONTEST**  
 Sponsor—Rix's Grocery.  
 Manager—W. A. Rix.  
 Business—Groceries, Meat, Fruit, Feeds, Etc.  
 Location—38 Longworth Ave.

Then attach to your reply a recent photograph of yourself. This is the key to the solution of this contest. Showing that business has been transacted with at least one of them.

Also be sure to state the name of the firm from which you wish to receive your prize.

All correct replies have equal chances of winning. The winning entries are drawn for and the prizes will be awarded in the order in which they are drawn.

All prizes are awarded in the form of orders on the advertiser indicated in the replies and are NOT TRANSFERABLE.

All replies must reach this office not later than noon on Thursday. Send in as many replies as you wish but be sure to attach an entry slip to each reply.

Address all entries to the

**EDITOR "FOTO-BLOX" CONTEST**  
 The Charlottetown Guardian

**RIX'S SPECIALS**  
 4 bars Surprise Soap and 3 tins "Flake" Teaspoons all for — 39c  
 2 lbs. Rice for — 15c  
 Robin Hood Oats — 25c  
 2 large pkgs. — 25c  
 Pie Filling, Assorted — 27c  
 2 tins for — 27c  
 2 packages Shortening — 27c  
 Blue Ribbon Cocoa — 23c  
 1 lb. tin for — 23c  
 Refugee Green Beans — 25c  
 3 tins — 25c  
 Pickled Walnuts — 45c  
 10 oz. bottle — 45c

**RIX'S GROCERY**  
 BOTH STORES  
 Telephones  
 Queen St., Longworth Ave. 1601 and 1602 1021 and 1022.

**PLACE YOUR ORDERS NOW** for Bulbs and Shrubs for Fall Planting and avoid disappointment. James Tait, Florist at 37 Villa Avenue will deliver them when needed. A visit to Tait's Conservatory will be a pleasant one for you, and they are always glad to see you call. Mr. Tait is a bonded member of the Florist's Telegraph Delivery Association Inc. They Deliver Flowers by Wire to all Parts of the World. Phone 269.

**WATCHES CLEARING OUT** at Prices Below Actual Cost at W. N. TANTON'S, 180 Kent Street. These include "O" and "G" size gold filled and solid gold, also "18" size silver and nickel. 50% discount. Call in and look them over.

We are offering a good brand of Hard Whey Flour at a special low price this week \$2.50. Special fresh supply of Fowl and Chicken for the week-end. Eggs prices have gone up. Cracked Eggs will be higher next week. Get your now at the low prices.

**P.E. ISLAND CO-OPERATIVE EGG AND POULTRY ASSOCIATION**  
 Candler Station and Stores on Weymouth St. Phone 575

Ask for the new **Queen Sausages** Made fresh daily from Choice Young Pork. **QUEEN STREET MEAT MARKET** H. PETERS, Mgr. Phone 1301

**OPPORTUNITY is knocking at your door** **HUGE CLEARANCE OF Wrist Watches** at Big Discounts to make room for Christmas Stock. **CHESTER A. CAMPBELL Jeweler** Queen Street

Ever Ready Radio Batteries and Air Cells. Ever Ready Flash Lights, Flash Light Batteries and Bulbs. **Rogers Hardware Co., Ltd.**

**HAVE YOUR HAIR STYLED TO SUIT YOUR PERSONALITY** All our Permanents are **GUARANTEED** Most Modern Equipment. Thoroughly Experienced Operators. Contest Entry Slips with all transactions. **EMPRESS BEAUTY PARLOR** 29 King Square, Phone 1604.

A New Department has been added to the **CRASWELL STUDIO**, Great George Street. Now you can make appointments for all kinds of outdoor photography. This new service is available for taking family groups or photos of children in the home or at the summer cottage. Pictures may be taken anywhere at any time. Phone 127-L and an experienced photographer will be sent to any part of the province. Get in touch with **CRASWELL'S STUDIO** for full particulars.

**SWEATERS \$1.98 DRESSES \$5.95** Hats! Be sure to see our large showing of **NEW STYLES** **R. P. SIMPSON** 99 Queen St. Phone 236

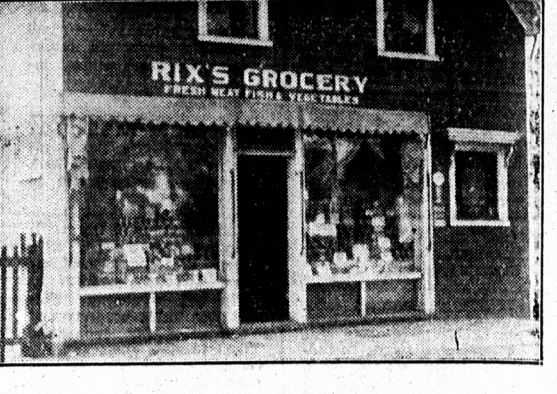
**TO BRIGHTEN UP THE DINING ROOM** During the summer months the family has become accustomed to the outdoor dining room—with its ceiling of blue sky, walls of shrubs and flowers, and its floor covering of grass. The sharp contrast between the colorful outdoor dining room and the drab, matter-of-factness of the indoor dining room will be noticeable if care is not taken in the selection of furnishings. Because mealtime is the time when the whole family gathers together, the dining room should be cheerful and bright. If the dimensions of the room are small there is not very much that can be done about the arrangement of furniture.

Leading ranchers everywhere insist on **Cod Liver Oil IMPERIAL BISCUITS** The high vitamin content of Imperial, ensure health-ier, fatter and richer furs. They're made from pure

### PRIZE WINNERS LAST WEEK

1. Mrs. Robert Shaw, Bloomfield.
2. Mrs. Jack MacPhail, Mt. Edward Road
3. Mrs. Hollis Jenkins, Mt. Herbert.
4. Mrs. Alex MacDonald, O'Leary Station.

### RIX'S GROCERY



One of the largest grocery stocks in this province is carried by Rix's Grocery. Mr. William Rix commenced business about eleven years ago and opened his first store at the intersection of Euston Street and Longworth Avenue. After six years in this store he moved to the large premises at 38 Longworth Avenue and again three years ago he opened a downtown branch at the corner of Queen and Kent Streets.

At the Longworth Avenue store shown in the picture above there is a complete line of all shelf groceries and ice cream, drinks, mill-feeds and fox feeds. Here also is a most up-to-date meat and fish department with all electric equipment including two electric refrigerators, bacon slicer, hamburger grinder, even the scales are electric. An electric coffee grinder is also used at this store.

The downtown branch carries everything you could expect to find in a modern grocery store and is also equipped with an electric bacon-slicer.

All purchases at Rix's Grocery entitle you to an entry in the Foto-Blox Contest and you are invited to draw your prize order on either stores.

The telephone numbers for the Longworth Avenue store are 1021 or 1022 and for the Queen Street store call 1601 or 1602. Orders are delivered to all parts of the city.

**JUST ARRIVED** A New Shipment of **Printed Smocks** in DIRMID, and other styles. Prices from \$1.00 to \$1.95 **THE GLORIA**

**R. D. GROOM** HIGH GRADE MEATS FRUIT, VEGETABLES AND GROCERIES **LOWER PRICES FREE DELIVERY** TELEPHONE 565 Corner of Hillsborough and Richmond Streets

Enjoy perfect reception this season with a new **General - Electric RADIO** Call in and have us demonstrate the fine tone, high power and beautiful cabinets. Try the G.E. tone control control. We have a model to suit you at a price to please you. **A. E. TOOMBS** MUSIC STORE Queen Street

**FLASH!** The Wild Cat No. 3 folio has arrived. For the balance of this month copies will be mailed postage paid on receipt of 50c for each book desired. This is the book many people have been waiting for and no doubt there will be a great demand for them. We would advise you to order early to make sure of getting your copy promptly. **Miller Bros., Ltd.**

**DR. HAMILTON'S PILLS ARE GOOD FOR BACK PAINS**

### Sudden Back Pains MEAN WEAK KIDNEYS



**After 40 Watch Your Kidneys**  
 Writing from his home in Augusta, N. E. Patterson states: "My back ached from morning till night. Even a little work made me weak. I couldn't stoop or lift without getting dizzy. My tongue was furred, my appetite was poor. My head ached continually, and I had urinary disorders. Dr. Hamilton's Pills proved just the medicine I needed. I felt better in a week, and after using these Pills for a month I was completely restored."

For kidney ailments, sore back, liver complaint, biliousness, test Dr. Hamilton's Pills. They give complete satisfaction.

**DR. HAMILTON'S PILLS ARE GOOD FOR BACK PAINS**

1. Quote what a very wise man said about strong drink. (Value 10 marks.)  
 2. State three ways in which alcohol is like a serpent. (Value 10 marks.)