

National Temperance Study Course For Sunday Schools 1935

Study IV—October 27th, Senior ALCOHOL AND HEALTH

On June 19, 1893, the Norwegian explorer Fridtjof Nansen, set out on his famous polar expedition. Stored away in the ship's hold were all the supplies and equipment necessary for five long years of drifting across the Arctic wastes.

1. Alcohol Robs the Body of Heat and Increases the Danger of Freezing. The people who lived at that time firmly believed that an alcoholic beverage could make the body warm.

For these and other gibes, Nansen had a ready answer. "Do not imagine, he would say, that the man who feels warm really is warm. That is the case with the normal man, but with the man who has taken a little drink of liquor it is different. He merely imagines he is warm when all the time he is losing heat. You see, it is this way: Alcohol sends the blood to the surface of the body; here it is quickly cooled by the outside air, and in a short time the drinker not only begins to feel cold, but he really is cold, as the escaping heat has lowered his temperature. Alcohol has robbed the body of heat and increased the danger of freezing."

The reason for this is simple. Alcohol deadens the brain. As a result, certain tiny muscles, the walls of the capillaries or blood vessels are relaxed from their usual control. Imperfectly controlled, they become weak and flabby, and allow the heat of the body to become enlarged. Blood rushes in and a great number of these capillaries are to be found directly under the skin, it is not long before the whole surface of the body becomes warm. With much blood near the surface much heat escapes, and alcohol may be said to rob the body of heat.

2. Alcohol Produces Little Heat and is Not a Body Builder. For many years explorers of the far north believed that alcohol contained much heat-producing food. For this reason kegs of rum, cases of beer and bottles of whiskey were included among the supplies, and in the coldest weather that men died of cold, and many a polar expedition ended in failure.

It is true that in alcoholic beverages there is some heat-producing food. It is very slight, however, and comes mainly from the sugar which is used to feed the yeast. Compared with the heat-producing food in bread, oatmeal, potatoes and milk, the amount in alcohol is insignificant.

Moreover, the amount of heat we get from alcohol in this way is much less than the amount of heat we lose through the action of alcohol on the capillaries of the skin. Alcohol cannot be regarded as a food in any true sense. Food can be stored in the body for future use; alcohol cannot. Therefore it is not a body builder, and should never be taken as a tonic to strengthen the muscles or to gain weight. Therefore, we may conclude that the value of any alcoholic drink as a heat-producing or body-building food is negligible, and Nansen rightly refused to throw away money on its purchase, or clutter up precious space in his ship with alcohol in any form.

3. Alcohol Weakens the Resistance of the Body to Disease. It does this in two ways: first, by injuring the organs of the body; and second, by poisoning the white corpuscles which destroy disease germs.

We have already learned that alcohol, even in small doses, numbs part of the brain which has charge of all the muscles. This means that the organs, such as the stomach, liver, lungs and heart, work irregularly, and indigestion, swollen liver, congestion of the lungs, and enlargement of the heart may result. The effect of alcohol may not appear in any one of these ways, but the consequent irregularity lessens the efficiency of the body organs, which damages the general health and makes the drinker less able to combat disease.

The human body fights disease germs by means of tiny white corpuscles which swim around in the blood-stream. These are called the body policemen. When disease germs enter the body there is a battle, and white corpuscles swallow and digest the germs, killing them. When alcohol is taken the white corpuscles are numbed or paralyzed, and for hours they are not able to move as quickly as usual. They are less quick to gather at the danger points, less quick to swallow the enemies and may become weak and die.

People used to believe that alcohol in whiskey and brandy was a protection against disease. We know to-day that alcohol, for the two reasons mentioned, makes it easier for us to get sick and harder for us to get well. For this reason "insurance companies on this continent have found that the use of alcohol tends to shorten life, and they do not care to insure those who drink. There is no reason to doubt that alcohol injures general health and lowers the resistance of the body to disease, and this is the third reason by Nansen took no beverage containing alcohol on his polar expedition.

Nansen was not the only explorer who refused to take beverage containing alcohol on his trip to the pole. In 1911 Captain Scott and Captain Amundsen headed expeditions in a race to the south pole by two different routes. "Alcohol was absolutely barred on the journey," said Captain Amundsen.

It is believed that alcohol is distinctly harmful to persons doing physical work," wrote Captain Scott. "Nansen, Amundsen and Scott had no faith in alcoholic drinks as a way to resist or to withstand the cold."

Questions 1. Give three reasons why Nansen did not take any intoxicating beverage to the pole. (Value 6.) 2. How does alcohol rob the body of heat and so increase the danger of freezing? (Value 10.)

Study IV—October 27th (Junior) KEEPING THE LINES CLEAR

By Edith Lang and Mary I. Ritchie "One — and — two — and — three — and four! One — and — two — and — three — and — Don't stand there, Shorty Graham, you make me nervous. I see you have both the tennis racquets, but I can't play till I have finished these exercises. One — and — two — and — three — and — four. Run off now and I'll be there in a few minutes. I'll be all the harder to beat after I get through, so you'd better watch your step," and Jean Graham turned her back on her brother and went on with her exercises, bending her knee and thrusting her foot out in front of her with a perking motion that seemed to fascinate Shorty.

"Aw, let me stay a minute. That's one I don't know. What's it for?" "The leg muscles," said Jean obligingly. "It's a new exercise we got in school yesterday, and it's a good one. We girls don't go racing all over the place like you boys do, and we don't climb trees and so these muscles don't get enough exercise sometimes. Swimming would help some, but what is one to do when the lake is five miles away and there's not enough water in the river at this time of the year even for wading?"

"You might get down on the grass and pretend to swim," suggested Shorty. "That's what I'd do if I couldn't find any other way." "Well, I'd rather this way, specially when I have on a clean middie. Come on, let's try it together. It's great for the muscles." "The leg muscles are, aren't they?" said Shorty, wren they paused for breath a little later. "I'd like to look under my skin and see mine work, wouldn't you?" "No, I'm not so curious. I'll take Miss Watson's word for it that they're there, and my own feelings for it that they're all right. But I know it in a minute when they're not right." "Did Miss Watson say what they look like?" asked Shorty. "Of course. You'll learn all about it when you get into the next room at school." "These leg muscles that we're exercising are like a bundle of elastic strings, Miss Watson says. They may not look like that exactly but they work like elastic anyway. They get longer or shorter as the leg is lifted up or down and the more elastic they are, why the more quickly we can walk or run or climb, of course. The more we exercise it the more elastic and active it gets and the more easily it moves. If it isn't used much, it isn't so elastic, but gets stiff and slow and it tires one to move it much. That's why we have to keep it supple. It's easier to keep it that way, than to get it that way once it has got stiff." "Anybody know that," sniffed Shorty. "You'd think so, but you're mis-

Don't Guess But Know

Whether the "Pain" Remedy You Use is SAFE

Don't Entrust Your Own or Your Family's Well-Being to Unknown Preparations.

THE person to ask whether the preparation you or your family are taking for the relief of headaches and pains of rheumatism, neuritis and neuralgia is SAFE to use regularly is your family doctor. Ask him particularly in regard to "ASPIRIN". He will tell you that before the discovery of "Aspirin" most "pain" remedies were advised against by physicians as upsetting to the stomach and, often, bad for the heart. Which is food for thought if you seek quick, safe relief.

Demand and Get "ASPIRIN"



IN MEMORIAM

MR. DAVID MUTCH

The death of Mr. David Mutch occurred at Mt. Herbert, P.E.I., on August 10th, 1935. The deceased, who was 82 years of age, had been in failing health for some months. More than a year before his death, he was taken ill and confined to his bed for a considerable time. He improved, however, and was able to go out and sometimes attend the church service. In the spring, he began once more to lose his strength and on the above mentioned date he passed to rest.

The funeral service which was held from his late residence on Aug. 13th was in the absence of his pastor, conducted by Rev. Henry Pierce, former pastor and friend of the deceased. The pall bearers were Messrs. Donald Stewart, Milton Stewart, Ralph Stewart, Wilson McDonald, Gordon McDonald and Allison Mutch. He leaves to mourn two daughters and one son, namely, Mrs. Frank Stewart of Charlottetown, Mrs. W. H. McDonald, Mermad, and Francis Leslie at home. He was predeceased by his wife, whose maiden name was Sarah Lois Mutch, in 1896 and by one daughter, Gertrude Jane in 1934. He also leaves to mourn, a sister, Mrs. Joe McMillan, of British Columbia, and a brother Ernest of Mt. Herbert.

A large concourse of people gathered to pay their last respects to the deceased and followed the casket to Mt. Herbert Cemetery where interment was made.

MISS JULIA HARSHMAN

SHEDIAC CAPE, Oct. 22—Shediac Cape's oldest resident, Miss Julia Harshman, aged 93 died yesterday. Miss Harshman was the last member of her immediate family, who were not for their longevity, and was the 1st member of the second generation of the early settlers on her father's side, John Harshman, her father, came to Shediac in '23 when engaged at Halifax by William Emington, the first English-speaking resident of the district, to aid in constructing St. Martin's-in-the-Wood Church. Miss Harshman's mother was Anne Welling, daughter of John Welling, Senior, and his wife who was a Derby from Prince Edward Island. On this side of her family Miss Harshman was one of the last of the third generation of early settlers now living.

During the greater part of her life Miss Harshman resided in Shediac Cape, where she was born in the old Harshman homestead now occupied by W. F. Hamilton. For some years Miss Harshman resided with her brothers, Benjamin and John, at Harshman's Brook, twelve miles below Shediac where the Harshman Brothers operated a mill and were interested in the fishing industry. She also spent some years in the United States before taking up residence here. Miss Harshman is survived by her niece, Mrs. Annie Bell, with whom she had resided during late years, and four nephews, Charles and Hubert Harshman of Toronto; Clarence Harshman, of Sydney, N. S., and Burton Harshman of the Canadian West.

SINGER'S CHOICE Grace Moore, the singer, chooses black for evening wear.

DROMORF SCHOOL Following is the standing of Dromorf School for the month of September: Grade X—1. Mary E. Callaghan. Grade IX—1. Patrick McGuirk; 2. Emmett Hughes. Grade VI—1. Bertha McGuirk; 2. Agnes Hughes; 3. Gertrude Callaghan. Grade V—1. Christina McGuirk; and Mary McGuirk (equal); 2. Augustine Callaghan. Grade III—1. John Hughes; 2. William Callaghan; 3. Clifford McGuirk. Grade I—1. Pearl McGuirk.

BLOOMFIELD STATION WOMEN'S INSTITUTE The Bloomfield Station Women's Institute met at the home of Mrs. Harry McLaughlin for their October meeting. The meeting opened by singing Institute Ode.

There were eight members present, roll call was answered by donating something for Grab Bag. School and sick Committees gave satisfactory reports, new Committee for next month were appointed as follows, Sick, Mrs. Wm. Smith, Mrs. Fraser McDougall, School, Miss Elizabeth McDougall Mrs. Ben Theriault. Program consisted of Grab bag and songs, music for the evening was played by Mrs. Russell Jenkins of Charlottetown. Lunch was then served by the ladies present. Meeting closed by singing "God Save The King."

EAT YOUR PLATE CHICAGO, Oct. 25—The housewife who hates to wash dishes has a way out at last—if her appetite is big enough. The answer to her worry was introduced today at the annual convention of the American Bakers' Association. Plates and cups made of bread dough were on exhibit. The meal is served with them, and then they can be eaten.

Mr. Tea Pott Recommends a refreshing drink BRAHMIN ORANGE PEKOE TEA



Wholesale 'BRACE'S' 'Retail' 1895 Dealers in Silver Fox Farming Supplies 1935 —Established 1889— 'BRAYCO' RED LABEL ENGLISH FOX NETTING Hardware for Fox Pens, Dens and Houses. Power and Hand Meat Choppers and Extra Parts. Gasoline Engines, Electric Motors. R. M. Standard Meat Fox Biscuit. R. M. Standard Fox Cubes. R. M. Standard Vita Crumbla Meal. R. M. Standard Kibblo Meat Meal. Dist.utors for P. E. Island. 'Brayco' Red Label Special Made-to-Order English Fox, Mink and Muskrat Netting ALL ROLLS 150 FEET IN LENGTH ROLLS GUARANTEED FULL WIDTH. SPECIAL COMBINATION POWER AND HAND MEAT GRINDER. 2 SPECIAL HAND MEAT GRINDERS. ROSS-MILLER Standard Fox Cubes. ROSS-MILLER Standard Cube Meal. ROSS-MILLER Standard Meat Fox Biscuit. ROSS-MILLER Standard Kibblo Meat Meal. ROSS-MILLER Standard Fine Puppy Meal. ROSS-MILLER New Vita Crumbla Meal. No. 1 Shredded Wheat, per 50-lb. bag \$2.13. Imperial Fox Biscuit, per 50-lb. bag 2.45. Broken Sodas, per 100 lbs. 3.06. Natural Whole Brown Rice, per 100 lbs. 3.50. Broken Rice, per 100 lbs. 3.25. Charcoal Meal, per 100 lbs. 3.75. Brace McKay & Co., LIMITED 'Wholesale' 'Retail' SUMMERSIDE P. E. I. 3 Phones: 161, 162 & 163 'BRACES' Brick Block and 10 Warehouses. Mr. Tea Pott Recommends a refreshing drink BRAHMIN ORANGE PEKOE TEA.