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Jewellers for Four Generations

**National Temperance Study Course-1948**

SUNDAY, OCTOBER 24th, 1948  
LESSON IV  
(Senior)  
**ALCOHOL: THE GREAT WASTER**

"Why is there a liquor problem?" The word "problem" often carries with it the idea that the situation is incapable of solution, or that it is very difficult to solve. To many people the word "problem" carries both of these ideas when used with respect to liquor. Certainly it is not a new problem. Paul warned the early Christians to forsake drunkenness. If you study early British history or American history you will find that alcohol has always been a scourge to human life and a problem in human society. Alcohol has always been a companion of vice, cruelty and poverty, yes, the partner of all that is evil. Is it not strange that the human mind has not conquered this plague which has blighted humanity for centuries? Our scientists have been amazingly clever in conquering problems related to distance, time, transportation, disease and production of goods. Why have they failed here? We are happy to be able to tell you they have not failed. Scientists have studied this problem carefully and their research is still going on. The big job now is to get access to the public what scientists already know. But to come back and answer our questions. "Why is there a liquor problem?" The answer is twofold: 1. Because liquor contains a narcotic drug which alcohol. 2. Because its manufacture makes such huge profits. Always remember that alcohol is a non-essential, habit-forming, drug which costs a lot of money.

**Loss Of Control**

We have discussed the waste connected with our liquor problem in terms of dollars and food. But the end is not yet. Scientists have shown a loss of 6 to 10% in efficiency following one pint of beer. This means less production and increase in accidents in the national factories. Alcohol has been called the "befuddling beverage" and the faculty of self-criticism is the first casualty. This effect of alcohol has caused men to act in public in a manner which has disgraced them. Opportunities for personal advancement in business and the professions have been closed to many because they have surrendered themselves to the drug.

**Loss Of Life**

Lives are being sacrificed to liquor. Prof. L. Jordan Rogers, toxicologist associated with the Ontario Attorney-General's Department, has stated publicly that 46 to 50% of all serious accidents on the highways are due to liquor. In 1946 there were 988 traffic fatalities in Ontario alone. That means, according to the Dr. Rogers' ration of 45% of accidents having alcohol as the main contributing cause, over 300 fatalities in Ontario alone caused by alcohol. The cost in lives and property damage traceable to alcohol is a sobering fact. Automobiles kill far more than do criminals. Not only do we sacrifice lives on highways, Dr. Grenfell, famous Labrador physician, said, "I have seen ships lost through collision because the captain had been taking a little alcohol." The loss of so many ships of the American Navy at Pearl Harbour was a shocking blow to the Allied Nations and a source of much anxiety to the Allied Nations and a source of much anxiety to the high command. The fact that a pagan nation knew when to attack a Christian country at its weakest hour, and that the attack came on a Sunday morning following Saturday night parties, is sufficient cause for all of us to look at this problem carefully. Let us all consider: 1. What will liquor cost me, if I drink? 2. What will I get for the price I pay?

**QUESTIONS**

1. Why is there a liquor problem? Value 10 marks.
2. What is the cost of beverage alcohol to Canada? (1) Direct? (2) Indirect? Value 10 marks.

**STUDY IV, OCTOBER 24th (Junior)**

**KEEPING FIT FOR SPORT**  
By Mary L. Ritchie

"Do you like driving—I mean going for a drive yourself, Sir Al?" asked Joyce politely, feeling rather nervous. "I've heard some things that didn't make me at all proud or happy. And I've watched results of my work—or my improper use, I might say—that made me hang my head in shame."

"If statesmen weren't the finest people you rode with, who were they?" asked Jerry. "Great scientists, maybe or inventors or something."

"No Great scientists and famous inventors seem to have little time for riding about the country in automobiles. I find, and I know a great deal about them and their ways for most of them have to beg me to give a hand in their experiments and their inventions and tests."

"Then whom do you like best to ride with?" insisted Joyce.

"Well, somehow I seem to like young people best. He smiled.

"Foung as us?" asked Jerry eagerly, if not grammatically.

"Well now, those I think of at the moment were a little older. There was Syl Apps of the Maple Leafs, the—"

"The hockey player," interrupted Jerry. "I have his picture hanging in my room. Do you really know him?"

"Sure! Sure!" said the little man, trying not to look too important at having such an important friend. "Last time he rode in one of my—of our—cars I could scarcely attend to my business of keeping things shiny and oiled and heated and cooled for watching and listening to him."

"Did he know you were there?" Joyce broke in.

"Can't say that he did. Of course he's a clever chap and knows, when he has time to think about it, that I am to be found in all these places but there's one place I've never been able to make my way, that is,

**Enjoy that real tomato flavor!**



**AYLMER CATSUP**

YOUR FAMILY DESERVES AYLMER QUALITY

Does the liquor business rob us of anything in addition to our money? Alcohol is made from such materials as barley, corn, potatoes and sugar, and such food-stuffs used by brewers and distillers is lost to the normal food channels. Sir John Boyd Orr, Director General of the United Nations Food and Agriculture Organization (FAO), stated (Nov. '47) that "world supplies of bread cereals are 10,000,000 tons short of the amount needed to maintain even the present bread rationing in many lands. There is no hope that the present shortage will end with the 1948 harvest. Stocks are so low that even with a bumper cereal crop in 1948 many countries will be forced to continue bread rationing through 1949." Orr cautioned that "long continued hunger in wide areas of Europe will result in increasing social and political unrest," and declared "further economic shocks of a steady dislocated and impoverished world may lead to a complete breakdown of the structure of human society." In the face of such conditions it is criminal that manufacturers of intoxicating liquors are permitted to consume millions of tons of food products in the production of alcoholic beverages. Not a kernel of wheat or grain of corn should be allotted to brewers and distillers when children are starving. Picture a train with enough freight cars to carry Molasses, 4,021,865 lbs. Sugar, 10,268,734 lbs. Wheat flour, 73,443,100 lbs. or 36,772 tons. Corn, 45,191,740 lbs. or 22,596 tons. Rye, 84,865,206 lbs. or 42,433 tons. Wheat, 380,000,000 lbs. or 380,000 tons. Canadian barley malt, 244,522,312 lbs. or 122,441 tons.

Imported barley malt, 12,117,596 lbs. or 6,059 tons.

These are the amounts for 1945. They have increased greatly since then, by at least 15%.

We have been sorry for the people of Britain who, since the war, have had to endure a rigid rationing of food and fuel. We are



**Can you spot this Waif**

**IN THE PICTURE BELOW?**

It is often hard to recognize, in the healthy, happy children you see in Salvation Army Homes, the unfortunate by-products of parental crime or neglect that The Army has taken under its wing.

Here the understanding heart and the human touch accomplish for the abused or unwanted child what The Army, in its manifold contacts, is doing every day for all victims of misfortune, weakness or vice. To The Army, *no one* looks in.

Such things need doing—every day. In this annual appeal, The Army confidently solicits YOUR dollars, which make possible the continuance of a necessary work.



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**THE SALVATION ARMY**

Approximately 1,537,462 Canadians were materially helped by the personal services of The Salvation Army in its:

- Maternity Homes
- General Hospitals
- Old Folks' Homes
- Prison and Police Court Work
- Children's Homes
- Children's Summer Camps
- Missing Friends' Service
- Free Labour Service
- Men's Hostels

Campaign Headquarters, 55 Villa Avenue  
City Chairman, T. D. DeBlois  
Campaign Opens On Nov. 2nd.

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**ARE YOU DISCOURAGED**  
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which makes you NERVOUS HIGH-STRUNG on such days?

Are you troubled by distress of female functional monthly disturbances which makes you suffer, feel so nervous, cranky, restless, weak—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms!

In a recent test it proved helpful to women troubled this way. Why don't you get smart and try it yourself?

Pinkham's Compound is what is known as a uterine sedative. It has a soothing effect on one of woman's most important organs.

**Lydia E. Pinkham's VEGETABLE COMPOUND**

For over 70 years thousands of girls and women have reported benefit. Just see if you, too don't report excellent results. Worth trying!

NOTE: Do you use powder? LYDIA E. PINKHAM'S TABLETS with added iron.

between his lips. Strange to say, I'm rather glad about that."

"So am I," declared Jerry. "You've ruined Tom Burns as a player—at least someone of your family did—and everybody would hate to see Syl Apps go the same way."

"He won't. He's too anxious to be one of the world's best athletes himself, and I find that the best way to keep him at the top is for me to stay as far away from him as possible. I help shine his shoes and keep the keys of his typewriter clean—for he does use a typewriter at times—and I even help rub the pain out of him when he gets hurt on the ice, for a good bit of me goes into the making of balm and arnica and the liniments that all athletes use. Oh, yes, I help him outwardly a good bit, but I'm glad to say I haven't harmed him inwardly yet."

"How did you harm Tom? What ever-his-name is?" asked Joyce.

"He harned himself, I tell you. The little man was indignant. "What good did it do him to be the strongest man in the line and the swiftest runner on the field if he wasn't strong enough to say 'no' when he was asked to drink and couldn't run away when friends— he thought they were friends— tried to coax him into places where beer and wine and whiskey were sold. Do you think I liked to hear everyone blaming me because the first few drinks that he took poisoned his nerves and slowed up his muscles so that the messages that his brain wanted to send through them to his hands and feet did not get there soon enough to be of much use in helping him to judge the right play to make and the proper distance to run?"

"And do you think it made me very happy?" he went on. "To know that I was being blamed because he lost his temper once too often and hurt one of the players badly I didn't want to confuse his brain so that he didn't know what he was saying or doing. And I did not want to weaken his heart muscles so that he will never be able to play again."

"Why, how could you hurt his heart when it's away inside his body?" Joyce was curious.

"Just because it is inside his body and the most important part of it. The heart which is hollow and divided into two halves, which in turn divide into upper and lower

rooms, as we might call them, is made of particularly strong muscle. This, like the other muscles, becomes poisoned and deadened by alcohol and is unable to do its duty as the pump for the body, pumping blood through the blood vessels. When this happens again and again, the heart is weakened for good and can't be depended on by the athlete to help him run long distances and do the things for which strength is needed. Do you think all this makes me happy?"

"I should think not," declared Jerry.

"I should think not, too," the little man went on. "And while we are speaking of such things—and I don't like to speak about my failures like this—I may tell you that it wasn't my fault entirely that Rannaldson, the famous yachtsman was drowned. I knew as well as anyone that he shouldn't have taken two drinks before he took his boat out that day. Racing boats are tricky things and one has to be sure not to put on too much sail or turn the rudder even a little too much. It takes a clear head to race a yacht. Even when he upset he might have saved himself, for he was a good swimmer, but he forgot when he took those drinks that muscles are like elastic, ready to stretch and come back quite easily when the brain orders them to do so. One of the things I do when I get into a chap's nerves and muscles, it seems, is to take the stretch out of them. They get to be like an old rubber band that just won't stretch and come back, so are no use in helping one to swim or to reach out and grasp something when in danger of drowning." And Joyce was sure that a year crept down Sir Alcohol's sad little face.

"I'm glad you were brave enough to tell us," she whispered, patting his hand. "It will help Jerry and me to remember that we are outside friends, not inside friends, of yours. And we'll try not to blame you too much when people who ought to know better can't be strong enough to say 'no' or swift enough to run away from you."

(To Be Continued)

**QUESTIONS**

1. How can alcohol be used as a help to athletes, particularly when they are injured or over-tired? Value 10 marks.
2. Why do athletes avoid drinking alcohol? Value 10 marks.

**FINNY CANNIBALS**

WINNIPEG — (CP) — Winnipeg city officials suspect there are cannibals among their gold fish. When the pool in front of the city hall was drained recently all that remained was 12 oldtimers. Normally there would have been many young fish in the pool.