

National Temperance Study Course—1950

LESSON TWO

(Intermediate Senior) DON'T FOOL YOURSELF OR THE CASE AGAINST "MODERATE" DRINKING

Have you ever known a student who began neglecting his work? He may say to himself, "What if the marks on the tests are down a little, I am having fun." He is rather pleased with himself. True, he would like to do as well as formerly, yet he feels that on the whole it is a good bargain. But as time goes on the marks become lower and lower. He is getting behind, but so gradually that he doesn't worry. Then one day there is the final examination and a downright failure. The foolish student did not realize that from the very first he was not getting away with anything.

to do as he likes. His conscience being lulled by the alcohol, he forgets that what one "likes" to do and what one "ought" to do can be two different things. The drinker objects perhaps to such words as "drug" or "stupor." He prefers to call it relaxation. He makes himself believe that in this way he can lay aside his worries and problems for a while, and have a good time. It is a matter of scientific knowledge that he is not really relaxed at all—he only thinks he is. The worries and problems gnaw away at the back of his mind just the same.

A Good Time Together

One of the chief arguments of the person who upholds moderate drinking is that it is an aid to sociability. Many a host or hostess will serve cocktails with this purpose in mind. They think that if these drinks are served their guests will have a feeling that all is well with the world, tongues will be loosed and everyone will have a good time. The truth is that people who thus drink together may not be having a good time—they only imagine they are. We might accuse such a host or hostess, who takes this short-cut in entertaining friends, of falling in true hospitality. They have not taken the pains to plan their party so that everyone will feel at home and have a pleasant time.

Excuses

Although a person who upholds moderate drinking would object, let it be said that in most cases those who take the view that there is no harm in taking a drink now and then, are simply making excuses for their actions. It is human nature to act first and then, afterwards, try to give reasons for those actions. This is what often happens in this matter of drinking. The person falls into the habit of taking a drink now and then, perhaps at parties, just because it is the thing to do. Then he must give reasons to himself for his conduct. An observer might point out that much of this talk about moderate drinking being all right, is just an excuse, a "camouflage" by which a person hides from the truth that he has not the courage to be different from the crowd.

What is Moderate Drinking?

Moderate drinking, from a medical point of view, is when alcohol is used to produce a "mild" drugged condition or stupor. The drinker, to be moderate, is supposed to refrain from indulging to the point where a "heavy" stupor or "obvious" state of drunkenness would result. True, these sensations do not appear to the drinker himself as a mild stupor. He may feel elated, because the drug has dulled the higher centres of the brain, which keep the mind and body in contact. The brakes being off, the drinker may feel that he is free

He is Not an Alcoholic—Yet

Moderate drinking usually leads to heavier indulgence. This fact is too painfully evident to need much proof. No one ever started out with the intention of becoming a heavy drinker or an alcoholic (we will take up alcoholism in another lesson), yet there are about 50,000 alcoholics in Canada today. Those who make excuses for "moderate" drinking, ignore the fact that everyone is different. A certain amount of alcohol will have more effect upon one person than another. Yet the rounds of drinks at the



Flung into the icy water of Lake Simcoe, Ont., when their plane made a forced landing, Dr. and Mrs. Eason Brown, Toronto, were

rescued by Mr. and Mrs. Joseph Smith, shown right, of Big Bay Point, who risked their lives in a very small boat. The keen vision of Mrs. Smith identified a speck

on the horizon as the frantic signal of waving arms. She and her husband launched their small outboard motorboat and headed for the rescue. For more than half an

hour they were tossed like matchwood before picking up the marooned fliers. One pontoon was all that was left of plane which Dr. Brown, left, piloted.

party are the same for everyone. It seems that anyone must do a great deal of experimenting with himself, in order to find out just what "moderation" is for him. In so doing he may very well have disgraced himself many times or even acquired the drink habit. The moderate drinker is supposed to know when to say "enough." How does he know he has had enough, when his judgment is being warped by the alcohol he is drinking?

I Didn't Know It Was Loaded

When a man shoots off a rifle by mistake and wounds himself, he might say, "I didn't know it was loaded." We usually take that to be a poor excuse. Alcohol is a weapon that is always loaded. Moreover, it is a rusty old gun which may "blow-up" when you pull the trigger. It is one of those old timers which is no longer safe to use at all. With the knowledge we have today of the danger in drinking alcohol, there is no excuse for a person who takes chances with this dangerous drug. Alcohol is listed in the medical dictionary as a narcotic drug, along with morphine, opium and heroin. As such, like all narcotics, it is habit-forming. It is the nature of a narcotic to create an appetite for itself. There are not many people who would play around with opium, but millions fool themselves into thinking that they can tamper with alcohol and get away with it.

The Broad Road of Destruction

No doubt the desire to be a "good fellow" is the reason why so many take the first drink. There is a real temptation to follow the crowd. But what of the Christian? Is it not for him to stand apart from the crowd, to make up his own mind according to the will of his Master? Does he not belong to another crowd, those of all the ages who have stood out from the world that they might serve the world? What did Jesus say about going with the crowd? Read Matt. 7: 13, 14.

For Discussion.

Why is it not safe to fall in line with the crowd? How does Jesus' warning (Matt. 7: 13, 14) apply to the drinking of alcoholic beverages?

QUESTIONS

1. Define "moderate" drinking and give one argument against it. 2. Discuss the subject suggested by the words, "He is not an Alcoholic—Yet."

LESSON TWO (Junior)

ELSIE AND JOHN MAKE NEW FRIENDS

Elsie and John and their family had a wonderful time at camp. They made new friends, and Elsie learned to swim and to make a number of things by braiding wild grasses and one of the older girls had a book about wild flowers. They tried to do all the things that boys and girls did at regular camp. One of the older boys, Bob Weston, was seventeen and he had his driver's license. He went into town every other day to bring out the mail and any supplies that were needed. He generally took all the boys and girls with him and they had fun on the rough roads. When camp was over they exchanged addresses with the other families so they could visit in town.

one evening about the end of September, Father was reading the paper. He said, "What was that Weston's boy's name, John?" "Bob," said John. "Why?" "There is a Bob Weston in a car accident written up in the paper," said Father.

"What does it say? Where is it? How did it happen?" said John, crowding around the paper. "Is he hurt badly?"

"He lives at 354 Kendal Avenue. He had some high school boys and girls with him. The driver of the other car had been drinking," remarked Father.

"What do they drink, Dad?" questioned Elsie. "Oh, wine, beer, whiskey; they all have alcohol in them," said Dad. "What does alcohol do to you?" asked John.

"Alcohol affects first the part of the brain that controls conduct." "But how can alcohol ever get to the brain?" asked John. "You have from three to five quarts of blood in your body. The heart pumps the blood through the body every 37 seconds, almost twice a minute. A large supply of blood goes to the brain. Alcohol, swallowed in a beverage, goes into the stomach and passes into the blood stream. About one-fourth passes directly into the blood stream. Within five minutes alcohol can be found in the blood, and in fifteen minutes or less it begins to affect the brain. The nerve centres become partly paralyzed, and the driver cannot work his feet quickly enough on the brakes when he is driving under the influence of alcohol," said Dad.

"I hope Bob isn't hurt very badly," said John. "I wonder if we could go over and see him. Mother, would you phone up Mrs. Weston and ask her?"

"Let's make a pan of fudge to take with us after school tomorrow," said Elsie. And she finished her homework and got out the sugar and chocolate. The fudge turned out just right and was packed in a box. John and Elsie could hardly wait for school to get over. After four they took the bus across town; it stopped at Kendal Avenue and they hurried the half block down the street. Mrs. Weston came to the door.

"You may go right upstairs," said Mrs. Weston. "It was so nice of your mother to telephone last night, and so good of you to come over."

"They went upstairs and into Bob's room. He was in bed, a few patches on his face, his arm in a sling. "Well, my two camp friends," said Bob; "it sure is nice of you to come over. Well, I got my name in the paper this time."

"Are you hurt very badly?" said Elsie. "Well, it will take a month or so for my arm to mend, I'm glad it is my left; but I won't be able to play basketball for a while. I'll miss the team. You know, the other fellow didn't get hurt. He didn't stop for the light. They said he had been drinking. I asked the doctor how drinking affected a driver and he said: 'When you drink alcoholic beverages you be-

come reckless. You think you are driving carefully and you are really careless. Also, the optic nerves are numbed and it is difficult to judge the distance of cars. Sometimes alcohol causes partial colour blindness; they may see a light but not be able to tell whether it is red, green or orange. So it is very dangerous, not only for the person who is driving after drinking but for everyone else."

"That is why the police department say — if you drink don't drive, if you drive don't drink."

"I'm glad I didn't lose my license over this accident. There was a policeman right on the spot who saw it all. I'm glad I've learned something about alcohol. So take my advice ladies and gentlemen, leave it alone."

It was quite an experience to have one of your friends in an accident and to have him talk to you like that. Bob was a fine lad and they liked him better than ever. They wished him good luck and left for home.

When they arrived home Mother and Dad were waiting supper. They were anxious to tell all they had learned and had seen that afternoon. As usual, after supper Mother got down the Bible; she read from the first chapter of the Book of Daniel. (Read Daniel 1: 1-18). It was about Daniel asking the chief

IN MEMORIAM

In memory of HELEN G. ROGERSON, R. N. who passed away October 22nd, 1937. Gone but not forgotten. Loving Mother.

IN MEMORIAM

In loving memory of our dear father John M. Kearney who passed away October 22nd, 1949. Still to us comes days of sadness, Tears in secret often flow, His cherished memory never leaves us. Tho he died one year ago. Some may think you are forgotten Though on earth you are no more, But in memory you are with us As you always were before. Always Remembered by the Family.

IN MEMORIAM

In loving memory of our dear daughter and sister, Stella M. Jay, R.N., who passed away October 21st, 1948. Brighter, fairer far than living, With no trace of we or pain, Robed in everlasting beauty, We shall see her once again. Lovingly Remembered by Mom, Sisters and Brother.

IN MEMORIAM

In Loving Memory of JAMES R. BROWN Died Oct. 21, 1946. Inserted by Family.

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friends tonight, especially Bob. Amen. QUESTIONS 1. Give two reasons why people who drive cars should not drink alcoholic beverages. 2. (a) In what way is Bob in this story like Daniel in the Bible story? (b) Why was the advice that Bob gave? Tell why you think it a good advice. BIG EXPORTS Britain Motor Industry exports four vehicles for every minute of the working day.

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