

National Temperance Study Course

General Directions

Where Study Course May Be Obtained

From your National Denominational Headquarters or from Miss N. Martin, National Women's Christian Temperance Union, 11 Prince Arthur Avenue, Toronto 5, Ontario; you may secure in pamphlet form: Junior Lessons 6 cents per copy, 55 cents per dozen, \$4.25 per hundred; Intermediate-Senior Lessons 7 cents per copy, 75 cents per dozen, \$6.25 per hundred.

How To Get the Greatest Good From These Lessons

Superintendents should provide for the presentation of each Lesson and appoint a Temperance Leader to look after this. Teachers should emphasize and review the main points in their classes and encourage the pupils to answer the questions weekly. They should also contact the parents, if possible.

Answers to the Weekly Questions

Intermediate - Senior Lessons have two questions at the end; those pupils thirteen, fourteen and fifteen years of age should answer No. 1; pupils sixteen to nineteen should answer both. Those eighteen years old or over may write an essay on the subject set, and if a certain standard is reached will obtain a Certificate for taking the Intermediate-Senior Course, but are not eligible for the W.C.T.U. prizes.

Junior Lessons have two questions at the end; all aged nine years and under should answer Question 1, those ten, eleven, and twelve years of age should answer both. Answers must be the pupil's own work and in his own words, written plainly on one side of the paper only, and not more than 150 words including both parts.

Each pupil must write an each paper his name, address and age at October 1st, and the name of the Denominational, Sunday School and Superintendent.

All answers should be given to the Superintendent, Teacher or Leader at the conclusion of the course, and forwarded immediately.

Reporting Results

At the end of the course, Superintendents, Teachers or Leaders should secure from their Denominational Boards of Christian Education or the W.C.T.U. a Report Form on which to report to Sunday School Headquarters or to the National W.C.T.U. Office, 11 Prince Arthur Avenue, Toronto 5, Ont.

If entering the W.C.T.U. contest see under heading Women's Christian Temperance Union Contest.

How to Mark Papers

Have a committee representing all Sunday Schools and other groups in your neighbourhood, whose pupils have written on the course, select one person to mark all the papers of one Department, or of the whole group.

All pupils who get from 50 to 84 marks out of a possible 100 are entitled to a Pass Certificate;

those obtaining 65 marks or over are entitled to an Honour Certificate when these marks are reported on forms supplied. For Certificates issued by your own denomination apply to your denominational secretary.

Women's Christian Temperance Union Contest

Pupils entering the W.C.T.U. contest—Please note:

Pupils 9 years and under—Answer the first Question of the Junior Lessons.

Pupils 10, 11, 12—Answer both Questions of the Junior Lessons.

Pupils 13, 14, 15—Answer first Question of Intermediate - Senior Lessons.

Pupils 16 to 19—Answer both Questions of Intermediate - Senior Lessons.

All work must be pupil's own hand and in own words.

Each page of answers must have name, age, address and school name on each page.

Leaders:—

(1) Have a committee of one or more, to receive and mark papers locally.

(2) The three best papers of each grade are to be sent to the County or District Superintendent not later than December 31, 1952.

(3) The four best papers of each grade will be sent by the County or District Superintendent to the Provincial Superintendent not later than January 28th, 1953.

(4) The Provincial Examining Committee will select the five best papers of each grade (in the case of Ontario, the six best) and the Provincial Superintendent will forward these to Miss N. Martin, 11 Prince Arthur Avenue, Toronto 5, Ont., before February 28th, 1953.

The above date is the dead line at 11 Prince Arthur Avenue, Toronto.

Awards—Report Forms will be supplied and the local marks of each pupil in each class (or school) must be supplied to Miss Martin for pupils obtaining 50 to 64 marks for pass, and 65 to 100 for honour certificates in order to obtain these certificates.

Please Remember—No report properly filled in, means no certificate. Pupils holding 5 certificates (or 10 certificates) obtained under the above regulations are entitled to special awards, when reported to Miss Martin, giving the name, address and school on the report form. These reports must be received before any award made.

Schools or groups postponing writing the course till a later date and so too late for the contest, yet may write and obtain certificate if the work merits the required marks, and it is reported.

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Junior Lesson

LESSON ONE—OCTOBER 12th.

JACK AND JANE AND THE MOVIE

By Ruth Lucas Smith

Jack and Jane were twins. They were ten years old now and such good pals. They had lots of friends, and often brought them to their home. They were feeling quite excited because they had been invited to a party over at Ted Johnson's house. Ted was having his

tenth birthday, and his mother said he could invite ten friends. They were all to go over to Ted's for supper, then Ted's dad would drive them to the picture theatre.

When it was time for the movie every one thanked Mrs. Johnson for the lovely supper, since it would be too late to come back after the show. Mr. Johnson drove them over to the picture theatre. He bought the tickets. "Your dad sure is a swell guy," said Jim, "to treat us all to the show."

The first picture was a Mickey Mouse cartoon in colour, and everybody enjoyed it. The feature picture was very different from the westerns that are shown for boys and girls on Saturday afternoon. Some of the boys didn't like it. The girls were interested in the beautiful clothes and the lovely furniture in the homes. They all had fun just being together. When it was over, Mr. Johnson took them all to their homes.

Jack and Jane were excited. They didn't very often stay out so late and they were eager to talk to their mother and dad about it.

"Oh it was wonderful, Mother!" said Jane. "You should have seen the pretty housecoat the daughter wore. And oh! her evening dress and all the lovely food. I had a big supper but it makes me hungry even to think about it."

"Too much kissing and being fancy for me," remarked Jack.

"How do you mean, fancy?" asked Mother.

"Well, if you want to be like the movie that Jane thinks is so wonderful you should rush out and bring ice, and Dad should mix us a drink of something. Every house they went to they had a drink. But the thing I can't understand is—why they didn't all get drunk?"

"You see Jack, it was a movie," said Dad. "Those scenes weren't all taken at once. And I'll wager they weren't as good company or as witty after they had a drink or two as they would have been without it."

"I think it was smart. It was so sociable and friendly," said Jane.

"Don't you think we're sociable and friendly when people drop in?" asked Mother.

"Well, yes," said Jane hesitatingly. "But what's wrong with cocktails any way?"

"Oh you're so dumb," said Jack.

"Now children," said Mother. "Jack, you explain what's wrong with cocktails."

"Well," said Jack, "they contain alcohol, and alcohol affects the brain. You don't think as well or see as well or act as quickly after drinking alcohol."

"Dad, is he right?" asked Jane.

"Yes, Jane dear, I am compelled to say that he is right."

"Sure I'm right, see! And the funny thing about it is that the person who has been drinking thinks he sees better and thinks he is smarter than he is," continued Jack.

"Would one glass of liquor matter, just one cocktail, Dad?" asked Jane.

"That's just it. People who have become drinkers started out asking that, too. If you never take your first one, you will never have to worry about your second one. Think about your heroine, the skater, who became world famous. She went to Hollywood and someone entertained for her with a cocktail party. And what did she do when they brought the tray to her? She smiled and said, 'Please bring me a glass of milk.'"

"Good for Barbara Ann," said Jack. "Let's all have a glass of milk and go to bed. I want to practice hockey in the morning."

"I'll serve," said Dad. "Just sit down, ladies and gentlemen. I'll be back in a moment." Dad disappeared to the kitchen, returning in a few minutes with a milk bottle wrapped in a tea towel and four glasses on the tray, a towel over his arm, and crackers on one of Mother's fancy plates.

He placed the tray on the coffee table and looked at Mother. "How do you like yours, dear?" he said. "Well mixed, James," she replied. After shaking the bottle he poured her the first glass of milk. Jack just hooted and Jane giggled.

"This is really more fun than the show," Jane said. Dad served everyone and then he said, "It is good to talk these things over together. Let us thank God that we can be honest and unafraid, and that we have the courage to say 'No thank you' when our turn comes."

Mother read a few verses from the Old Testament book of Joshua. "And it seem evil unto you to serve the Lord, choose you, this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell; but as for me and my house, we will serve the Lord."

"And the people answered and said, God forbid that we should forsake the Lord, to serve other gods: Joshua 24:15, 16.

"And Joshua said unto them, fear not, nor be dismayed, be strong and of good courage. Joshua 10:25."

Then they finished their milk, and went off to bed.

Questions

1. What did Jane like about the movie? Tell why she thought cocktails were all right and why Jack disagreed with her.

2. Why is it important to refuse the first cocktail?

Pupils aged 9 years and under answer question 1.

10, 11, 12 years answer both.

Senior - Intermediate Lesson

October 12th—Lesson One

IS ALCOHOL YOUR PROBLEM?

"Get on your mark!" shouted the starter, and a dozen young men went down on the starting line, with muscles tense, and ears and eyes alert. A hundred yards distant the judges tightened a tape across the tracks.

Then "Crack" went the starter's pistol, and in a fraction of a second the young men were away from the starting line. That is, all but one whom we'll call Joe. The others were two to three strides ahead before Joe got started. What happened to him?

To answer that question we need to know something about the human body, especially the nervous system, and what happens when we get a signal to start a race or to do anything else. The pistol shot, the red or green light, or the call to dinner, the psychologists call the stimulus; and the way in which we respond to it they call response. This stimulus-response combination explains much of our human behaviour.

Means "pick-up" the pistol shot by means of the mechanism of the ear. Then by means of the most marvellous mechanism known to science the stimulus is transmitted to the brain, or auditory part of the brain, and thence to the muscles of legs and other parts of the body. The human body is so wonderfully constructed that when it is in good working order all this can happen in a fraction of a second. In fact, a specially sensitive instrument is needed to measure reaction-time, that is, the interval which elapses between the time the stimulus is presented to us and the time that we react to it.

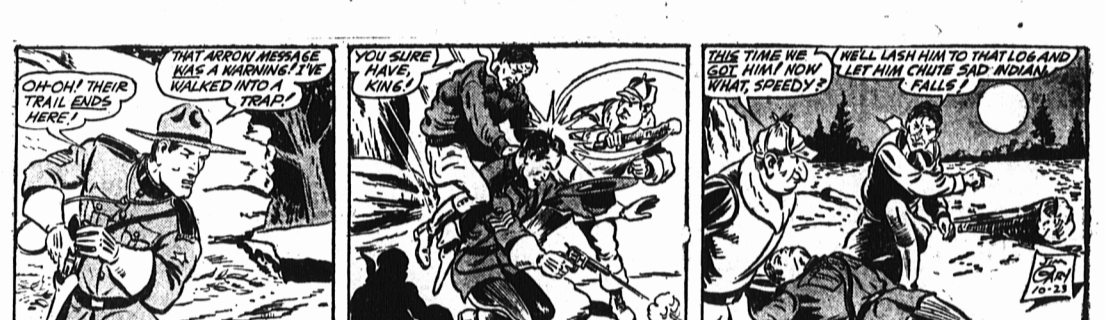
Now, reaction-time is something easily subject to experimentation in the laboratory, and a great deal of experimental work has been done on it under varying conditions. We have learned some of the conditions which slow up our reaction-time. Disease and injury may slow down the time it takes for an impulse to be transmitted along our nerve fibres to the brain and out again to some part of the body. The presence of alcohol in the body is another factor which slows the process. It has been found by laboratory tests that the presence in the blood of an amount of alcohol equal to that contained in one and one-half ounces of whiskey slows up one's reaction by six per cent; if the amount of alcohol is increased to that contained in two and one-half ounces the reaction is slowed by 12 per cent; and an increase of one more ounce slows reaction by 34 per cent. What happened to Joe was the result of taking a drink with alcohol in it before the race.

Here is the reason why athletic directors and managers and experienced athletes are so much opposed to the drinking of alcoholic beverages. Not only in starting a race does one need to be able to react quickly; the same thing is true of hockey, football, baseball, and other forms of athletics.

During 1950, sports writers across Canada voted on the outstanding Canadian athletes of the half-century (1900-1950). The highest vote for an all-round athlete went to Lionel Conacher, M.P. At the height of his sports career, Conacher was a professional in five different sports, and he was a star in several others. He established an athletic record probably unequalled by any other sportsman in any country at any time. At the time he was in his prime as an athlete, Conacher gave an interview to a writer in which he gave this message to youth who wanted to succeed in sports. "Tell them," he said, "that booze and brawn don't mix." Then he added, "I'd like to feel that what I've said would have some influence with the kids who want to excel in sports."

Two other athletes who have been stars in the great Canadian game of hockey have made similar statements. Syl Apps, captain of the Toronto Maple Leafs for five years, has stated that, "Drinking has no place in the life of an athlete, either physically or morally. A major league player will not last very long if he indulges in alcoholic beverages."

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LIL ABNER

By Al Capp

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