

# National Temperance Study Course

## General Directions

### Where Study Course May Be Obtained

From your National Denominational Headquarters or from Miss N. Martin, National Christian Temperance Union, 11 Prince Arthur Avenue, Toronto 5, Ontario, you may secure in pamphlet form: Junior Lessons 5 cents per copy, 50 cents per dozen, \$3.50 per hundred; Intermediate-Senior Lessons 7 cents per copy, 75 cents per dozen, \$8.00 per hundred.

These Temperance Lessons will be published in some of the Canadian Sunday School Papers for five weeks commencing, Sunday, October 14th, 1951.

### 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 No. 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 on each paper his name, address and age at October first, and the name of Denomination, Sunday School and Superintendent.

All answers should be given to the Superintendent, Teacher or Leader not later than December 7th.

### 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 sealed envelope containing: (1) Suggested answers to help in marking papers; (2) 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, Ontario.

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

Following the Course, an opportunity may be given to sign a pledge of total abstinence.

### 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 64 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.

### Women's Christian Temperance Union Awards:

If you wish to enter 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 the two questions of the Junior Lessons. Pupils 13, 14, 15 answer the first question of the Intermediate-Senior Course.

Pupils 16 to 19 inclusive answer both questions of Intermediate-Senior Course.

All work must be pupil's own and in own words. Appoint a committee representing all groups entering to receive papers. Choose one person to mark a grade or all grades if number of entries is small.

When marks are reported to the National Office, 11 Prince Arthur Avenue, Toronto 5, Ontario, pupils making 50 to 64 marks will be given a Pass Certificate, those obtaining 65 to 100 marks are entitled to an Honour Certificate. Please note—when reported.

At the close of the course, Suggested Answers will be supplied, on request to Miss N. Martin, 11 Prince Arthur Avenue, Toronto 5, Ontario.

The twelve best papers (3 of each grade) are sent to Mrs. Frank Deacon, Freetown, P.E.I., not later than December 31st, 1951.

Pupils holding 5 Certificates or 10 Certificates, obtained under the above regulations, are entitled to special awards, when reported to Miss Martin Campaign Secretary, giving the name, address and school of the pupils.

Please Note: Leaders. The report forms, giving pupils' standing are absolutely necessary to the Campaign Secretary, if certificates or other awards are to be sent.

Schools postponing the Course till too late for Prize Contest will be eligible for credits (certificates) if work merits them.

### Junior Lesson

Lesson One - October 14th

### SHIRLEY AND BRUCE HAVE A SWIMMING PARTY

By Ruth Lucas Smith

It was fun to have a birthday in August, thought Shirley. She would be eleven years old. Mother had said she could have a party

and invite eleven people. For weeks ahead she was making plans. Would she invite Bruce, her brother, who was nearly ten years old? Well, she would see. If she did, then she would have to have some other boys. Did she want boys? Jim Brown was rather nice, and he was Bruce's best friend, and he chummed with Rod Johnson the new boy at the end of the street, and she'd like to get to know him. Yes she would invite Bruce—they would give the party together.

Now she would make her list—Mary, Alice, Elsie, Jane and Ruth. And the boys would be Rod, Bill, Jim, Raymond John and Bruce. First they would plan to go swimming together. After swimming Mother would have "hot dogs" ready and there would be soft drinks, ice-cream and a birthday cake with prizes in it.

Mother and Dad had an early supper. They had scarcely finished when there was a great chatter, and the sound of scampering feet, and the coming around the side of the house. "Come on everybody," called Shirley as her dad carried out a big pot of wieners, and her mother followed with the buns and mustard. When everyone gathered around, Dad said, "Let's all sing grace like they do at camp."

So they joined together and sang: "Let us with a glad and merry mind Praise the Lord for He is kind, For His mercies awe endure, Ever faithful, ever sure."

After a bottle of pop and two or three hot dogs the boys and girls began to talk. There was Jim telling about his trip to the west coast, and how he went swimming in the hot sulphur pools at Banff, and also in the Pacific Ocean where the waves bowled him over.

"My brother will be sixteen on his birthday next month," said Elsie. "He thinks he's very smart; he is going to take his driver's test on the morning of his birthday and take his friends out for a drive in the afternoon."

"My brother Jack thinks he's smart, too," said Rod. "He says pop is all right for kids but that grown-up drink beer. Dad says the really smart people leave it alone."

"My sister says when she's eighteen she's going to have a cocktail party for her birthday," said Jane. "And I think I will, too."

"Oh! that will be a little while yet, won't it?" said Mrs. Richardson, a little surprised.

"Oh, yes, but I think it will be fun. My mother serves cocktails when she has her friends in."

"What are cocktails, Mother?" asked Shirley. "Will I have them too when I'm eighteen?"

"No, Shirley, we don't drink cocktails in our house. We have fruit cocktails at dinner sometimes, for fruit is good food. But the cocktails people drink are mixed with liquor, and liquor is something your father and I have agreed not to use. Cocktails are something people have to decide about as they grow up and come of age, and especially when they plan a home. There are things you decide to do, like going to church, reading your Bible, and paying your bills and so on. And there are things that you decide not to do, like drinking beer, cocktails or any alcoholic beverages, running bills and fighting with the neighbours. When you boys and girls grow up you will have to make these decisions too. Nobody can make them for you. You can find out all the reasons for doing certain things and for not doing others. Then you will be able to decide," replied Mother.

"Well, why don't we drink cocktails, Mother?" Everybody was listening now.

"We don't drink cocktails or beer because they contain alcohol. And alcohol affects your brain. You don't think as fast or see as clearly when you drink alcoholic beverages. It makes people think they are having a good time, but that is because their minds are drugged by alcohol. Besides, such things are expensive and we want to spend our money on more worthwhile things," said Mother.

"When the hot dogs had all disappeared it was time for ice-cream and cake. Everyone had such fun with the fortunes that were in the birthday cake. After some games on the lawn the boys and girls thanked Mr. and Mrs. Richardson for the party, and wished Shirley many more happy birthdays. Dad and Mother put the dishes away, and Shirley and Bruce returned the chairs to their proper places. Then the family sat down under the stars for a little talk together.

As Dad looked up through the trees the stars were glorious, and he said: "When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; What is man that thou art mindful of him? and the son of man, that thou visitest him?" (Psa. 8: 3, 4.)

"Dear God keep us ever mindful of Thy wonders that we may ever be reaching upward to a better life, striving for better things. Bless all boys and girls who have birthdays today. Amen."

And the family soon went to bed, thankful for each other and their happy day.

### QUESTIONS

1. What cocktails can you have that do not contain alcohol? Name some.

2. When is the best time for you to decide whether or not you are going to drink alcoholic beverages when you grow up? State why.

Children 9 years and under answer question 1. Those 10, 11, 12 years answer both.

### Intermediate-Senior Lesson

Lesson One - October 14th

### HAVE A HAPPY HOME

(Read James 3: 1-5; Eph. 6: 1-4)

What about this business of drinking? How does it affect you? How does it affect your home? What can you do about it? Well, let us see what the Scripture passage says.

James is a very practical man. He can see that many of the early Christians are not behaving very well at all. They are saying things that ought not to be said and doing things that ought not to be done, and all the time they are telling others what to say and do. "You'd better learn to control yourselves," he advises. "Faith without works is dead."

At the Controls

When he is speaking about control of the tongue, James illustrates by calling attention to horses and ships, and the way they are controlled. Had he lived today he would probably have mentioned automobiles and aeroplanes, which are controlled easily by driver or pilot. But while we can make autos and aeroplanes go where we want them to go, we do not find it so easy to control ourselves. Every boy says and does things he's sorry for afterwards. Every girl makes others unhappy on occasion. So do men and women. And the strange thing about it is, we say and do these things knowing they are wrong. No, self-control is not easy and we certainly need to keep away from anything that makes it harder. This is just what alcohol does.

Alcohol an Anaesthetic

The reason alcohol makes it harder for people to control themselves is that to achieve control they have to be wide awake. Alcohol is an anaesthetic. Have you ever had an operation? If so the doctor probably gave you something to put you to sleep while the operation was being performed. The effect of alcohol is much the same only it acts more slowly. If a man takes enough alcohol he goes to sleep. Most people however, do not take that much. They only partly go to sleep. The first part of the brain that begins to go to sleep is the part that has to do with judgment and self-control.

If more alcohol is taken, the part of the brain that controls the movement of arms, legs, eyes, and tongue begins to go to sleep. The person staggers and talks thickly. He cannot focus his eyes properly and may see double. We say he is drunk. If he keeps on drinking the whole person goes to sleep. Now when people are partly asleep they will do things they wouldn't think of doing when wide awake. Sometimes they are wrong. For the person at the controls is off guard and can no longer see the danger signs clearly. When a man goes to sleep at night he can be awakened at a moment's notice. That is his protection. When alcohol puts him to sleep he may not awaken until the effect wears off. He has not the same protection as a man who is sober.

What Makes a Home Happy?

Our study this year has to do with the community and our first concern is the home. What makes a home happy? How does alcohol affect the home?

In his letter to the Ephesians, Paul gives advice to the Christians as to how they are to make their home happy. Father is to love Mother. Mother is to respect Father. Boys and girls are to obey Father and Mother. Father, and I think he would say Mother, are to ask of their children only those things which are in harmony with God's will. You see, it is a case of everyone exercising the utmost self-control.

Now if alcohol takes away self-control we can expect it to make home less happy and in some cases unhappy. This it does. For at least five per cent of all drinkers it means almost complete loss of control. One out of at least every twenty people who drink is ruined by alcohol. These cannot be happy in the home or out. Nor can anyone predict with certainty which one of the twenty it will be. When a boy or a girl starts to drink he or she takes a one to twenty chance of becoming an alcoholic, a complete misfit in home and community generally. Nor is there any cure. It is true that some even their drinking is kept under rigid direction. They drink very lightly. For many others, however, drinking is a constant source of friction. First there is the cost. During the year ending April 30, 1949, Canadians spent \$630,000,000 on liquor. This means

which should go for homes, or food, or clothing, or other necessities.

Now the mismanagement of money is one of the causes of unhappiness in a home, particularly if one member feels another is wasting it. Then we have to take into account that many moderate drinkers have moments when their drinking is not moderate. At these moments there is the danger of them saying and doing things that disappoint and sometimes disgust their members of the family. Remember, a man does not have to be drunk for judgment and self-control to be impaired. Thus when we take into account the risks involved, the fact that every twentieth drinker is almost certain of broken home ties, while the other nineteen, the so-called chances of having a happy home lessened, the only safe course is. Don't Touch It. For your own sake and the sake of others leave it alone. The risk is too great. For Discussion:

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In the light of these facts what attitude should the Christian take toward drink?

### QUESTIONS

1. What is the effect of alcohol on the body?

2. How does moderate drinking affect the home? Pupils 13, 14, 15 years of age answer question 1. Those 16 to 19 inclusive answer both.

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