

National Temperance Study Course—1950

LESSON FOUR (Senior)

A SOUND MIND IN A SOUND BODY

Joy, Temperance and Repose
Siam the door in the doctor's nose.
—Longfellow.

Have you ever gone to the dentist with the toothache, settled yourself in a chair to await the ordeal? Perhaps your tooth stops aching just then and you look about you and see on the wall of the dentist's waiting room such lines as these:

Without Teeth There Is No Chewing

Without Chewing There Is No Nourishment

Without Nourishment There Is No Health

Without Health What Is Life?

How true it is: Without health what is life. Yet millions take the chance of losing this most precious possession by indulging in alcohol as a beverage. We would expect that any person in his right mind would cherish his health and in no way do anything that would impair his body or mind. Especially, when so many real pleasures, such as those of sport and the enjoyment of the outdoors, demand strong bodies, steady nerves and clear minds. Yet more and more people are using alcohol, which takes a heavy toll on both mind and body.

Dr. R. G. Bell makes the statement that, "About 65% of the adult people of Canada now use alcohol in some form and one of every twenty of these develops an illness from its use." That is to say nothing about the vast number of those whose health suffers, but who do not have to go to a doctor for the treatment of some particular illness brought on by the drinking of alcohol.

Some of these illnesses of which Dr. Bell speaks are caused directly by alcohol. We know that alcohol has a bad effect on most organs of the body, sometimes causing diseases, such as sclerosis of the liver and heart disease. But more than that, it lowers the general health to the point where the body is an easy prey to diseases, and lessens the chances of getting well. In a recent issue of Life magazine the claim was made that in the case of pneumonia, the patient who had been a user of alcohol, had less chance of survival. If you wish to invest in an insurance policy, you will be asked whether or not you use alcohol. These companies, whose business it is to know these facts, are certain that drinking shortens life.

There is the true story of a young man, just a few years out of college, who died after an appendicitis operation. The doctor in charge of the case said that his death was due to just one cause—he had weakened his resistance by the excessive use of alcohol.

A Food which Starves

One of the reasons why a person's health suffers from the use of alcohol is that the body becomes starved for the necessary nourishing foods and vitamins. The quick energy, which results when alcohol enters the stomach, satisfies the appetite too soon and takes away the desires for good foods, especially those foods which have the important vitamins. One of the most serious problems in industry is the sickness of the worker who takes a bottle of beer at his lunch hour instead of wholesome food. He is a poor worker because he does not eat enough of the proper food.

Your Mental Health

We have been talking about the bad effect of alcohol on the body. But even more serious is the effect of alcohol on the mind. There are many who begin as "moderate" drinkers and in time become afflicted with the disease of "alcoholism."

Alcoholism

What do we mean by "alcoholism"? We mean that stage of addiction when alcohol is master of the drinker. The alcoholic wants to stop drinking and cannot do so. He is a problem to himself and his family. His job, his home life and his reputation, his ability—all suffer. He is an object of pity indeed. Alcoholism is now classed as a mental disease. We know that the person who is a victim of drink needs understanding and treatment. At the same time it remains true that every alcoholic started out as a moderate drinker and probably thought that alcohol would never get the best of him. All the while, he was one of those who "all sea and unable to cope with life. He began to rely upon alcohol to make everything seem all right. Alcohol did the best. Besides the downright alcoholic

there are multitudes of people who are the slaves of the drug and rely on alcohol to get them through the day. Some of these heavy drinkers will become alcoholics in due time.

The moderate drinker's chance of falling into the pit of alcoholism or at least heavy drinking, are much greater than most people realize. Dr. W. J. Mayo of the famous Rochester Clinic is credited with the opinion that, "Of every ten persons who start drinking, three are in danger of becoming addicts."

The only safe way is never to start drinking at all.

The Christian's Stake in Health

There are two attitudes toward health. One is that health is merely the absence of pain or disease. This is the attitude of many moderate drinkers. They try to put on their brakes just at the point where their health will not be undermined to the degree of sickness or pain. Those who have had experience in the treatment of alcoholics tell us that many seek help with the hope that somehow they will be able to be only moderate drinkers instead of drinkers to excess. They have this negative attitude toward health. A modern novelist has said: "Some people think that doctors and nurses can put scrambled eggs back into the shell." Such is the attitude of many toward health.

Then there is the positive, or shall we say, "Christian" attitude toward health. The Christian defines health as wholeness or fitness. To him health is the hearty and glad response of one's whole being to God. In this response all the forces of our nature, the mind, the will, the emotions, and the body are brought into a harmonious whole.

Jesus must have been thinking of health in these terms when He said to the infirm man by the pool of Bethesda, "Wilt thou be made whole?" A new act of faith on the part of this man brought about such wholeness that he took up his bed and walked at the command of Jesus.

When we think of health in "Christian" terms, we see that there is simply no place for the unnatural sensations of alcohol. The satisfactions of real health are such that there is no desire for the false elation of strong drink.

"For the Kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost." Romans 14: 17.

For Discussion

What does it mean to be healthy in the Christian meaning of the word?

QUESTIONS

1. Define alcoholism and suggest how it might be prevented.
2. Why is alcohol harmful to the body? To the mind?

JUNIQR

Lesson Four — November 5
ELSIE AND JOHN LEARN ABOUT COCKTAILS

It was almost Christmas. The Dickens' made all their own Christmas presents so they were very busy every evening. Mother and Elsie were sewing and knitting; John and his dad were down cellar at the carpenter's bench. There were secrets and surprises, and an air of excitement. It was the Dickens' turn to go over to their cousins, the Browns', for Christmas. John and Elsie liked to go there; they liked to look at all the magazines that Uncle Joe Brown had around. "He was on his way to being a big business man," Dad said. He travelled quite a lot across Canada and into the United States, and he could make it all sound so interesting. Then too, this Christmas would be better than ever, for there was the baby, six months old. John had made a tray for the family gift. It was nicely polished in natural wood. Elsie embroidered a cloth to fit it, and for the baby there was a stuffed toy and a wooden rabbit cut out by John. Mother and Dad were proud and pleased with their growing boy and girl.

The children were eager for the family to open their presents. Uncle Joe said, "Fine—a new tray—just what we needed," and he disappeared to the kitchen. In a few minutes he returned, and bowing he said, "Have a cocktail." He took the tray to Mother first. She took a glass of tomato juice. And then to Elsie and she asked, "Is that apple juice in the other glasses, Uncle Joe?"

"No, my dear," said Uncle Joe. "That is a brand new cocktail I just made, and your mother won't even try it."

"How do you make cocktails, Uncle Joe?" asked John.

"Well, you people are asking a lot of questions. Cocktails are just for grown-ups. I really put the tomato juice on for you children, but your parents have taken

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it, so I shall get you some in a moment."

This was a new experience—always something new at Uncle Joe's. This was how you served cocktails at home. Elsie's friend Helen had said "smart people drink," and for a moment she felt sorry that her mother and dad didn't take a cocktail. She would like to boast to Helen the next time they met.

"Do have a glass with me; it's for men of distinction." He sounded just like the advertisements in the magazines, but Father said, "No thanks, Joe; I learned the hard way. We don't have alcoholic drinks in our home any more. We are a much happier family, and my health is better now."

The evening passed quickly. Uncle Joe did talk a little louder than usual, and he tried to be very funny. He gave John an armful of magazines to take home. John was especially interested in the advertisement. His family were going to make an extra room in the basement, and there were lots of pictures of play rooms in the magazines which he decided to cut out. Some of the pictures were advertising small furnaces, some linoleum and some beer. He pinned these around the walls in his bedroom and the family talked about them.

"Everybody in these rooms seems to serve something to drink; what shall we give our friends when they come?" asked Elsie.

"Well, it won't be beer," said John. "Do you know what Mr. Jones was saying to our class last week? He said a few people have made a lot of money out of liquor

prayer and she said: "Dear God, thank you for our happy day together and for the health of our bodies. May we use them to go to your work. May we be honest people not trying to show off. Thank you God for our home. Amen."

QUESTIONS

1. Make a list of all the beverages that you know.
- (a) Mark an X beside the one you like best.
- (b) Mark a B beside the ones that are not good for you.
2. Would you always serve your visitors the kind of drinks they like best? Give your reasons.

NEW GLASGOW CHRISTIAN CHURCH W.M.S.

Mrs. Richard Dickieson entertained the members of the W.M.S. at her home on Tuesday evening, October 10. Fifteen members and five visitors present. W.M.S. program from October "World Call" was followed. Theme: "From

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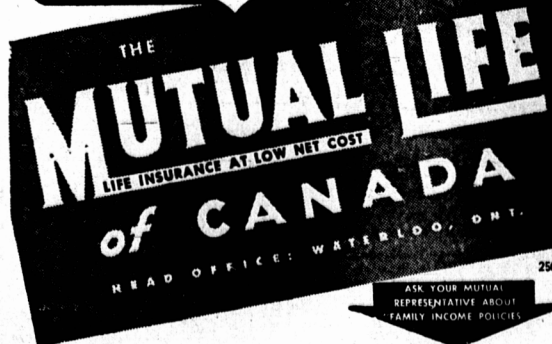
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visited members to her home for November meeting. Roll call to be answered with a Bible verse containing the word "peace." Devotional leader, Mrs. Nelson MacDonald and prayer leader, Mrs. Elmer MacDonald. The members were pleased to have Mrs. Wenzel from Halifax as a visitor, who acted as pianist, and led in a sing-song of favorite hymns which was much enjoyed. Meeting closed with C.W.B.M. benediction.

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