

National Temperance Study Course

General Directions

Lesson Two — October 21st
SHIRLEY AND BRUCE HAVE VISITORS

By Ruth Lucas Smith
Ting-aling-aling-aling!
"The telephone! That's an extra long ring," said Mother as she went to answer. "Well! Well! Where are you? Just fifty miles away. You'll certainly come over for supper, won't you? Oh yes, we're home, and we'll look for you about six. That's good news. Good-bye now."

"Who was it, Mother?" asked Shirley, a little excited.
"That was your Uncle John, and he's bringing his bride over for supper. Too bad I haven't something extra special. But we'll have fresh blueberry pie; and Bruce, you may go over to the corner and buy a brick of ice-cream."
"Shirley, will you please tidy up the living-room, and perhaps there will still be a few flowers in the garden. Just enough to make the table look pretty."

"Hi, Mum! Special delivery with the ice-cream. I'll put it in the 'fridge," said Bruce.
"Thanks a lot, Bruce," said Mother. "Now you had better wash your face. Put on a clean shirt and don't forget your hair this time. We must all look nice for the bride. After five years Uncle John won't know you children."

"Here comes Dad now, Mum. Let's make him guess," said Bruce.
"Hello, Dad," called Bruce.
"Hello everybody. What's going on here? The best table cloth is out, and everybody is dressed up. Bruce, even has his hair slicked down," remarked Dad.
"Somebody is coming," said Shirley.
"Well I can guess that," said Dad.

"All right — two guesses!" said Mother.
"The Mayor and his wife," said Dad.
"No, Daddy," laughed Shirley. "We don't even know them."
"Well the minister and his wife," Dad guessed again.
"Wrong again," said Bruce.
"Your brother John, dear, and Mary," said Mother.
"Good — when do you expect them?" asked Dad.
"Oh, any moment now; they 'phoned over an hour ago," replied Mother.

"Honk! Honk! 'There they are now,'" called Bruce. And all the family rushed out to meet them.
After a great welcome, everyone sat down to the table, and Dad said grace. "Thank you God, our heavenly Father, for your care throughout this day. Thank you for families, and especially for the visit of John and Mary. Keep us mindful of the needs of others. Amen."

"That is something that I want to learn to do," said John.
"What is that?" asked Dad.
"Learn to say grace," said Uncle John.
"I think I'll join the Air Force when I grow up. That's a nice uniform you have on, Uncle John," said Bruce. "What do you have to do to be a good pilot?"
"You had better work hard at school and get your education. You need to get enough sleep every night so you will be awake on the job. You need keen eyes. You need an alert body. You need endurance. You need patience, when you have to wait for fair weather. And you need good judgment. And if you're thinking of flying there is one thing you mustn't do," said Uncle John.
"What's that, Uncle John?" said Bruce eagerly.
"You mustn't drink beer, whiskey

or even champagne," said Uncle John. "Drinking slows you down, and you need to be quick when your plane is going 500 miles an hour, and you need to know what to do and how to do it without fumbling. You tell them, Mary. Mary is a nurse and she knows how to explain some of these things better than I do."

"You see," said Mary, "it's the alcohol that gets into the blood that does the damage. Fifteen minutes after you swallow beer or wine, enough alcohol has been absorbed into the blood and carried to the brain to begin to affect your feeling and behaviour. Your judgment and reason and self-control are affected first. As more is taken the optic nerves that control the eyes become numbed and you are not able to judge distance."

"John and I have decided that we are not going to drink alcoholic beverages because we want to be at our best for our work as pilot and nurse."

"I'm going to be a nurse, too," said Shirley to Aunt Mary. "I want to learn all about these things and be able to help people." Uncle John and Aunt Mary had a lovely visit. Mother said, "It is our custom to read together before we leave the table, because the family go to bed at different times." She chose from the 12th chapter of Romans, beginning at the first verse:

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God."

Mother asked Bruce to say a prayer and he said:
"Dear God, thank you for our friends. Help us to be true to the things we know we should do. Thank you for our healthy bodies. May we always take care of them. Help us to be our best. Amen."

QUESTIONS
1. How soon does alcohol affect people after they drink it?
2. How does alcohol affect people doing other jobs?
Children 9 years and under answer question 1.
Those 10, 11, 12 years answer both.

Lesson Two — October 21st
"PLAY TO WIN"

(Read I Cor. 9: 24-27; Phil. 3: 13, 14)

Are you a good sport? Every boy and girl wants to be considered a good sport. We know that the expression comes from playing games. It involves playing fair, being a good loser, but did you ever stop to think that to be a good sport one must play to win. Nobody likes to play against a team that doesn't half try. We do not want an opponent to "let us win." The only victory that satisfies us is the victory we deserve. If we are worth our salt we'd rather lose the game than win an easy victory.

Paul's Advice—Play to Win
The apostle Paul was born in Tarsus. Many Greeks lived there and the Greeks were almost as interested in games and sports as we are today. There was a university at Tarsus and no doubt many of the students there would enter the races and other contests. These games captured Paul's imagination when he was a boy, and it is possible that he took time out from his missionary work to visit the games. We do know that in his letters to Corinth and Philippi, he illustrates the Christian life by comparisons with the athlete competing in the races. The Christian, he writes, must be as fit as the athlete, and to the Corinthians he says, "Every man that strives for the mastery must be temperate in all things." He has to be.

Athletes today know far more about training than the ancient Greeks, but the principle on which they work is the same. Everything that is taken into the body must contribute to physical strength. One cannot afford to eat or drink anything that is harmful or even useless. In schools and colleges where men are in residence, those who are training for the football and hockey teams have special tables where they get only the kinds of food that will help them to play a better game. In addition they are required to cut out smoking, drinking, and some foods during their period of training.

Speaking at a Father and Son banquet a year or so ago, Lynn, of the Toronto Maple Leafs, had this to say, "To train for hockey you must not smoke. Smoking will spoil your wind. You must not take your first glass of beer. That just leads to others and will spoil all your chances of excelling in sports. You must have plenty of rest, and that means cutting out late hours for any reason, and finally, it is well to cultivate the spirit of friendship. This contributes poise, balance of character and happiness."

An experiment reported by a special committee of the British Medical Association gives some idea of the effect of alcohol in reducing one's speed and endurance. An investigator walked up an incline leading to a mountain and then climbed a steep ascent to the summit of a pass. On an average the walk took fifty minutes, the climb 180 minutes. After a dose of alcohol such as one would get in two and two-thirds ounces of whiskey, the walk took sixty minutes on an average, the climb 185 minutes. Furthermore, nine per cent more energy was used because his movements were less efficient.

Training for Life—Play to Win
Being a good person, like being a good football or hockey player requires training. Everything we

take into the body, mind, or spirit, is bound to have its effect. It is not only a matter of avoiding the harmful but also that which is useless. People today do not like to face up to this fact. They feel that if they avoid what is wrong that is all that is necessary. They tell us that Jesus was very tolerant. He ate and drank with people and was even criticized for it. What they overlook is that Jesus never mingled with sinners without trying to help them. He never went to a feast without teaching a lesson. Every word, every deed, had a purpose. It contributed something to life. His word for "sin" was a Greek word which means "missing the mark." That to Jesus is sin, to go to school and fail in exams through lack of study, to fall down on the job, to play without trying to win the game, to talk without a purpose.

Alcohol Ruled Out
Alcohol is ruled out on this count. We have shown how even in small quantities it weakens self-control. But even if it could be proved to be relatively harmless, it serves no purpose that cannot better be served by something else. Those who drink tell us it helps them to relax and make it possible for them to enjoy themselves to a greater degree in the company of others. But faith in

God and the sense of work well done will enable us to relax more effectively than alcohol, while conversation is the basis of enjoyment in the company of others. If we have something worthwhile to talk about we'll enjoy each other's company. Alcohol makes people content to talk about things that are not so worthwhile. They fall short of the best. They miss the mark. Instead of struggling for the mastery, men and women are content with the standards of their neighbours.

Recreation—Play to Win
The word recreation means that which recreates. Every boy and girl wants to feel better after enjoying good times than before. Otherwise they are left with a bad taste in their mouths. Usually it is what we talk about with others that determines whether or not we enjoy their company. A college lad once went to call on a girl. When he came back to the men's residence he grumbled: "We talked all evening and we didn't say a thing." They wouldn't wish to spend many such evenings together. They had not been drinking, of course, but that's the kind of aimless talking drinking leads to. It enables people to talk freely without saying much of importance. The unimportance of the conversation tends to increase with the amount of alcohol taken into

the body. A small amount may have no effect but the tendency is to go beyond that stage.
Drinking has other effects too, but this is enough to condemn it. People who use it miss the mark. They fail to make the efforts required for the best in recreation. Those drinkers who do attain high standards attain them in spite of alcohol. They don't need it; nobody does.
For Discussion:
Discuss the meaning of recreation. What should we expect from it?

QUESTIONS
1. How does alcohol used as a beverage reduce skill in sports?
2. How does alcohol affect speech?
Speech 13, 14, 15 years answer question 1.
Those 16 to 19 inclusive answer both.

Beliveau Promises To Join Canadiens

MONTREAL, Oct. 17 — (CP) — Frank J. Selke, general manager of the National Hockey League Canadiens, said tonight that Jean Beliveau of Quebec Aces of the Quebec Senior League has signed an option promising to join Canadiens when he moves up to professional ranks.

ATTENTION MOTORIST

Now is the time to get your Anti-freeze installed before Jack Frost makes a visit. We have a small quantity of Anti-freeze and tire chains that we salvaged from our recent fire which we are selling off at 25% below retail prices.

FIRST COME — FIRST SERVED

F. R. McLAINE LTD.

12 Lower Queen St. Phone 860

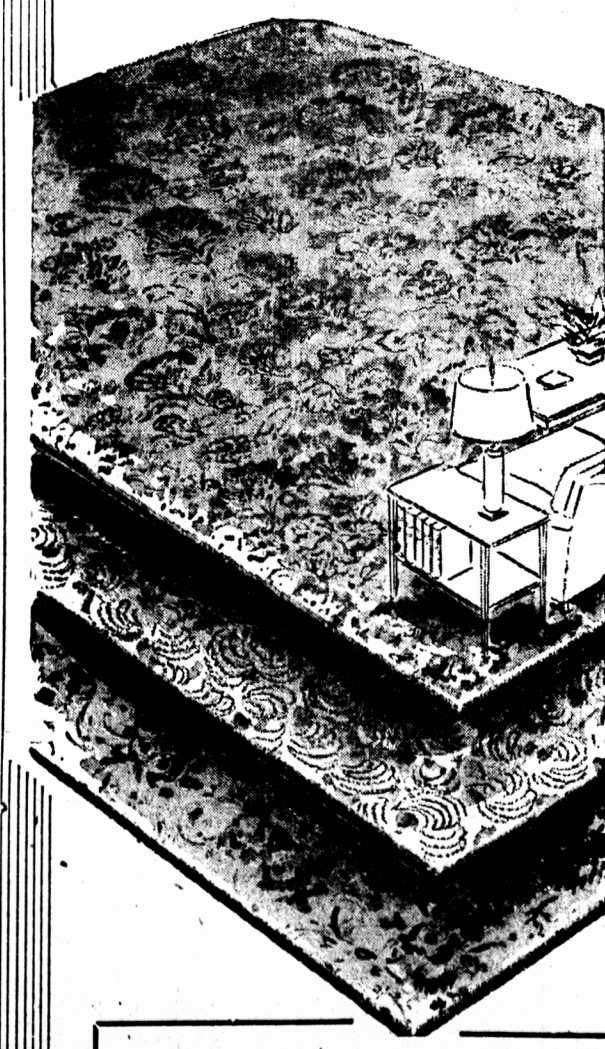
Beliveau signed a "B" option with the Montreal club, under which, Beliveau will be allowed to remain in amateur ranks. The starry, 20-year-old centre turned down Canadiens' offers the last two seasons, preferring to remain in amateur ranks.

HOLMAN'S Both Stores

Offers \$30,000.00 Worth of Fine WILTON and AXMINSTER RUGS

At TERRIFIC SAVINGS!

For One Week Only
Sat. Oct. 13th. Through Sat. Oct. 20th.



- NO ordinary Rug Sale this! Many of these fine quality Wilton and Axminster Rugs have been in stock longer than our Merchandising Policy permits and SO they must GO! In the collection to be cleared are Rugs of all sizes and colors—Rugs that are sure to fit into your home as if the decor was planned around them. VALUE is what counts, more than ever these days AND during this Rug Sale Week (October 13th to the 20th, inc.) You'll get wonderful VALUES!
- | | |
|--|--------|
| Rugs from 60.00 to 85.00—
SPECIAL | 49.00 |
| Rugs from 110.00 to 125.00—
SPECIAL | 75.00 |
| Rugs from 135.00 to 155.00—
SPECIAL | 89.00 |
| Rugs from 165.00 to 199.00—
SPECIAL | 119.00 |
| Rugs from 215.00 to 295.00—
SPECIAL | 159.00 |

DOWN Reserves ANY RUG \$5. on The HOLMAN LAY-AWAY-PLAN

Then make small weekly or monthly payments till the required Down Payment has been acquired. . . . Take Delivery of Your Rug. . . . Complete paying for it while you use it—the weekly or monthly installments are easy to take care of!

The GREATEST RUG SALE In Years -- Don't Miss It!

HOLMAN'S 2 BIG STORES

(SUMMERSIDE & CHARLOTTETOWN)

When you buy underwear look for **STANFIELD'S** MARK OF QUALITY

TRADE MARK REG.

For more than 60 years Stanfield's has been the first choice of Canadian families seeking warm, comfortable underwear. Stanfield's one-piece combinations fit smoothly and easily. They won't shrink, bind, bulge or climb. And they stay as soft as new through many wearings and repeated washings. Ask to see Stanfield's Underwear at your favourite store. Available in a wide range of weights and styles for the whole family.

STANFIELD'S Unshrinkable UNDERWEAR

Soft :: Warm :: Durable
STANFIELD'S LIMITED — TRURO, N.S.

Every Bride's Dream
Gleaming SILVERPLATE

1847 Rogers Bros. \$49.75
Five beautiful patterns from which to make your selection

Community Plate \$49.75
Distinctive silverplate to set a lovely table. Five charming patterns.

WELLNER'S

JEWELERS SINCE 1868