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Thank you for your understanding
THE HELPING HAND
A MONTHLY MAGAZINE

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FEB., 1901
Vol. 3
San Francisco, Cal.
No. 2
THE FRIENDLY HAND.

When a man can't get a cent, an' be's feelin' kind of blue,
An' chucks his face in his hands, an' cries, an' won't let the sunshine through,
It's a great thing, O my brethren, for a letter just to let
His hand upon your shoulder in a friendly sort o' way.

It makes a man feel curious; it makes the tears drop start.
An' you sort of feel a flutter in the region of your heart.
You can't look up an' meet his eyes; you don't know what to say.
When his hand is on your shoulder in a friendly sort o' way.

Oh, the world's a curious compund, with its honey, an' its gall.
With its roses an' its thorns, an' its sweet bread an' its bitter cross;
But a good world, after all.
An' a good God must have made it—last
ways, that's what I say.
When a hand rests on my shoulder in a friendly sort o' way.
—James Whitcomb Riley.

THE HIGHER PLANE.

"There are," says one of the ablest living writers of the present day, "all sorts of empirical devices for improving the standard of living; but to every one who brings to this subject an honest mind, it's fast becomes apparent that the only way to raise the general standing of living and to benefit the community as a whole, is to develop the personal character of each and every individual member of the community to a yet higher plane."

The principle enunciated here will be instantly recognized as sound, and was the cornerstone selected by the founders of the Helping Hand and Medical Mission in laying the foundation of a charitable and philanthropic institution in the heart of the San Francisco slums.

Divine Recompense.

Any favor bestowed on the needy or afflicted is a blessing recognized by the Giver of all good things—a favor returned manifold by the mysterious agency of divine reciprocation. The apostle and evangelist mentions the reward gained by the giving of a cup of cold water, and we know that the bestowal of every favor, no matter how small, shall not go unrewarded by Him who has all to give.

Wise and Unwise Methods of Giving.

There are, however, different ways of giving, each method more or less injurious or beneficial, as the idea involved in the giving is recognized by the laws governing the well-being of general society. A hungry man needs food, and a poorly-clothed person needs raiment; but if the applicant for a meal is able but unwilling to earn it, and the naked man prefers to beg rather than work for his clothing, there is no real charity in supplying their wants. The love of giving in such cases is the love...
of retarding the efforts of society towards raising to the higher plane those in need of judicious reformation. In this way the indiscriminate and thoughtless giver frequently becomes the enemy of moral and social advancement. The poor we have always with us. Let us do better than throwing them a sop to satisfy immediate want. Let us materially assist the individual and the community by developing character and energy to a higher plane. The compass encroased by incorrigibles is small, while the great ocean of reformation is the unlimited largess of the Father of mercies for the development of the higher traits of His children.

Does the World Owe Every Man a Living? Vendors of theories for the betterment of human conditions are met with on every street corner, from the man of peace appealing to men's moral forces, to the modern Ichneumon who would drench the world with blood to see mankind reduced to the chaos of his ideal "equality." As a result of reasoning from unsound premises formulated either by unprincipled or irreligious agitators, labor has lost its halo of honor amongst that growing section of society whose dictum is that "the world owes every man a living." In this utterance lies a truth and an error, the error embodying a crime or intent of crime against society. In the sense that the Creator has laid up in the storehouse of nature an abundance of wealth for the necessities and wants of man, it is true; but in the sense that one man has a right to take, use, and consume what the labor of another has gathered or produced, it is an error, and involves a criminal conception. It is to be regretted that this error of the man to whom "the world owes a living," finds but too many victims amongst the idle and criminal classes, to whom all honest labor is distasteful, and to the thoughtlessness, ever ready to swallow gilded sophistry.

Honest Toil a Blessing. Care and toil came into the world with

sin, and remain ever since inseparable from it. The loaf and morsel of man that he must earn his bread with the sweat of his body, or, as some do, with the sweat of the mind, it is tempered by many alleviations and comforts. If we fly from labor, it becomes a greater curse, for we would elude the task imposed upon us by God, who in His dealings with His creatures, sympathizes with their weakness, and who, in speaking of a creation wrought by mere will, speaks of six days of labor and one of rest. From labor comes forth rest, happy rest, yet is it not inconceivable, humbly speaking, to consider rest apart from labor? Nature and wisdom give their joint benediction to honest work, and never did nature say one thing and wisdom another.

Nature's Dramatic Poem. The busy, toiling, bustling world is nature's dramatic poem, with its hero, Labor, the grand conqueror, enriching and building up nations more surely than the proudest battles. "The sleep of a laboring man is sweet," says the inspired writer, and we have all read what Shakespeare puts into the mouth of Macbeth, "The labor we delight in is to reap, But rest from those annoyances continually cropping up in the land, from sorrows, vexations, promptings, and from the siren songs of a spirit..." "Labor is life! "Tis the still water falleth; efforts ever d'squarish, bewilders; Keep warm with hope, for the dark rust assuages." Honest Labor Bears a Lovely Face. There is a strict analogy subsisting between material and moral beauty, and as the fallen drop makes its sculpture on the sand or stone, so does every moment of honest toil leave its indelible tracing on the soul's index, the human character. More effective is the cosmetic of labor rendered cheerful by virtue than all the choicest face powders on the features of groomsed ill fortune, for "honest labor wears a lovely face."
possession of a free library, a free dispensary, free baths, a free reading-room, and a free employment office, with a restaurant furnishing an up-to-date, hygienic, vegetarian meal for five cents. Our clean, comfortable beds include hot and cold baths, luxuries gratefully appreciated by many an unfortunate man, tossed about by the winds of penury.

With the vast field of practical help open to well-directed philanthropy, with the sight of our fellow-beings hedged in by the thorny thicket of difficulty, and with the effective means in our midst of relieving the distressed, does it not be- long to us to extend the helping hand to those worthy of admission to the higher plane?

J. W. Powers

AMONG THIEVES.

In the parable of the Good Samaritan Christ has forever settled the question, "Who is my neighbor?" This parable, though dealing with the temporal needs of an individual, yet deals with the soul. In a moral sense humanity has fallen among thieves. Those who wrong and spoil us are the world, the flesh, and the devil. Those who pass by on the other side are either the selfish, the careless, who do not care, or the self-deceived who deal in moral remedies that can not cure. Jesus comes to our assistance as the Good Samaritan, and pours into our wounds the oil that heals, and the wine which strengthens. Christ then carries us to His church, where the loving arms of His children nurse the wounded ones back to health and spiritual manhood. This watchful care must last until the Master's return to the clouds of heaven to gather His jewels. What is paid to the innkeeper represents the joy that comes to the soul-winner, and the assurance that through such labor we work out our own salvation. The reward at His coming is life eternal.

Many of the men who frequent the Helping Hand Mission are worthy examples of the two-fold truth of this parable. Without God, friends, or home, they indeed look as though they had fallen among thieves. This Mission has frequently been used by the Good Shepherd as His inn. Here hundreds of poor men battling with the storms of life have found a safe haven. Here the Saviour has poured into these sorrowing hearts the oil of gladness and the wine of His Spirit and strength. From the Mission's records may be gleaned the facts relating to many of these wounded ones who, having been nursed back to physical and spiritual health, have gone forth into the world to hold positions of trust.

In this life the worker's reward is exceedingly great. Their personal joy in the Saviour is augmented by seeing the pull of sin lifted from other lives. In that last come, the moral Jericho in us is the second death, from which there is no appeal. God grant each reader of the "Helping Hand" will mark well his steps, and be sure his face is Zionward.

J. W. M.

A PRESSING NEED.

A pressing need of the Mission is bed-clothing—comforters, blankets, and pillow-slips. The supply generously donated through this agency has been greatly worn out, and in an inspection of this kind there must be a constant renewal in some shape or other of articles of bedding. It is in contemplation to the Mission to move to quarters in order to meet several pressing financial demands. We need a large building to carry out the necessary changes demanded by the present unhealthful, unworkable, and before moving would suggest that sheets supplied to us should be 54 x 70 inches.

TEMPERANCE ADDRESS.

A most interesting feature of the Helping Hand and Medical Mission during Christmas week was the large audience that "half million persons who have been committed to the county prison of Philadelphia during the last twenty years, have been 500 for murder, 700 for attempts to murder, over 40,000 for assault and battery, and over 200,000 for drunkenness. In nearly every case of murder, or attempt to murder, the parties were intoxicated," Judge Parker, of the Indian Territory and Western Arkansas, was also quoted. In his article published by the "North American Review," he says: "We find that during the last six years (1890-1896) there have been 45,902 homicides in the United States, an average of 7,317 per year. In the same time there have been 792 legal executions and 11,181 lynchings. These startling figures show that crime is increasing instead of diminishing. In the last year, 10,950 persons were killed, or at the rate of $75 per month; whereas in 1890 there were only 4,990, or less than half as many as in 1895. This bloody record shows a flagrant increase of the crime which destroys human life."

As showing the influence of whiskey in the commission of these crimes Judge Parker stated that at least three-fourths of the homicides committed in many of the counties are attributable, directly or indirectly, to the use of intoxicants.

The speaker dwelt on the significance of these appalling figures; of the homes made desolate, and the lives destroyed by this withering demon of alcohol, and quoted the pregnant words of Freeman Cochrane on the gallows of Bethany, Mo., "Whenever you turn up a suicide or a drunkard, whiskey, look at the bottom, and you will see the shadow of this rope."

And well did the editor of the "Prison Missionary," remark, "Look again, and you will see the cause of my serving fifteen years in the Oregon penitentiary."

From a table containing various specimens of intoxicants, the speaker took up a glass half filled with "Chinese whiskey," said, "This is a sample of Mow Tong's cup-house whiskey, a drink
THE HELPING HAND

which sends its thousands year after year to fill our jails, prisons, lunatic asylums, and on to unending graves. This is the deadly drug that creates inmates for the San Francisco Alkhouse, and that drives to the doors of the Helping Hand Mission its legion of drunkards, bereft of every shred of manhood, and bound in bands of steel that God's power alone can break asunder. I see before me here to-night many who realize the truth of these remarks, and I implore them to turn aside now and forever from this baseful cup of woe. Perhaps there are those amongst this audience who are not aware of the broad swath cut by the evil reaper through the instrumentality of Chinatown saloons. The cheapness of the drink, the large quantity given for five cents, and the peculiar sensation produced by the liquid are the attractions of 'Chinnee gin' to the lower classes. The 'cup-house' receives its name from the tin cup into which the customer's half-pint of drink is poured for a solitary nickel. From the corner of Washington and Stockton Streets one may see from 7 A. M. to 12 P. M. a steady stream of toppers and drunks come and go from this haunt, the tramp of tottering feet being only varied by the ominous rumble of the patrol wagon in search of some stupified candidate for prison lodgings.

Illustrations of the effect of alcohol on human foods were given. The white of an egg shrivelled up into a stringy substance, and a fresh piece of prime beef after saturation became tough and with a hardness resembling solid oak. These phenomena created no little surprise amongst those who had for years been using the habit of swallowing cups of whisky to promote digestion.

Individual instances of the awful termination of the lives of drunkards were given. "Every man in this hall tonight," said the lecturer, "knows Ned Foster, of the notorious Bella Union Theater and Dance Hall, on Kearney and Washington Streets. 'Ned' was for years the leader and idol of Barbary Coast sports, but at last wine, and women, and fast horses, that would not go fast enough, because his undoing. To-night, from acute alcoholism, he lies between life and death in the Receiving Hospital. A haggard, weeping wife, whom he dragged down to poverty with himself, sits by his side, but he is unconscious of her presence— he is in the sleep of death. "Present indifference to God's warnings is one of the curses of the age. It is also a sure sign of the wonderful time at hand. A few days ago I received a letter from a young man serving a term in San Quentin. Amongst other things he mentioned his visits to our gospel meetings and his sorrow (now too late) that he felt his nightly counsels unheeded. Friends, so it will be with you if you neglect your opportunity. Do not put off your temperance resolutions for New Year's. Now is the accepted time; behold, now is the day of salvation." --2 Cor. 6:2."

"But, it is said, all whiskies and all forms of alcoholic beverages are not poison. It is only the cheap stuff that deserves condemnation. Friends, let me disabuse you of such ideas. Intoxicators of any and every form are dangerously hurtful to the human mind and body. Let me read the analysis of fine hand-made Kentucky whisky," so highly prized by aristocratic toppers. I quote from Madison Peters' lecture on "Samples from Sample Rooms:" "In this choice brand of whisky, analysed by expert chemists, were found neutral spirits, glycerin, sulphate of zinc, dichromic acid, croosote, unsalted lime, and fuel oil.

"In samples of pure Holland gin were found neutral spirits, rotten corn, juniper. The private cost of poverty and crime was about as much more—$8,091,110—making a total indirect cost of the liquor traffic $353,976,229."

An investigation into the leading causes of crime was made by the U. S. Government in 1890, during which 13,402 convicts in 71 prisons in 12 states were considered. The report stated that fifty per cent of the entire convictions resulted from the use of intoxicants.

In showing the evils of drink to the working classes, the lecturer quoted the statement of T. Y. Powderly, Ex-General Master Workman, Knights of Labor: "The liquor traffic is responsible for nine-tenths of the misery among the working classes, and the abolition of that traffic would be the greatest blessing that could come to them.

Drink and its effects on the offspring of drunkards were next touched upon, and the opinion of the German specialist, Doctor Demme, quoted, that "eighty-two per cent of the children of drinking parents were unwise."

"Truly," remarked the speaker, "do the incitesses of fathers and mothers descend unto the third and fourth generation. Ex. 20:5."

"Even moderate drinkers do not escape punishment. Here are a few of their common diseases: Fatty, enfeebled hearts, shrivelled kidneys, fatty or hardened livers, paralysis, trembling limbs, and various mental diseases.

Having traced the path of ruin in the wake of the drunkard's miserable life,—of broken hearts, wrecked homes, and blighted hopes,—the speaker concluded an interesting address by asking every man in the room to come to the Lord Jesus, whose precious blood alone can cleanse from all sin and destroy the terrible appetite for strong drinks.

"My boy, when they ask you to drink. Stop and think. Just think of the danger ahead, the tears that in sorrow have bled. Of the hopes that were dashed in your bowl, filled with death for the body and soul."

"Yes, when you are tempted to drink. Stop and think. Of the danger that lurks in the bowl, The death that it brings to the soul. The harvest of sin and of woe."

And spurn back the tempter with, 'No!'"

WANTED.

We would thank such kind friends for a club of twenty-five copies of "Signs of the Times," for free distribution in our jail and missionary work, and for a Webster's Dictionary.
THE HELPING HAND.

CONFEERENCE OF CHARITIES AND CORRECTIONS.

The California State Conference of Charities and Corrections began its session in the First Congregational Church, Oakland, on Friday evening, January 4.

Representative educators, ex-legislators, clergymen, men of public affairs, and women from various parts of the state came together to organize this first association of its kind west of the Rocky Mountains, and to begin a four years' convention made up of ten interesting sessions.

The session in which the "Helping Hand Magazine" was particularly interested took up the greater part of the evening. The session was called "The Prison System of California."--a most important one and deserved careful notice the day given to it at any public meeting. The "Helping Hand Magazine" had made arrangements to secure a full report of the proceedings.

It may be stated, incidentally, that the primal motive actuating the philanthropists of both sexes and many creeds comprising the conference was that of extending a helping hand to the inmates of institutions of restraint and reform, and in the securing of legislation to establish a State Board of Charities with advisory or reformatory powers. The appliance with which the speakers' views were met showed that their sentiments formed an echo in the hearts of those present. The speakers were: Rev. W. C. Miller, at Santa Cruz; Fr. A. A. Dupuy, at San Quentin; Dr. H. H. Hart, of Chicago, Secretary of the National Conference of Charities and Corrections; and Rev. A. A. Drubin, chaplain at San Quentin, and a distinguished writer on criminology; Professor Smith, of the Whittier Reform School. The session was of the greatest interest.

The Rev. A. A. Drubin addressed the meeting as a scholarly, forcible, and instructive man, and was listened to with marked attention. He said: "Prisons in general are axioms in penology that the Address worst prisoners turn out the worst prisoners, and the best prisons the best prisoners. There have been for a long time a sort of stereotyped idea amongst the public respecting the mental calibre of prisoners; that they were strangely and wonderously made, and so different from the average citizen, that the prison cell was calculated to make some kind of character out of them, even if they should be kept in the prison system. Indeed, the idea of a prison reform has been almost an anachronism.

Let us now say that forty-nine per cent of the institutions of one of our systems is more like the same in other people, they have the same ideas, motives, and principles, actuated by the same human principles, and governed by the same restraint. The prison system is calculated and based upon the belief that they have made prison history long, and the man's inhumanity to man. There are two art prison theories peculiar to this country, which is a constant source of trouble, both to the authorities and prisoners. For the reasons there and other reasons, I say, Erect the new system in the southern part of the state. The saving in railroad fares alone would cover the expenses incurred. I would have this prison composed of three sections, one, for recidivist; another, for first term; a third, for those, modeled somewhat after Stillwater. A grading system according to the degree of character would form an excellent incentive to good behavior. When prisoners ignore the benefits of good conduct, depending for their release the influence or political pull brought to bear upon governmental authority, the introduce-ment of unwilling criminals is perfectly absurd and publicly intolerable. If crimes committed with cool deliberation are to be pun-
A PRISONER'S EXPERIENCE.

The following letter has just been received from one of the many prisoners in the California prison:—

"In a cell, a dark cell, shut away from the full light of day, shut away from man, from friends, from society, from the world, the prison, the jail, the gaol, that's all. But there is one person who lives in prayer. How poor my old mother's words came to me! My friends, brothers, and sisters, there is one vision that never fades—that of home and mother. How I love the Lord for saving me that night in a prison cell! I trust that no young man who reads

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AN AWFUL EXPERIENCE.

How a Victim of Cocaine and Morphia Found Happy Release from His Terrible Sufferings.

The following letter is from a young man who was addicted to the cocaine and anal, who had in a way almost destroyed the home in which he lived.

"In the year 1897 I left my home, which was full of sunshine and showed me the gate to many happy fields in the world. My first adventure was in the city of San Francisco. I received a few dollars from my parents, and the first thing I did was to buy a suit of clothes. I then went to the city and entered the drug trade. I bought a small store and opened a drug store. From that time on, I was addicted to the drug trade.

"I had often heard of the soothing effects and pleasures that one could get from opium, so I tried it; and, of course, that was the beginning of my downfall. From opium to cocaine, I went through the stages of addiction, one by one.

"I would sit up at night, smoking my pipe or drinking my coffee, and feel that I was in heaven. I would dream of gold and riches, and feel that I was the master of the universe. I would feel that I was invincible, and that nothing could hurt me.

"I became more and more addicted to the drug, and my life became more and more miserable. I was always looking for more and more, and my life was a constant struggle.

"I was finally arrested and sent to prison, where I was given the chance to swear off the drug. I did, and I have never looked back since.

I was released from prison and went back to my home. I was given the chance to start over, and I did. I went into business and started making a living. I was able to support my family and give them the life they deserved.

I have never looked back since, and I am grateful to God for giving me the chance to turn my life around. I am now a happy and healthy man, and I am grateful to all those who helped me to make it.

God bless you all, and may you find the strength to overcome your addictions."

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act of March 29, 1899, entitled "An act to establish Board of Parole Commissioners of the government of the State of California," and that the provisions of said act be carried into effect, and that the Board of Parole Commissioners be appointed, and that the said Board be vested with power and authority to perform all acts and things necessary to the carrying out of the provisions of said act.

LARGEST PRISON IN THE WORLD.

FRANCE'S new prison at Fresnes, some twenty miles from Paris, is the largest in the world. It takes the place of three old prisons, situated in a healthy district, and covers, with its main buildings, flower gardens, and villa residence of officials, over half a square mile, says a writer in the London "The Times." The prison, unlike our penitentiaries, is not built on the star plan, but consists of five rectangular blocks, one of which is the infirmary. The plan is the cellular, and the number of cells reaches the huge total of 1,824. As, however, accommodation is provided on the "association" system for 400 privileged prisoners, the total criminal capacity of the Fresnes prison is 2,224. France has the largest, and the most sani-

1. This is a number.

2. This is an interesting number.

3. This is a work on the subject of the Kings Fund. It has become a must for everyone in the prison.

4. The authorities believe in fresh air and sunshine, and therefore, the fences are as low as possible.

5. This is a quote from the prisoners' statement.

6. This is a quote from Robert Raskin.

PRISON NOTES.

Governor Gage, in his recent message to the Legislature, said that the usage of a law for a crime punishable with death for any life crime could lead to an existence of prisoners and was undesirable. The Governor said that the existence of prisoners was undesirable and that the existence of prisoners was undesirable.

There are frequently appeals made on behalf of state prisoners who are not permitted to be paroled under the provisions of an act of March 29, 1899, entitled "An act to establish Board of Parole Commissioners of the government of the State of California," and that the provisions of said act be carried into effect, and that the Board of Parole Commissioners be appointed, and that the said Board be vested with power and authority to perform all acts and things necessary to the carrying out of the provisions of said act.

God's due from me is truth to myself, to be spiritually supreme in my environment, to be the light of the world, and to make all things new. The last result of this, the excellent idea of the whole prison is admirably carried out. A final feature of Fresnes is the severe simplicity of its architecture compared with the baronial style of many of our prisons.—Chicago Record.
AN ILLUSTRATED MAGAZINE
DEVOTED TO THE EUPHORIA OF THE FALLER.

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TEMPERANCE NOTES.

Drinking is the mother of want and the nurse of crime.

The pocket flask so soon grows into a keg, and the keg into a barrel.

The old, old story—moderate indulgence, gradual degradation, and final despair. Experience has taught the Russian military authorities that spirit is their greatest enemy, and the power of endurance of the Russian soldier.

A tablespoonful of alcohol diluted, taken in the twenty-four hours, causes 370 extra heart-beats, and in secondary effect narcotizes the recuperative force.

November 29 the bill prohibiting the sale of cigarettes to minors in Vermont became a law, when Governor Stickney affixed his signature with his reason. His reason is this:

"If you let me pass the Senate. It passed the House the day before."

As a result of the decision of the United States Supreme Court upholding the law which prohibits the importation of cigarettes in original packages into Tennessee, the American Tobacco Company has withdrawn its protection from violators of the same law in Tennessee.

A sufficient evidence that the liquor element is in power in Chicago is shown by the fact that the board of aldermen, by a vote of 47 to 0, passed an ordinance prohibiting the sale of wines, liquors, and beer being consumed in public places. The law provides for the appointment of a board of police for the enforcement of the act, and for the appointment of a board of police for the enforcement of the new law in the city of Chicago.

When the police in Denmark find a man helpless drunk in the streets, they drive the patient in a cab to a station, where he soaks off. Then they take him home. The almanac makes his charge, the police doctor must then come, and take care of the special duty; and this bill is presented to the landlord of the establishment where the drunkard took the last of the drinks that caused his trouble.

Lady Henry Somerset says in the "Sunday School Times," "One saloon [only one] in London, which, with a neighboring branch belonging to the same firm, was sold some little time ago for $15,000, was watched during one Sunday only one day in the week, with the result that 372 women with babies in their arms were seen to enter its doors, and the total number of children visiting the saloon on that one Sunday was 4,716.

A recent issue of the "Scientific American" says: "In 1897 in Germany 1,925,000,000 gallons of beer were consumed; 1,900,000,000 gallons of alcohol drunk in Great Britain; 400,000,000 in France; and 100,000,000 in Russia. It is estimated that 36 gallons per head are drunk in Belgium, 31 in Great Britain, 21 in Germany, 21 in Denmark, 12 in Switzerland, 10 in the United States, 9 in Holland, 8 in France, 3 in Norway, 2 in Sweden, and 1 in Russia.

All alcohol is a poison. There are alcohol test made from the most disgusting substances, even from sawdust and old rags. Alcohols from grains, beets, and potatoes are as harmful as those of the extracts and ethers. All these alcohols, like those of wine, elder, and beer, are often adulterated, and even the alcohol of the greatest wine is a toxic agent of certain and unhallowing effect.

What is it, indeed, that distinguishes the nature of man?—Reason. In what consists its welfare?—It is that he may be and live in peace.

A physician points out that a German firm turns out over a ton a day of glucose made from old linseed rape, the rape being converted in the process, by the use of sulfatic acid, into saccharin. Glucose is largely used in the manufacture of lager beer, which, according to the above, is liable to contain the results of the conversion of old rape. The truth is that many people do not know half the facts about what they are drinking. There is a deal of possible harm in many so-called "harmless drinks."—New York Observer.

The British inspector of breweries says that his work, while inordinate drinking is frightfully common among the industrial classes, it is most prevalent among the upper ten, and that among women of all classes drunkenness is increasing rapidly. Over 445 cases in the Dalrymple House, 101 were university men and 70 were well educated; 25 were unmarried. In 276 cases the downfall was attributed to soclability, 20 to ill health, 32 to overwork, and in 8 per cent of the cases the excess was traceable to hereditary indications.

OH, SAY, IS THAT NOTHING TO THEE?

One morning to earth came a Stranger. While he advent the angels did sing: Though been in a stable and manger, This child was their Saviour and Their Redeemer.

He came from the mansions of heaven, And laid down His life on the cross, His blood for the sinner was given. Oh, say, is that nothing to thee? Oh, say, is it nothing to thee? His blood for the sinner is begotten, Oh, say, is it nothing to thee? This Saviour sought not His own glory, But left every comfort behind, To tell men this wonderful story. How all free salvation could find. How all free salvation could find. Her love for the sinner is boundless. Her love for the sinner is boundless. It led him to dark Calvary; His gift to the sinner is priceless; Oh, say, is that nothing to thee?—J. W. M.

THE CHRISTMAS DAY.

Christmas arose in very the Helping Hand Mission with prayer and song service. Rev. McCord delivering an appropriate address suited to the occasion. An artistically displayed banner, making the full breadth of the hall over the pulpit, with the big letter "Merry Christmas to You," All greeted the crowd audience in attendance. At the close of the services free refreshments were served in the restaurant.

THE PEOPLE'S INHERITANCE.

WHEN Christ was dying on the cross, He made a will. Perhaps you have thought that no one ever re- membered you in a will. If you are in the kingdom, Christ did, for it was to His disciples. He said, "Peace I leave with you; My peace I give unto you." They say a man can't make a will now that lawyers can't break and drive a four-in-hand straight through. I challenge them to break this one. Let them try it. No judge or jury can set Christ's will aside, for He rose to execute it Himself. If He had left us a lot of gold, we should never have got it, for thieves would have stolen it in the first century. But He left His peace and His joy for every true believer.—D. L. Moody.
THE SAN FRANCISCO HELPING HAND AND MEDICAL MISSION DIRECTORY.

J. A. Duglison - Superintendents
W. McCord - Chaplain
E. E. Parker - Secretary and Treasurer
R. A. Bynum, M. D. - Physician

THOS. COOLEDGE, M. D. (J)

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HELPING HAND ANNIVERSARY.

The third anniversary of the Helping Hand and Medical Mission takes place on the evening of the 22nd inst., when many of the original workers will mingle with the latest and able helpers to commemorate the founding of the institution. The unique system of grouping with the waste of subdivision's indigent poor, and the good it has done is conspicuous. Enjoyable features of the evening will be the song and music soloist, the experience meeting, and the statistical statements showing the wonderful benefits conferred by each department of the institution. A cordial welcome is extended to the friends of the Mission and the public generally.

MISSION QUARTET.

Several young ladies and gentlemen enriched with the gift of song have decided to aid the usual Helping Hand Mission choir at the Monday evening services. They are the Misses Ada Williams, soprano; Christine Schollhorn, alt.; G. E. Johnston, tenor; and Lynden Craig, bass. Miss Winnie Brown is organist. Mr. Leslie Ackerman plays the violin accompaniment.

Summary of Work Done in the San Francisco Helping Hand Mission during the Month of December, 1900.

Gospel meetings held..............31
Attendance at gospel meetings.........2,400
Bible classes conducted...............24
Attendance at Bible classes...........150
Requests for prayers..................200
Preached services....................97
Treatments given....................149
Surgical operations..................2
Examinations.........................91
Lodgings given.......................450
Penny dishes served...................50,000
Free lodgings........................1,000
Free penny dishes.....................7,500
Garments given away..................230
Free bails.............................1,000
Suites furnished......................1,210
Number of men using free laundry....140
Men furnished temporary employment...500
Men furnished positions.............49
Pages literature distributed.........3,900
Gospel meetings held in prisons......2
Number prisoners in attendance........50
Number prisoners requesting prayers...12

Donations to Helping Hand Mission.

Mrs. Dora Hassett....................$5.00
Miss Harriet Collier..................4.00
St. Helena Society....................1.00
J. C. Jacobson.........................1.00
Waldo Miromont......................25.00
D. Alffonentes.......................25.00
Mrs. C. Bokes, one box dried fruit; Mr. A. Cook, one sack dried fruit.

Donations to Prisoners' Fund.

Mrs. Sarah Rahn......................$1.25
Mrs. J. N. Siegelbreit..............25.00
E. Sprague..........................25.00

In reply to advertisements, please mention the Helping Hand.
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