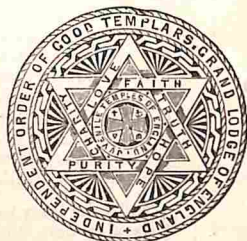


*Importance - Alcohol -  
Physical Effects*

THE  
**CATECHISM**  
OF THE  
**FOUR-FOLD PLEDGE**

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REVISED BY  
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# THE FOUR-FOLD PLEDGE.

**J**UVENILE Templars are pledged not to use any intoxicating drink, not to smoke, gamble, or use profane language.

**FOR**

## DRINKING

Destroys health.  
Shortens life.  
Leads to poverty.  
Empties our churches, chapels, and Sunday schools.  
Fills our gaols, workhouses, and asylums.  
Destroys a person's character.  
Causes all sorts of crime.  
Leads astray the most promising.  
Ruins souls.

## SMOKING

Partially paralyses the nerves.  
Causes heart disease.  
Sometimes produces blindness.  
Is a frequent cause of fires.  
Wastes good land.  
Is very expensive.  
Is not a clean habit.  
Leads into bad company.  
Tempt to drinking.

## GAMBLING

Robs the loser to enrich the winner.  
Is dishonest, and is a breach of the tenth commandment.  
Beggars thousands.  
Has brought many to prison.  
Has caused many suicides.

## PROFANITY

Destroys confidence in your truthfulness.  
Lowers your character.  
Is thoroughly bad and ungentlemanly.  
Is a sin against God.

**All bad habits, once begun, are very difficult to leave off.**

Therefore, be advised, and

**NEVER BEGIN SUCH HABITS**

But join our Juvenile Temple.

# THE FOUR-FOLD PLEDGE.

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### THE WHITE STAR PLEDGE.

BACK COVER.

THE CATECHISM  
OF  
THE FOUR-FOLD PLEDGE,  
PART I. ALCOHOLIC DRINKS.

SECTION I.

Alcohol: Its nature and properties.

1. *Repeat the Four-Fold Pledge.*

"I promise that I will not drink Beer, Cider, Wine, Spirits, or anything that can make me a drunkard. I promise that I will not use Tobacco or Snuff. I promise that I will not Gamble. I promise that I will not use Wicked Words."

2. *What do you mean by Intoxicating Drinks?*

Those liquors, the drinking of which makes people drunk.

3. *Name some of them.*

Ale, beer, porter, and stout—these are called malt liquors; whisky, brandy, rum, gin, gingerette, laudanum, curaçoa shrub, cloves, peppermint, and some others—these are made from distilled spirits and other substances; also wine, cider, and perry, which are the fermented juices of fruits; and mead, which is fermented honey and water.

ALL FERMENTED BEVERAGES

contain alcohol, although many of them (such as herb beer and gooseberry wine) are often improperly called Temperance drinks

4. *What do you mean by fermented beverages?*

Those liquors which have had their sugar changed into Alcohol by the action of yeast or leaven.

5. *What is Alcohol?*

Alcohol is an acrid narcotic poison.

6. *What do you mean by "a poison"?*

"A poison is a substance which, when taken internally, is capable of injuring the system or of even destroying life."

7. *What is meant by an "acrid" poison?*

A poison which violently irritates and tends to seriously injure the nerves of taste.

8. *Do not these nerves serve a very important purpose?*

Yes. They were designed by the Creator to guard us against the use of things which are injurious.

9. *Then, all persons should abstain from using articles which degrade a pure taste?*

Yes. A grateful recognition of the Creator's good providence should induce us to abstain from things, which, like Alcohol, tend to irritate and injure these delicate and most useful organs.

10. *How is it that some persons do not seem to be injured by drinking Alcohol?*

The poet Longfellow says:—"Things are not what they seem," and this is especially true as regards the red-faced drinker. The redness is caused by the Alcohol bursting the fine blood vessels, and so the blood flows loosely just under the skin.

The children of such drinkers often have these red streaks on their faces through their parents drinking.



11. *What proportion of Alcohol is there in fermented drinks?*

It varies. In small beer it is 3 per cent. or 3 pints in every 100; in strong beer 8 per cent.; in claret wine 15 per cent.; and in port wine 25 per cent.

12. *How is it that the wine sold in this country is more intoxicating than the wines sold in the hot climates where it is made?*

Because when wine is shaken by a rough sea passage the germs of fermentation are shaken up together with the small portion of sugar and albumen, and so would produce a second fermentation, unless prevented by a strong dose of pure Alcohol, which is an anti-septic.

13. *What proportion of Alcohol is found in distilled or spirituous liquors?*

When Alcohol is distilled it is nearly all spirit, but the Government compels the distiller to mix as much water as there is spirit, as otherwise it would burn the drinker's stomach, and kill him.

14. *What is the effect of drinking Alcohol?*

A large quantity of Alcohol taken at once, thickens the blood, and so prevents the albumen in it from passing through the fine tissues of the dura mater which surrounds and feeds the brain.

15. *Does Alcohol produce any other evil effects?*

Yes. By its injurious action on the brain it injures the mind, checks its growth in knowledge and self-control, and produces insanity, vice and crime. When a man's brain is charged with Alcohol he is, for the time, actually mad, and ready for the perpetration of any enormity.

16. *Does Alcohol nourish and strengthen the body?*

No. Alcohol is not a food but a poison, and therefore cannot strengthen or build up the body.

17. *Does Alcohol make the body warmer?*

No. It does not produce warmth in the body, though by throwing heated blood to the surface it appears to do so. It is proved by placing a thermometer (heat measurer) inside the mouth, that a person is really colder inside the body after drinking Alcohol than before.

## SECTION II.

### Alcohol in health and disease.

18. *Explain more fully the effects of Alcohol.*

Alcohol is a narcotic, or stupefying poison, which when taken produces, at first excitement, but afterwards depression, drowsiness, and even stupefaction.

19. *Have Alcoholic liquors any other effects?*

Alcoholic drink has a tendency to cause an unnatural appetite for more drink, which leads many people to drunkenness, and causes *dipsomania* (thirst-madness) *delirium tremens* (nervous madness), and many other diseases.

20. *Is it proved that even what is called the "moderate" use of Alcoholic drink injures the health?*

Yes. Regular "moderate" drinking is quite as injurious to health as occasional drunkenness. Many dangerous diseases are caused by habitual moderate drinking.

21. *What other effects are produced by Alcohol?*

The use of Alcohol makes people more likely to catch infectious diseases, and often prevents or delays the cure of disease.

22. *How can you prove it?*

It has been often noticed that when cholera or fever rages in a district those who use Alcohol are the most liable to suffer from the disease.

23. *What diseases are indirectly caused by the use of intoxicating liquors?*

Alcohol is never digested. It passes directly into the blood, injuring the heart and blood-vessels. Alcohol causes disease of the liver and kidneys. Diseases of the brain and nerves are often caused by Alcohol, and so is indigestion. There is also an incurable kind of consumption caused by Alcohol, called Drunkards' consumption.

24. *Does total abstinence from Alcohol help people to get over an illness quickly?*

Yes. Sir Henry Havelock tells us that at the capture of Ghuznee in India, the wounded got well very quickly because of their previous abstinence. On the contrary, in the "Medical History of the French Army in Egypt" it is said, "Daily experience demonstrates that almost all the soldiers who indulge in intemperate habits, and are attacked with fevers, never recover."

25. *Have total abstainers better health than those who drink?*

Yes. Where total abstainers and moderate drinkers are insured in sick, burial, or insurance societies the books show that abstainers are seldom ill, and, if ill, get over their illnesses more rapidly, and live, on an average, 30 per cent longer than those who drink.

## SECTION III.

### Social evils caused by Alcoholic Liquors.

26. *How is the food of man wasted by the making of intoxicating liquors?*

Eighty millions of bushels of barley, oats, and corn are consumed in the manufacture of malt liquors and spirits in the United Kingdom besides a very large quantity of sugar and fruit. Thus we waste as much food as would maintain all the people in the United Kingdom during four months of every year.

27. *Are there not still other sources of waste and loss through drink?*

Yes. The expense of keeping 800,000 *perpetual* paupers, besides 2,000,000 more who are *occasionally* on the poor rates. There are also 3,000,000 vagrants, nearly all of whom are the victims of strong drink. All these have to be maintained by the country at a cost of £14,000,000 per year for police and poor rates, besides the large sums they absorb in charity, cheating, and stealing.

28. *What is the total cost of strong drink to the United Kingdom?*

In the year 1898 it was £154,000,000. This is the direct cost; and to this must be added the indirect cost, such as labour lost by intemperance; loss of life and property by accidents; and the cost of keeping criminals, paupers, and lunatics, amounting altogether to £160,000,000 per year. Thus strong drink costs this country over £290,000,000 every year.

29. *What good use might be made of this money?*

This £290,000,000 would pay the rent of all the houses and all the farms in the kingdom, together with the whole cost of bread, coal, cotton, woollen and silk.



goods used by the people of the United Kingdom of Great Britain and Ireland.

#### SECTION IV.

##### Influence of drink on religion and knowledge.

30. *Does the habit of drinking injure the religious life of the people?*

Yes. Drinking, and the habits connected with it, are the greatest hindrances to Christian work.

31. *How does it affect the progress of knowledge?*

Drinking parents neglect to educate their children, and spend the money in drink which should have been paid for their children's education.

32. *Does the Bible approve of intoxicating liquors?*

The Bible warns men against strong drink, describing it as "biting," "stinging," and "raging," and as a "mock" and "deceiver." It also commands us not to look upon the wine, however tempting its colour, smell, and taste may be. (*Prov. xx., 1; xxiii., 31-2.*)

33. *Does the Bible condemn total abstinence?*

No. On the contrary, the priests were forbidden to taste wine or strong drink while ministering in the sanctuary, and kings and princes are advised not to drink intoxicating liquors. The sons of Rechab, who were total abstainers in obedience to their father's command, were highly commended and received a special blessing from God.

34. *Do we read of any other abstainers in the Bible?*

Samson, Samuel, Daniel, Shadrach, Meshach, Abednego, and John the Baptist were total abstainers.

Moreover, all who wished to be Nazarites were commanded by God to pledge themselves against wine and strong drink. (*Numbers vi., 2.*) Thus we see that the first Temperance Society was instituted by Almighty God.

35. *What is the strongest Christian reason for total abstinence in these days?*

The Christ-like care for others expressed by the Apostle Paul in Romans xiv., 1, to xv., 3.

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## PART II. TOBACCO.

### SECTION I.

#### Its nature and properties.

1. *What is Tobacco?*

Tobacco is a poisonous weed, found first in America, whose leaves are used for smoking, chewing, and snuff-taking.

2. *What is the destructive element (or part) in Tobacco?*

There is an oily substance in Tobacco called nicotine which is one of the most deadly poisons. Savages dip the points of their arrows in this poison to make the wounds more deadly.

3. *How does it affect the system?*

Like Alcohol, its contact with the organs of taste produces violent antagonism and intense revulsion.

4. *Then it may be said of Tobacco, as of Alcohol, that its use is opposed to the design of the Creator in the constitution of the human*

*frame; that if the beneficent provisions made to protect us from the use of things harmful were intelligently and reverently considered by us, we should totally abstain from the use of Tobacco?*

Yes, certainly.

*5. What are the symptoms of Tobacco poisoning?*

A person not accustomed to the use of Tobacco soon becomes giddy, sick, and faint, and an extra quantity will make one accustomed to Tobacco suffer in the same way.

*6. Is Tobacco able to destroy life?*

Tobacco smoke alone quickly destroys insects, dogs, and birds. *Sir B. W. Richardson, M.D., F.R.S.*, says: "If a dog or cat be placed in a chamber containing 3,000 cubic inches of air, and the smoke from a quarter of an ounce of Tobacco be passed into the chamber, death will take place in *thirty* or *forty* minutes.

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## SECTION II.

### The action of Tobacco on the human body.

*7. Describe more fully the action of Tobacco on the human body.*

Tobacco acts upon the *blood* most injuriously, making it thin, poor, tainted and irregular in its circulation.

*8. How does Tobacco affect the heart?*

It often causes palpitation of the heart, and an overdose would cause death by stopping the heart's action altogether.

*9. Does Tobacco injure the nerves?*

Yes, most certainly. Tobacco affects the nervous system in general, often causing trembling, involuntary action, epilepsy, apoplexy, and paralysis.

*10. Describe the effects of Tobacco on the lungs.*

The human lungs contain millions of little cells. With every breath, air is drawn down through the back of the mouth into the throat, and takes a little Tobacco smoke along with it, which irritates the lining of the lung cells, as is shown by coughing, and in some cases by the soreness of the throat and chest of those who breathe in the smoke.

*11. How does Tobacco affect the brain?*

Smoking makes the heart beat more rapidly than usual, but afterwards the heart beats too slowly. The supply of blood to the brain is thus disturbed, and what it does receive is poisoned. *Dr. Solly* says that smoking is a most hurtful habit, and that he knows of nothing else that causes so much disease of the brain as the excessive use of Tobacco.

*12. What is the effect of Tobacco on the muscles?*

Tobacco affects the nerves by which the life and motion of the muscular system are kept up and controlled.

*13. How are these effects seen?*

The effect of Tobacco upon the motor nerves (the nerves which govern and move the muscles) is seen in the general feeling of laziness and disinclination to work which steals over the smoker. Its further effect is seen in the trembling of the limbs, and in partial and sometimes entire paralysis.



## SECTION III.

## Effects of Tobacco on body and mind.

14. *Can you give a summary of the evil effects of Tobacco on the human frame?*

*Sir B. Richardson* teaches us that smoking causes disturbance and evil effects:

On the *Blood*, making it poor and thin.

On the *Stomach*, weakening the power of digestion, causing loss of appetite, and giving rise to sickness.

On the *Heart*, causing weakness and irregular action.

On the *Organs of Sense*—on the eye, by causing confusion and even loss of sight; and on the ear, by causing whistling or ringing sounds, and making people unable to hear distinctly.

On the *Brain*, by first stimulating and then depressing its action.

On the *Nerves*, lessening their power and sensitiveness.

On the inside of the *Mouth*, causing enlargement of the *tonsils* (smokers' sore throat), redness, dryness, and sometimes peeling; with unnatural firmness, shrinking, or sponginess of the gums; but, above all, cancer of the lips, tongue, etc.

On the *Lungs*, when they are in an irritable state, by keeping up the irritation and increasing the cough.

15. *Why, then, are there so many smokers apparently uninjured?*

Because the effects of the poison are to a large extent continually being checked by the fresh air they breathe, as well as by food and rest. Nevertheless, it is absolutely certain that the human body is *always* better without Tobacco in any form.

16. *If Tobacco produces such evil effects on full-grown men, is it not specially injurious to the young?*

Yes; about this there can be no doubt whatever. A newspaper, published by a Tobacco manufacturer, says that "Few things could be more pernicious to boys, growing youths, and persons of unformed constitution, than the use of Tobacco in any of its forms."

## SECTION IV.

## Cost and consumption of Tobacco.

17. *What is the total amount spent in our country in Tobacco and Snuff in one year?*

The total amount spent yearly by the United Kingdom in smoking and chewing Tobacco, and snuff-taking, is about £25,000,000.

18. *What quantity of Tobacco is consumed in Great Britain and Ireland during a single year?*

About 70,000,000 pounds weight, or over 120 ounces for every family in the kingdom.

## SECTION V.

## The evil influence of Tobacco on character.

19. *Does not smoking often lead to the formation of other bad habits?*

Yes. The *Lancet* (Medical Journal) says: "The intemperate smoker is the intemperate indulger, as a general rule, in all that partakes of the nature of sensual gratification."



20. *Name some of the bad influences of Tobacco.*

The use of Tobacco often makes people very *selfish*, so that they do not care for the rights and comforts of others. They compel people, to whom Tobacco is disagreeable and injurious, to breathe the air which they pollute by smoking; such as in railway trains, tram-cars, and steam-boats, &c. Smokers sometimes endanger their own and others' lives by breaking the laws which forbid the use of the pipe in mines and other dangerous places.

Smoking also encourages *idleness*, as it is an excuse for doing nothing.

21. *Is there any necessity to use Tobacco in any form?*

No! The use of Tobacco is unnatural, unnecessary, and injurious; causes much waste of time and money, and often leads to bad habits and companionships. It is, therefore, better to abstain from Tobacco in all its forms.

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SECTION VI.

Opium, Chloral, Cocaine, &c.

22. *Are there not other things besides Alcohol and Tobacco used for sensuous gratification?*

Yes Ether, Opium, Morphia (which latter is derived from Opium), Chloral, Haschish (or Indian Hemp), Kola, Coca (not the beverage called Cocoa), Cocaine, and Chlorodyne (which contains Chloroform, Morphia, Prussic Acid, etc.).

23. *What are the chief effects characterising their action in the body?*

They are all poisonous. They are all offensive to a pure taste, exciting violent repulsion, more especially when taken into the mouth for the first time. They are sometimes useful in disease—but should NEVER be used apart from competent medical direction.

24. *Have these articles any other action resembling that of Alcohol and Tobacco?*

Yes. When used to excess or in small quantities for any length of time, they all tend to weaken and to ultimately destroy the nerves which defend the system against the entrance of agents of a poisonous kind.

25. *What are the final results?*

The barriers thus broken down, the enemy enters, gradually enslaves, and, if not effectually fought against, destroys or aids in the destruction of the victim.

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PART III. GAMBLING.

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SECTION I.

Definition: Influence and tendency.

1. *What is Gambling?*

To Gamble is to bet or to play a game for money or some other article of value.

2. *Why is it wrong to Gamble?*

Because the winner takes from his neighbour money or goods for which he has given no just return in service, or money, or goods.

3. *What harm does Gambling do to those who indulge in it ?*

The habit of Gambling encourages selfishness. It makes the gambler covet the property of other people. It also encourages idleness, by making people think that wealth and riches can be had without working for them.

4. *Name some common forms of Gambling.*

Playing for MONEY (OR FOR ANYTHING ELSE) with cards, dice, dominoes, bagatelle, billiards, etc.; "pitch-and-toss"; betting, and raffling are among the chief forms of Gambling.

5. *Is it Gambling to play at games of skill, or to engage in cricket, football, and athletic sports, which are trials of strength ?*

It is not Gambling to engage in athletic sports or in trials of strength or skill, unless something is wagered or staked on the result of the game.

6. *Would the pledge against Gambling be broken by striving for prizes offered for success in games which exercise skill, strength and endurance ?*

Not when the prizes are free gifts for the encouragement of lawful and healthy amusements, and the rewards are not decided by chance, but given to those who most deserve them.

7. *What games or sports generally lead to Gambling ?*

GAMES OF CHANCE, such as cards, etc., and such sports as horse-racing, football, boat-racing, etc. as distinguished from GAMES OF SKILL.

8. *Is not the taking part in any lottery or raffle against the law of the land ?*

Yes ! All raffles and lotteries are illegal, and persons engaging in them are liable to prosecution, with fine or imprisonment as "rogues and vagabonds."

## SECTION II.

### Gambling opposed to the spirit of Christianity

9. *Is Gambling opposed to the law and spirit of Christianity ?*

Gambling is opposed to the law and spirit of Christianity, for the Saviour says :

"As ye would that men should do to you, do ye also to them likewise."—(*Luke vi., 31*),

What does the New Testament teach ? (*Romans xiii.*)—

"Owe no man anything save to love one another ; for he that loveth his neighbour hath fulfilled the law." "Thou shalt not covet." "Thou shalt love thy neighbour as thyself."

"Love worketh no ill to his neighbour ; love therefore is the fulfilment of the law."

10. *What is the further teaching of Scripture on the love of money ?*

In the Revised Version we read—"Godliness with contentment is great gain ; for we brought nothing into the world, neither can we carry anything out ; but having food and covering we should be therewith content. But they that desire to be rich fall into a temptation and a snare, and many foolish and hurtful lusts, such as drown men in destruction and perdition. For the love of money is a root of all kinds of evil ; which some, reaching after, have been led astray from the faith, and have pierced themselves through with many sorrows."—(*Timothy vi., 6-10*)



What does the tenth commandment say?—

“Thou shalt not covet thy neighbour’s house, thou shalt not covet thy neighbour’s wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, *nor anything that is thy neighbour’s.*” To which Jesus adds, “Take heed and beware of all covetousness.”

### SECTION III.

#### Gambling leads to other vices.

##### 11. *Does not Gambling often lead to other vices?*

The practice of Gambling often leads into the company of the drunken, the profane, and the profligate. It develops covetousness, jealousy, hatred, deceit, and dishonesty. Many have been led by it to cheat others, and to steal money for such purposes.

##### 12. *Is the race-course a place to be avoided by those who desire to be pure and virtuous?*

A leading newspaper describes the “Derby Day” as an occasion when the “basest treachery, the meanest trickery, and the most reckless Gambling prevail”; where “money is lost and won, and drunkenness and vice stalk abroad”; where “the masses are brought into close contact with the lowest and vilest of the community.”

##### 13. *Does not Gambling often lead to self-murder (suicide)?*

Yes. Thousands of men and women of all ages and in all positions have by means of gambling been led into crime. To avoid the consequences brought on by Gambling many are driven to commit suicide, not thinking of the fearful judgment they have to face in the life to come.

## PART IV. PURITY OF SPEECH.

### SECTION I.

#### Sins of the tongue. Swearing, profanity, etc.

##### 1. *Name the principal sins of the tongue.*

Swearing, or taking the name of God in vain; irreverence and profanity; lying, slandering, or saying false or unkind things of other people; cursing and railing, and impure conversation.

##### 2. *Is profane swearing expressly forbidden by the law of God?*

Yes. The fourth commandment forbids swearing—

“Thou shalt not take the name of Jehovah thy God in vain, for Jehovah thy God will not hold him guiltless that taketh His name in vain.”—(*Exodus xx., 7.*)

##### 3. *Does the New Testament also condemn profane swearing?*

Yes, our Saviour says:—

“Swear not at all; neither by heaven, for it is God’s throne; nor by the earth, for it is His footstool.”—(*Matthew v., 34.*)

And the Apostle James writes:—

“But above all things, my brethren, swear not; neither by the heaven, neither by the earth, neither by any other oath; but let your yea be yea, and your nay, nay; lest ye fall into condemnation.”—(*James v., 12.*)

##### 4. *Are not all profane and irreverent expressions thus forbidden?*

Yes. All light and thoughtless speaking, especially in reference to God and holy things, is offensive and dishonouring to God.

“I said I will take heed to my ways that I sin not with my tongue.”—(*Psalms xxxix., 1.*)



"If a man offend not in word the same is a perfect man."  
—(*James iii.*, 2.)

"Every idle word that men shall speak they shall give account thereof in the day of judgment: for by thy words thou shalt be justified, and by thy words thou shalt be condemned."—(*Matthew xii.*, 36.)

### 5. *Is not profane swearing a sin without excuse?*

Certainly! It is especially profitless and inexcusable; for, while men are drawn into some sins by strong temptations to enjoyment, or gain, there is neither profit nor pleasure in bad language.

## SECTION II.

### Evil speaking and lying.

#### 6. *Are there not other sins of the tongue which are to be avoided?*

All backbiting and evil speaking; all angry railing and reviling; all flattery, deceit and lying are unchristian, and are condemned by the word of God.

"Speak evil of no man."—(*Titus iii.*, 2.)

"Love thinketh no evil."—(*1 Corinthians xiii.*)

"Thou shalt not raise a false report."—(*Exodus xxiii.*, 1.)

"Let all bitterness and wrath and anger and clamour and railing be put away from you, with all malice; and be ye kind one to another, tender-hearted, forgiving each other, even as God also in Christ forgave you."—(*Ephesians iv.*, 31.)

#### 7. *Repeat the teaching of the Bible in regard to lying.*

"Lying lips are an abomination to the Lord, but they that deal truly are his delight."—(*Prov. xii.*, 22.)

"The lip of truth shall be established for ever: but a lying tongue is but for a moment."—(*Prov. xii.*, 19.)

## SECTION III.

### Foolish and improper talking.

#### 8. *What other forms of evil words are forbidden?*

Foolish and unclean speech; all impure jests, sayings, and nasty or disagreeable stories that may pollute the mind or excite evil thoughts and desires.

"Let no corrupt speech proceed out of your mouth."—(*Ephesians iv.*, 22.)

"Nor filthiness, nor foolish talking, or jesting which are not befitting."—(*Ephesians v.*, 4.)

"Put ye also away all these: anger, wrath, malice, railing, shameful speaking out of your mouth; lie not one to another."—(*Colossians iii.*, 8.)

#### 9. *Why is the use of bad and improper words a sin against our neighbour?*

The use of profane or impure language is a sin against our neighbour, because thereby his mind also is defiled, and wicked thoughts and lustful desires are created in his mind. The boy who, by writing or speaking, puts bad words and bad thoughts into the minds of others, does them a wrong which can never be undone.

"Behold how much wood is kindled by how small a fire! And the tongue is a fire; the world of iniquity among our members is the tongue, which defileth the whole body, and setteth on fire the wheel of nature, and is set on fire by hell. The tongue can no man tame; it is a restless evil, it is full of deadly poison."—(*James iii.*, 6, 8.)

#### 10. *How may we know when we are saying wrong things?*

If we say anything that we should be ashamed for our parents, dearest friends, or teachers to hear, we may be sure that all is not right; and it will very

much help us if we try to remember that though *they* may not be near us God is *always* near us and hears all that we say.

"Set a watch, O Jehovah, before my mouth; keep the door of my lips"—(*Psalm cxli., 3.*)

"For there is not a word in my tongue, but lo, O Jehovah, Thou knowest it altogether."—(*Psalm cxxxix., 4.*)

