

Thus we see at once the importance, the necessity, of having all our young people well trained for the work that must gradually fall into their hands.

Dear readers of the CHILDREN'S RECORD, and most of you are young people, from among your ranks are to come the Christian men and women, who must bear the burdens of both Church and State.

Now, who among you are going to be Christian men and women? Surely every hand is up, and everyone eager to say, "I am!"

We are glad to see it and to hear it. Now is the time to begin. If you are Christian boys and girls now, then we are sure you will be Christian men and women on whom we can depend.

There is one part of Christian duty we want to emphasize just here. It is the duty of *temperance*. Now, as *intemperance* is a sin, and as drinking intoxicating liquors leads to this sin, we want you all to take the safest possible course, a course that is sure to save you from the sin of intemperance, and many other sins connected with intemperance, a course that will make it easier for you to live a good Christian life and increase your influence for all that is right.

This course is *total abstinence*. If you never take strong drink, you will never fall into the sin of intemperance, but if you do begin to drink, you may be drunkards, and it is quite certain that, if you drink, *some of you will be drunkards*. This is a terrible thing to think of, but does not need a prophet to say it is true.

Oh! that everyone of you, and all your teachers and your parents would think seriously of this matter, become pledged total abstainers, and, trusting in the grace of God, help, as true Christians ought to help, to build up a strong temperance army, that will soon be so strong that no power will be able to stand against it, for this battle is the Lord's, and the right must conquer.

Who among you that has not done so will now join this army? Who among you that has done so, will do something to get recruits?

The Church to which you belong has provided a way to help you in this work. Have you heard of it? Have you adopted it in your Sabbath School, or in your Young People's Society? If not, the writer will be glad, if any one will send him a post card, giving name and address, to send the needed information, and tell you what to do, and how to do it.

The time is passing. Do not wait, but write at once, and see if we cannot help one another in doing some good, in the name, and for the sake of Him who gave Himself for us.

Your friend and well-wisher,

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WHAT TOBACCO DOES.

BY EDWIN P. GLEASON, M.D.

1. Tobacco used to excess lessens the natural appetite. A great smoker is seldom a great eater.
 2. It impairs digestion, causes dyspepsia, besides other derangements of the digestive system
 3. It causes inflammation of the mouth and throat, destroying the purity of the voice. A smoker is rarely a good singer.
 4. It is a heart irritant, causing palpitation and "tobacco heart."
 5. It causes nervous depression, diminished strength, melancholy, and impaired memory.
 6. It injures the sight and hearing. This follows more from smoking than from chewing.
 7. It is hostile to the most perfect development of the body; an athlete in training is not allowed to use tobacco.
 8. Its most marked effects are in the young, in whom it arrests development of the highest nervous centres and stunts the growth.
 9. Its use is an expensive habit.
 10. It is offensive to many. Have we the right to make ourselves disagreeable?
 11. It creates a thirst which in some may be satisfied with alcoholic drinks.
- As this subject is in the direct line of my observation for several years, and as I have used tobacco for twelve years until recently I write what I know and have seen.—*Sel.*