



Temperance Department.

CIGARETTES.

A very sad death occurred a few weeks since. It was that of the son of a prominent and popular politician, a young man who had just attained to his majority, highly educated, polished, refined, and with all the advantages of wealth to make his life happy and prosperous; a young man, blameless and without fault—save one, that of cigarette-smoking, and it was this one fault that was the primary cause of his death. How many other young men are being enticed to their graves by the same insidious means, it would be somewhat difficult to compute. Formerly, the fashion was confined principally to boys and Cubans; but within the past year or two it has been adopted by all classes, and cigarette-smoking is now the rule rather than the exception. Paper cigars are seen on the streets and the front platforms of cars, and the sale of meerschaum cigarette-holders is rapidly increasing.

These breeders of disease are frequently compounded of refuse tobacco, cut up from old butts of cigars that are picked up in the street, and the curled exquisite, puffing away at his cigarette, would probably throw it from him in disgust were he aware that the tobacco from which it is made is, in all probability, the remains of a cigar that has been between the lips of a man afflicted with a contagious disease. There are instances now on record where sore mouths and sometimes even worse complaints have been introduced in this way.

Another objectionable feature in cigarette fillings is, that they are very often made of Turkish tobacco, into the composition of which, opium enters largely. The effect of the constant inhalation of this narcotic is exceedingly injurious. It acts directly upon both the nerves and the liver, and the constant smoker of so-called Russian or Turkish cigarettes soon becomes pale, jaundiced, and listless, the enervating drug sapping up the life of the smoker, and at the end of a few years leaving him unfit for work and a veritable object of compassion in his inability to free himself from the baneful influence of the subtle poison. Another deleterious effect of cigarette-smoking arises from the paper in which tobacco is wrapped. In the manufacture of this peculiar paper, white lead forms one of the component parts, and this is a deadly poison, which, absorbed into the system, produces blotches on the face, injures the teeth, and makes sores on the lips. These results may be seen frequently in a day's walk—startling warnings against the pernicious custom.

Another strong argument against cigarette-smoking is the fact that the combustion of the cigarette makes it impossible to avoid inhaling large quantities of nicotine—one of the most deadly poisons known to the pharmacopoeia.

A physician has detailed some of the symptoms that had lately come under his notice in the case of a young man now under his treatment for serious illness from cigarette-smoking. The patient was a young man of wealth and social position, who had acquired the habit of cigarette-smoking, and had found himself at the end of a year utterly prostrated with a disease, in which excessive nervousness and racking pains in the head and back were the principal features.

Following these symptoms came loss of appetite, and the unfortunate young man soon had a craving for indigestible and highly-spiced food, the eating of which naturally caused derangement of the digestive organs, and another train of ills.

Among the other effects of the poison that comes from the smoking of cigarettes is that it clouds the brain, acting directly upon its tissues as well as the nerves of the body. A *Mercury* reporter conversing recently with a well-known chemist on the subject was told that the growth of cigarette-smoking was doing more to undermine the constitutions of the young men of the country than almost anything else. The gentleman said that he was constantly being called in consultation with eminent physicians, who were endeavoring to discover the cause of what to them appeared mysterious diseases among the young men of the families of some of their most influential patients. In nearly every case it was discovered that the primary cause was cigarette-smoking. "Why, here my own son, Tom," the doctor said, "who should know better, has become so addicted to this practice that I find it almost impossible to break him of it, and a young man who promised to be my worthy successor is growing weaker and weaker before my eyes and I do not seem to possess the power to stop him in his course of nicotinal poisoning.

There has been no custom popularized for many years that threatens to do so much harm to the community, male and female—for cigarette-smoking is becoming fashionable with ladies as well as with young men, and you can not too forcibly impress upon your readers the many dangers they are undergoing in pursuing this deleterious habit."

Tobacco is a poison. It is often said: "Tobacco can not be poisonous, since great numbers who smoke and chew during long life do not seem to be injured." To this we reply, many of these same objectors in later years have nervousness, trembling, dyspepsia, heart palpitations, dizziness, and sometimes incurable ailments, which, they are astonished to learn from medical counsel, have been caused chiefly by tobacco. Facts of this sort are frequent. It is true also that persons of heavy plethoric habit and such as live plainly, often perspiring from hard work in the open air, do not so soon nor so severely suffer as others. Tobacco injures native-born Americans sooner and perhaps more than Germans; those of nervous temperament and sedentary life quickest and most fatally.

It is very often amid natural laws as it is under the Divine moral government: "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Nevertheless, it is as sure as fate that all these stimulants and narcotics derange the organization, and strike at the life, and reach it sooner or later.

None are better aware of the fact that tobacco is a poison than those who use it, whatever they may pretend to say to the contrary. They often try to disparage the statements concerning the deadly effects of the extracts of tobacco, but they do not need to go so far as that. They are often aware that their own use of it hurts them, while they would not dare to swallow the portion they have in their mouths; and no one would be more alarmed than themselves if a loved child should swallow a portion of the weed.

The *Quarterly Journal of Science* instructs us that tobacco belongs to the narcotic and exciting substances which have no food-value. Its use adds no vital force, but abstracts or takes it away. It involves the narcotic paralysis of a portion of the functions whose activity is essential to healthy life. Let it be clearly understood that the temporary stimulus and soothing power of the tobacco are gained by *destroying vital force*, and that the drug contains absolutely nothing of use to the tissues of a healthy body.

Dr. Willard Parker: "It is now many years since my attention was called to the insidious but destructive effects of tobacco on the human system. Cigar and snuff manufacturers have come under my care in hospitals and in private practice, and such persons can not recover soon, and in a healthy manner from cases of injury or fever. They are more apt to die in epidemics, and more prone to apoplexy and paralysis. The same is true also of those who smoke or chew much."

Note also this medical testimony: "The parent whose blood and secretions are saturated with tobacco, and whose brain and nervous system are semi-narcotized by it, must transmit to his child elements of a distempered body and errand mind; a deranged condition of organic atoms which elevates the animalism of the future being at the expense of the moral and intellectual nature." And here is the law of hereditary transmission, "Visiting the iniquity of the fathers upon the children." Thus innocent ones are often made life-long sufferers by their drinking, smoking, or licentious parents. And it is coming now to be farther known—what is an answer to the apologies of those who indulge their grosser appetites on the ground that such habits do not hurt themselves—that persons inheriting good constitutions may manifest for years comparatively little conscious injury for vices; while children born to them grow up weakly, nervous, with hereditary taints, and sometimes they eventually become epileptics, paralytics, or imbecile? Were it not that mothers are generally of purer life and purer blood than fathers, these deplorable results to offspring would be far more widely manifest than now.

You who are Christian men, can you continue to use this vile and debasing weed, and still feel that you are honestly trying to live a life of purity in the sight of God?—*Union Leaflets, New York.*

CANON FARRAR ON TOTAL ABSTINENCE.

On the 14th of February last Canon Farrar addressed a meeting under the joint auspices of the University and New College Temperance Societies, on the subject of temperance. On rising he said he was glad to accept the invitation of the society and to do something for so sacred and pressing a cause. After dwelling on the way in which the national strength was weakened by this prevailing vice of intemperance he said that there were a great many people, who said that the language of

temperance reforms was rash, and exaggerated, and fanatical. Although he had only spoken two or three speeches on the subject, he had laid it down as his own rule, at least, not to use one single, rash, untenable, and above all, one single uncharitable expression. He had always tried to speak as if he were in the presence not of temperance reformers, but as if he were speaking at a dinner of licensed victuallers, with spirits as inflammable as their own gas. While never wishing to wound a single sensibility, he would say this, because it was true, and because a whole army of publicans could not refute it, and not even it, that whatever might be thought of the innocence and the harmlessness of the liquor traffic, undoubtedly the result of the traffic, the results would spring directly from it the results which would immediately cease if the traffic were got rid of, were the most appalling, the most ruinous, and most extensive, of all traffics, not even excepting the analogous and most iniquitous opium traffic, in all the world. He wanted no admission from anybody except these two—first of all, that the effects of drunkenness were indescribably awful, and the other, the very simple proposition that drunkenness was caused by drink. During the whole of his life he had been brought up with sober and temperate men, and he cared so little for alcohol that when he was an undergraduate at Cambridge he never had a single bottle of wine in his room. Still he was not a total abstainer, because it was only recently he had been brought home to him the awfulness of the peril, which it was now their duty to encounter, because he sincerely thought that the work which God called the nation to face was to save England before it was too late, from the overwhelling peril. He was not there to read them a lecture on the dangers of drunkenness. To do so would be an egregious waste of time. He had seen a boy at school helplessly drunk, in and danger of his life: he had seen two youths so intoxicated that they lay in the streets like senseless logs; some of his schoolfellows had died prematurely from the effects of drink; he had seen peers and clergymen and masters of schools, and even seen professors of universities distinctly the worse of wine. Still he was not going to speak to them in the least about drunkenness. If they wanted that done they might perfectly well have asked any of the licensed victuallers of Edinburgh to do it for them. They were constantly informing them that they detested drunkenness, they constantly told that they were adrent temperance reformers, although somehow or other he feared the ardeency found the way very much into the spirits which they sold. But he was going to speak to them about total abstinence for this reason because he believed it was the sole effectual stand which under present circumstances we would nationally make, and the sole effectual protest which in the present crisis we ought to deliver. This conviction was first brought with overwhelming force to his mind from being brought in contact with the lower classes of London and seeing their condition. It was there pressed upon him that the peril could not be exaggerated, and he there saw that if the lower classes were to be saved it could only be by making a stand for temperance. Drunkenness he contended was easily preventable before the temptation had begun, and it was absolutely curable where the temptation had begun—it was preventable and curable by the same means—namely, by total abstinence.

CHILDREN'S MEETING IN CALCUTTA.

(From "The Indian Mirror," Jan. 27, 1878.)

Before five o'clock in the evening of Thursday last, as I stood at a window of the Lily Cottage, I could see, not far from the gate of that beautiful house, the tops of many gay-colored flags mixed up in pleasant confusion, borne by a number of diminutive persons whom I soon recognized as the boys of the Albert School. It was a proud moment of their lives. The little fellows were welcomed at the entrance by Babu Keshub Chunder Sen in person, and then they struck up the tune of the spirited temperance song composed for the occasion. They sang in parties, the grown-up boys in a sweet and gentle bass, and the younger ones in a sharp treble in agreeable contrast to the former. Singing and bearing their banners, they marched into the compound, and stood under the awning ready for them in files, the little ones to the front and their seniors behind them. The ladies looked on from the windows, we were around, some squatting on the grass, some standing, all very much pleased with the manner and matter of the singing, the looks of the youthful choir, and everything about them. The following is the translation of the temperance song:—

"Come all of you, O kind-hearted men, and see how the country is burning by the fire of sorrow.

"The country is in the flames of the fire of wine. Remember God, and now awake.

"Once for all cast off your sleep and be active in the good of your country.

"See how many of the wise and learned are suffering from the poison of wine. How many of them are brutalized by drinking wine. How many hundreds of men are untimely going to the mansion of death by imbibing the poison of wine; here, their families are lamenting bitterly.

"Do not, therefore, remain insensible in sleep any longer."

In the meantime the members of the company were taken away by twos or threes and invested with a piece of red ribbon of which they looked mightily proud. The singing over, oranges and sweets were distributed, to which, we need scarcely say, justice was done. Babu Keshub Chunder then said he was glad to organize on that day the first Band of Hope among Hindus. Then followed a speech which was evidently much liked by the young ones. The party then formed in files on one side of the tank, and bearing aloft their banners, marched out of the compound in the same order as they had come, singing all the way from the Lily Cottage to their school-house in College Square.—*League Journal.*

WITH ME ABSTAIN.

The drunkard can be saved, but it must be by abstinence. In the vast majority of cases nothing else will save him, and in hardly any case has anything else been salvation for the creature who has become a slave to strong drink. Now, here comes the power of examination. The man was made a drunkard in company. He shall be unmade in company; and as to unmake him he must abstain, we will abstain also. On the one side stands the Devil, and says Come, have a drink with me; and for that poor wretch a drink means be drunk, and the Devil knows it. On the other side stands the reformer—the Christian. What shall he say? What can he say? There is nothing for him to say, except to take the man's arm and lead him from the temptation and beseech him, "With me abstain."

It is generally granted that the drunkard ought to abstain, but it is as generally forgotten that his abstinence would become a badge and mark of degradation and shame. He sits at your table; the wine is passed; every glass is filled but his. Why not his? He knows that its sparkling beauty and its rich bouquet will be for him poison, madness, death! His only safety is refusal; and in a moment every eye marks the absence of the ruby drops, and the cup that glitters not with the generous wine. Oh!—goes the thought around a drunkard! Poor fellow too weak to check himself. How degraded—how sunken—what a slave! Not so, I say; for, see, I have no ruddy grape-juice in my glass; no mellow ale by my side; no burning spirit in my bowl—and who dares charge me with excess, with a weakness that is only secure in abstinence. I am no drunkard, but I abstain!

Thus do we throw around our fallen but struggling brethren theegis of our character, our strength, and once again limit the liberty that we possess for the benefit which we can thus gain for ourselves and our fellows.

Is this, then, a sacrifice—a self denial? It may be; but surely we are not of those who will shrink from denial and sacrifice. What had we been had there been no denying of Himself in self-sacrifice by the Son of God?—*L. D. Bevan LL.B., New York.*

— Investigation into the opium-eating habits of residents of the Shenandoah Valley reveals the fact that in the town of Staunton 100 pounds of the drug are sold every week. Many young women and "ladies of the first families" are slaves of the habit. A local newspaper says that public attention was first called to the subject from the fact that a woman sent her horses to be sold that she might use the money to purchase opium. Her agent was unable to sell them, and when he told her so she fell dead. A public anti-opium meeting, has been held, and a petition for a tax on the drug is in circulation. This opium-eating is evidently of long standing, and yet the anti-temperance papers claimed that the bell punch had caused it.—*N. Y. Witness.*

How SWEET MUST be the sleep of those who attend temperance meetings, watch their acquaintances take the pledge, and then go deliberately to work to persuade them to break it. Yet there are men who profess to consider this sort of thing legitimate sport.

IF THERE BE A DUTY with pastors to use such timely occasions as may offer for religious conversations with the members of their congregations, so there may be a duty with those wishing it to offer to the pastors a suitable occasion.—*Congregationalist.*

— In many of the London public-houses unpretending little cards, stating that "all spirits sold here are diluted," are hung up, so as to secure the owners against prosecutions for "adulteration."