



Laughing at Shame.

Dr. G. H. R. Dubbs, in treating of an aspect of drunkenness, lays stress on the fact that people laugh at this vice when they ought to be disgusted and ashamed. 'I was once speaking to a man,' he says, 'who held the record of police convictions for drunkenness. He was a gentleman born, and had been a great athlete. I met him in a prolonged parenthesis of sobriety and I believe his brain-cells were at the time he conversed with me fairly free from alcoholic soakage. He said: "Depend upon it, the habit that society has of treating drunkenness as a comic incident has something to say in the matter of how the drunkard is led to regard it." I have often thought over this phrase, and not always with absolute equanimity. I took up an old volume of an illustrated comic paper the other day, and I found allusion after allusion to drunkenness, and always from the laughable side.'

To which add what Dr. John Watson says, also with regard to England: That while the richer classes have become more temperate and consume less liquor, the total quantity consumed per head of the population has not diminished, but increased in the last fifty years. It is calculated that the average English working-class family spends six shillings per week on drink, or about a quarter of their wages. If that six shillings could be withdrawn from the till of the publican and spent on bread and clothes, plenty could be brought to the working classes at once. Sixty-three percent of the crime of the kingdom and seventy-five percent of the pauperism was attributed to intemperance, and the direct deaths from alcoholism have largely increased both among men and women.—'The Cross.'

The Cigarette and the Coming Man.

WHY A BOY SHOULD ABSTAIN FROM SMOKING.

Efforts are just now being made to induce boys to abstain from cigarette smoking. Perhaps, however, some boys, while they would not yield to the habit, have only a hazy idea as to why it is injurious. Therefore, the five reasons set out below will be of service.

1. Cigarette smoking lessens the natural appetite for food, and injures digestion. The boy who smokes has a bad digestion and a poor appetite. Because of this interference with appetite and digestion, the food is not properly digested and assimilated, cellular activity is checked, and the growth and development of the body seriously interfered with by this early poisoning.

2. It seriously affects the nervous system. The rush of blood to the head, the dizziness, the unsteady beating of the heart, the distressing dreams—all show how seriously is the nervous system affected. This effect on the nervous system is sufficient to produce the most marked changes in the mental activity.

3. It lowers the moral tone. Boys who would not tell a lie on any other matter, not for a fortune, our best and noblest boys, do not seem to hesitate a moment to tell any kind of a falsehood in order to keep from their parents the fact that they are smoking cigarettes. They hide the cigarettes. They smoke them away from home. They try in every way to conceal the truth. Indeed, they will do all manner of things in order to deceive those who are nearest and dearest to them.

4. It creates a craving for strong drink.

The hot smoke from the cigarette tends to make the mouth and throat dry, and creates a peculiar sinking sensation in the stomach. Water may temporarily relieve this dryness, and may temporarily check the sinking sensation. But with the moral tone lowered, and the mental power weakened, the desire to yield to the first temptation is strengthened, because of the flimsy excuse that the boy must have something to wet his throat. And so it goes on, from bad to worse. In other words, the boy who smokes more easily accepts an invitation to a 'treat' than one who does not smoke.

5. It is a filthy and offensive habit. No matter how stealthily the boy may do his work, sooner or later his clothing becomes saturated with the odor of tobacco. One of the most inexplicable things in this world is that a well-dressed, highly-accomplished young lady will sit by the side of a young man in a railway carriage, or will walk by his side in the street, and submit to inhaling this most offensive odor—bad at all times, but, of course, increased a thousandfold when the smoking machine is in full operation.

An article of this kind would not be complete without a reference to the good work done by the International Anti-cigarette League, which has now 21,350 members as a result of two years' work. The headquarters of the League are at 57 and 59 Ludgate Hill, London, E.C.—The 'Christian Age.'

An Unwelcome Memory.

In the midst of my thoughts and meditations this morning there came up, like Banquo's ghost, the vision of a scene that occurred sixty years ago. It was a scene that I did not love to recall—one that I would have buried beyond all possibility of resurrection if I could. But there it was, as fresh and vivid as if it had happened yesterday. Under sudden excitement I lost my self-control. I said and did what was foolish and wrong. I was sorry for it soon after. I repented of it, and believe that I was forgiven. But repentance and forgiveness could not keep the photograph from taking its place in memory's gallery, for nothing that we say or do or see or hear is ever absolutely forgotten. Some one has compared the human memory to a file of newspapers. They are piled up one upon another, day after day. Only the latest is in sight. But by turning over the file you can find any page or column that you want to read over again. This turning over we call recollection. We can often recall the past by an effort of the will, though quite as often we try and fail. And then there is a law that we call association. It seems that in some way there are wires running through the file and connecting the different items. If you touch one of these wires it may bring up some long past event.

And I find this illustration in a book of anecdotes:

A painter, famous for his delineations of natural scenery, domestic life and battle scenes, was compelled, by ill-health, to give over his work and seek rest in the country. There he grew worse, and in his delirium he described the several scenes and groups he had studied and portrayed. His room became a chamber of imagery, on whose walls all the studies and paintings of his life re-appeared. What he had contemplated, conceived and forgotten, re-appeared under the influence of disease. What pictures of earthly scenes will the day of judgment bring before the mind, which will justify the decision of the righteous Judge!

Good old Thomas Fuller, who died in 1661, contends that it is easier to remember and recall the evil things that we do and hear than the good ones. His words are:

Almost twenty years since I heard a profane jest, and still remember it. How many pious passages of far later date have I forgotten! It seems my soul is like a filthy pond wherein fish die soon and frogs live long. Lord, raze this profane jest out of my memory. Leave not a letter there-

of behind, lest my corruption (an apt scholar) guess it out again; and be pleased to write some pious meditation in the place thereof. And grant, Lord, for the time to come (because such bad guests are easier kept out), that I may be careful to not to admit what I find so difficult to expel.

Let us all join in this prayer for divine help in keeping the memory pure.—Senex Smith, in 'Journal.'

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The Royal Treasury—The 'Standard,' London.
The King at Cambridge—Special Correspondence of the 'Daily News,' London.
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Pianos Past and Present—The 'Daily Telegraph,' London.

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