

that is ever engaged in with a desire to honor God.

The question resolves itself to this, if it is right, honorable and moral, let it be driven on with wealth, power and energy, and if it is wrong it should be stamped out of our fair Canada. There are only two sides to the question, and I think few honest people will say it is a good thing, let it prosper.

ANNIE L. CUTLER.

### TOBACCO; ITS EFFECTS PHYSICALLY, MENTALLY AND MORALLY, ON THE HUMAN FAMILY.

An essay read by Hugh W. Zavitz at the Second Quarterly Philanthropic Meeting at Coldstream, 9th mo. 25, 1892.

It was not until I had been chosen to write on this subject that I realized its magnitude and importance. We are so prone to follow in the footsteps of others that we unconsciously adopt bad habits without realizing the consequences. For who of us, after giving the subject serious consideration, could indulge in the use of a plant which is so injurious to the human system as tobacco.

Dr. Richardson declares that "while there are no grounds for believing that the smoking of tobacco can produce any organic changes, it can, and does produce various functional disturbances in the stomach, the heart, the organs of the senses, the brain, the nerves, the mucous membrane of the mouth, causing (what has been described as the smoker's sore throat), and on the bronchial surface of the lungs."

Major Houston, of the marine corps, who is in charge of the Washington navy-yard barracks, says that "one-fifth of all the boys examined are rejected on account of heart disease, of which ninety-nine cases in one hundred come from cigarettes. His first question is, 'Do you smoke?' No, sir, is the invariable reply, but the record is stamped on the very body of the lad, and out he goes.' Germany, with all

her smoke, says: 'No tobacco in the schools. It spoils the brains, and makes the boys too small for soldiers.'"

"A boy can never make a man of himself by smoking cigarettes," says the Picaune, "though he may succeed in becoming a sickly dwarf if he neglects other business and smokes industriously."

"Not long ago a lady visited one of our eastern colleges to attend commencement, and bring her son home. At this college there was a young man that was in the front in his studies, abilities and good conduct, he was the pride of wealthy parents and a hard student, but had acquired the habit of smoking cigarettes. He believed it helped him in the labor of study, and the habit grew on him until he became a very slave to it, and his system became so terribly poisoned that it gave way and he was struck down by paralysis as by lightning."

"Some of the cigarettes which are smoked to so large an extent are said to be dangerous articles. A physician had one of these analyzed, and the tobacco was found to be strongly impregnated with opium; while the wrapper, which was warranted to be rice paper, was whitened with arsenic, the poisons combined being present in sufficient quantities to create in the smoker the habit of using opium without being aware of it, and which craving can only be satisfied by an incessant use of cigarettes. If any one wishes to be a slave here is a chance for him to walk up and have the fetters riveted on; if not, let him beware of the silken threads which increase to galling bonds, and end in fetters of iron or brass."

"Tobacco is the porch of entrance to the drinking saloon. It is a very rare thing to find a lover of rum who is not also addicted to the smoking and chewing of tobacco. In a large proportion of cases the passion for intoxicating liquors was caused by saturating the system with the juice or fumes of tobacco."