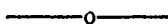


first stage of drunkenness. The fact is, the baby is only the infinitely more sensitive extension of the mother's system, and it is more likely than any other part of the mother's system to receive the things which are injurious that are taken through the medium of the mother's diet. Well, now, ladies, bear that in mind when you are told to take wine, or beer, or brandy, understand that you are merely distilling that wine, spirit, and beer, into your child's frame, that the very mould which that child is to preserve for the rest of its life is being constructed out of blood that is alcoholized—out of a condition of the system in which intoxication is the real, substantial element for the first twelve months of its growth. I ask those of you who may have thought it your duty to recommend young women who do not know better to take those things, whether that is not a grave and important fact for you to think of.



SMOKERS ! BEWARE !!

You don't know what you are doing !

You are "*only just* enjoying a pipe " on your way to work, or while you are working, or after work is done ?

" *Only Just* " ? What does *only just* mean ?

You are *only just* spoiling your digestion and your teeth, injuring your liver; making your complexion sallow, your eyes dull, your life sluggish; and sowing the seeds of various chronic and acute diseases, which may be long in showing themselves, but will surely come at last—in short, you are *only just* committing suicide by a slow but sure *poison* ! Poison ! say you. Who says it's poison ?

All medical writers class tobacco with alcohol, opium, and other POISONS. Dr. Hossack says that " numerous instances of dyspepsia, apoplexy, palsy, epilepsy, and other diseases of the nervous system, are attributable to the use of tobacco." Dr. Waterhouse says that " the oil of this plant is one of the *strongest vegetable poisons*, inasmuch that we know of no animal that can resist its mortal effects."