

overcome. I then thought I would quit chewing, then came the struggle. To quit smoking was but a trifle in comparison. After I had determined to try to quit chewing, I always kept a piece of tobacco in my pocket; I was doubtful whether I should be able to leave off. Many times before I was aware of it I found I had a piece in my mouth a long time. As soon as I perceived it I would take it out, but often before it was discharged I would give it one solid grind. There is nothing in the world, to me, so exquisitely sweet as tobacco. After several months the habit was overcome, but it was almost like plucking out my right eye. When I had entirely ceased from using it I had a better appetite, my sleep was sweeter and more refreshing, my mind more composed, my nerves were more steady, I grew more fleshy, and now I enjoy perfect health and can endure double the fatigue that I could for a long time before I quit the use of tobacco."

68. What is meant by Appetite?

It means a strong desire for food or drink.

69. How often and for how long must we try to change bad habit?

The Uncontrolled Appetite.

The great temperance lecturer Gough, told of a beautiful girl in England, far gone with consumption, yet patiently and lovingly toiling to support a brother who was addicted to drinking habits. She used to get him a place to work, but he would soon forfeit it by his evil ways, and so in her weakness and pain she worked on, giving the renegade brother the most of her earnings. Little by little she saved a small sum to pay the expenses of her last sickness and burial, which she expected would soon be upon her. The miserable brother found where she secreted her little treasure, broke open the desk and robbed it, and spent the money to gratify his terrible appetite for strong drink. To such depths of meanness did he descend on account of his dreadful habits that even his conscience no longer troubled him. Neither love nor shame could prevent the miserable man from robbing his nearest and dearest friend.

70. Repeat the story of the uncontrolled appetite for drink.

You need not answer the next two questions aloud.

71. Have you any habits at home or at school that you ought to break off?