

ed meeting on 4th day at 11 a. m. ; we go on to Albany, en route for Granville, where we spend 7th and 1st days to the apparent satisfaction of all.

Second day a. m., 3d month 27th, we turn our faces homeward, where, after making some stops, we arrive safely on 4th day p. m., finding all well and truly grateful for the protecting and preserving love that we enjoy in the many weeks of travel and active service, that we trust may be enjoyed as much by the visited as the visitors.

But we must not trespass more upon your limited space this time.

I. WILSON.

Bloomfield, 3rd mo. 30, 1893.

TOBACCO.

Paper read by Chas. E. Wilbur before the Philanthropic meeting held at Easton, N. Y., 2nd mo. 15, 1893.

Tobacco, familiarly known as "the weed," is an annual plant, and is said to be a native of America.

It grows to the height of several feet, and the leaves of which, when dried, are made into cigars, chewing tobacco, and snuff, which are extensively used throughout the civilized world. Tobacco is a poison to the young, and is far more hurtful to the adult than is generally supposed, and it may be stated as a rule that there are very few persons who use it habitually that do not suffer injury from it. The injury is mainly caused by what is known as "nicotine," one of the narcotic poisons, which is particularly prominent in tobacco, and so powerful is it, that it is said that one drop upon the tongue of a dog is sufficient to produce death. A distinguished physician of Florence, Italy, Professor Man-te-ga za, testifies that "tobacco is never necessary ; it is always hurtful to boys and young men, to weak people and those disposed to consumption."

The naval and military academies of this country understand this matter, and are very decided against it, on the ground that its use is attended with serious damage to health ; it also causes

a tremor of the muscles, which is very noticeable in the drawings and fine work of the cadets. But it is not to the Government institutions alone to merit all the credit of prohibiting its use ; other schools are seeing the necessity of it, and our own beloved Swarthmore goes so far as to expel a student who persists in using the vile weed.

Athletes and other persons engaged in feats of strength are not allowed to use either alcohol or tobacco while in training, because their use interferes with the fullest development of muscular activity.

Of tobacco, Franklin said that he could not think it had ever done much good in the world, since he never knew a person who used it habitually who would recommend another to do the same.

A person who has formed the appetite for tobacco and wants to stop its use, is to be pitied, for on all sides, and in all places where he may choose to go, he is surrounded by a fog, which, instead of alleviating the difficulty, tends to increase the desire for the poison. Another form of taking tobacco, which I am glad to see is becoming less prevalent, is the use of snuff. At one time the majority of the women of this land took the weed in this form, but whether from a truer sense of womanhood, which acknowledges the wrong and endeavors to rectify it, or whether from the possession of a stronger will power, which enables her to break the habit and withstand the temptations, she has far outstripped her brother man in this respect.

But the worst feature of the tobacco habit is yet to come. All of you have seen the little roll of tobacco, about two inches long and as large as a lead pencil, wrapped in white paper, on which "Uncle Sam" collected an internal revenue tax last year of about fifteen millions of dollars, called a *cigarette*. Of all the forms of using tobacco, this is the worst. First, the construction of the cigarette is such that the smoker takes into his lungs a