

SCIENTIFIC TEMPERANCE.

A SERIES OF LESSONS FOR BANDS OF HOPE, ETC.

(By Mrs. Howard Ingham.)

LESSON XXVIII.—Tobacco Chewing.

1. Is tobacco a food?

No. Tobacco is not in any way a food. It stunts the growth instead of making the body grow, and weakens instead of strengthening it.

2. Why, then, do people put it in their mouths?

Only to spit it out again, and because the body, when it has grown used to it, has a craving for it.

3. Which is worse, to smoke or to chew tobacco?

Chewing is more harmful.

4. In what way does it do harm?

In several ways. First, it makes the saliva flow too freely, and, as it is wasted by spitting, the body is robbed of its needed quantity of saliva.

5. What is the consequence of this?

An unnatural thirst, which cannot be satisfied by water or any natural drink, and which, in a great number of cases, leads to the use of alcoholic liquors.

6. What other consequence is there?

The body is very much weakened by the loss of so much material as the chewer spits away. One physician says, 'Can we wonder that the chewer is haggard when he spits away his own weight in less than six months?'

7. How does the loss of saliva affect the digestion of food?

The saliva is necessary to the proper digestion of the food. Without it the food cannot be so changed as to strengthen the body. Anything which wastes the saliva hinders the digestion, and of course the strengthening of the body.

8. Does the tobacco do any other harm?

Yes; some of the juice of the tobacco is sure to be swallowed, and its poison irritates and makes sore the delicate surface of the stomach. From the stomach the poison enters the blood, and is carried by it to all the other organs of the body.

9. What do physicians say of the effects of tobacco on boys?

They tell us of all sorts of dreadful effects, and that 'no one who uses tobacco before the bodily powers are developed ever makes a strong, vigorous man.'

10. Is tobacco-using a gentlemanly habit?

No. It makes people careless about other habits. It is a filthy and disgusting habit, and those who indulge in it grow indifferent to cleanliness and purity in other ways, and to the comfort of other people.

11. And how do they show this?

They take no pains to protect other people from their foul breath and disagreeable ways, spitting on floors and sidewalks, and continually annoying sensitive people.

12. What other evil grows out of the use of tobacco?

Evil company. Tobacco users naturally go together, and, as the worst boys always use it, better boys come to associate with them, and so to grow bad. They learn to swear and drink, and to do all kinds of evil things.

13. Do you think it is a sin, then, to use tobacco?

It certainly is a sin, because it harms the body which God made, and which He declares to be His own temple, and because it leads to other sins.

14. What, then, is the only safe course to pursue?

To abstain wholly and always from the use of tobacco.

HINTS TO TEACHERS.

This lesson is so simple as to require little simplifying. Question the children regarding the process of digestion, to be sure they understand the office of the saliva, and the importance of preserving its purity and abundance. Their own observation will show them the filthiness of the habit. Governor Morris was once asked 'if gentlemen smoked in France.' He replied, 'Gentlemen, sir, smoke nowhere!'

A little book, 'Facts About Tobacco,' issued by the National Temperance Society, New York, will be found exceedingly helpful in teaching this lesson and several yet to follow.

ROTTED OFF BY BEER.

This is not a temperance treatise, but it has a bit of fact in it that the total abstainer may show to the beer-drinker whenever occasion offers, says the New York 'Mail and Express.'

The attention of the New York hospital surgeons has been called to the large number of bar-tenders that have lost several fingers of both hands within the past few years.

The first case was that of an employee of a Bowery concert-hall. Three fingers of his right hand and two of his left were rotted away when he called at Bellevue one day and begged the doctors to explain the reason. He said his duty was to draw beer for the thousands who visited the garden nightly.

The man was in perfect health otherwise, and it took the young doctors quite a time to arrive at a conclusion. But they did finally, and it nearly took the beer man's breath away when they did.

'Your fingers have been rotted off,' they said, 'by the beer you have handled.'

Other cases of a similar nature came rapidly after this one, and to-day the physicians estimate that there is an army of employees of saloons whose fingers are being ruined by the same cause. The acid and resin in the beer are said to be responsible.

The head bar-tender of a well-known saloon says he knows a number of cases where beer-drawers have, in addition to losing several fingers of both hands, lost the use of both members.

'Beer will rot iron, I believe,' he added. 'I know, and every bar-tender knows, that it is impossible to keep a good pair of shoes behind the bar. Beer will rot leather almost as rapidly as an acid will eat iron. If I were a temperance orator, I'd ask what must beer do to men's stomachs if it eats away men's fingers and shoe leather. I'm here to sell it, but I won't drink it, not much.'—'Temperance Advocate.'

TEMPERANCE LONG AGO.

Mrs. Judd, of Iowa, tells in a recent number of the 'Union Signal' how she signed the pledge in her childhood. She says: 'About sixty-five years ago, when I was a small girl, there was a general awakening on the subject of temperance and "What shall we do?" became the anxious cry all over the land. Everybody seemed to become conscious of an individual responsibility and many drew up a pledge never to drink whiskey, and signed it.'

'It did not stop with personal safety, and family pledges were formed. The parents' names were written first and then the name of each child according to age. I well remember the day our family pledge was written and signed by father, mother and my sister and older brothers. One brother and myself were too young to write and so father read the pledge to us and explained its meaning—that we promised before God that we would never drink anything that could intoxicate; he gave us two days to think of it, then read it again, and said it was a most solemn thing to have our name there, that God's eye was upon it now and always would be, when we were grown and away from home, and God would bring us to account if we ever broke it. I remember what a new feeling of solemn personal responsibility filled my young heart as he wrote my name and showed it to me. Soon neighborhoods wrote their names on one large paper—"Never to use as a beverage any spirituous liquor; no cider, beer or wine." Not long afterward town temperance societies were formed. These were the beginning of the temperance movement in our country. About that time the Washingtonians sprang up, and "No, no, oh, no; no, I never will drink any more"—was sung from city to hamlet,

from state to state, till Satan trembled and devised ways to retard the stream of pure cold water.'

TOBACCO A POISON.

No man of science attempts to deny that tobacco is a poison—a poison in relation to human organism—a rank poison, baneful and destructive. It has no assimilation with the process of nature—furnishes no blood, no muscle, and no bone—and when left to its legitimate action is completely destructive of the life-principle. Its poisonous effects are not always visible. It may seem to lie torpid in the system, as a viper in winter. Indeed, its effects may never be so visible in the immediate user as in his posterity, for, like a sea-monster, plunging deep, moving out of sight and coming up in the distance, so, in its malignant effects, this poison may appear in the second and third generations. Many a devotee, who now sports with the idea that he is injured by the 'weed,' will curse the world with homely, scraggy, half-idiotic grandchildren, totally ignorant of the cause. German doctors are telling the world to-day that it is next to impossible to heal the children of great tobacco-users, when beset with diseases otherwise curable.

Its action is insidious in relation to both individuals and nations. It sometimes shows its malignity in a cancer, paralytic stroke or a sudden death; but its chief strategy is the sapping and mining process, narcotizing individuals and whole nations whilst unconscious of it. It must do execution, somewhere! To reason otherwise is a solecism, and ignores the whole doctrine of cause and effect. When a British peer, on the floor of parliament, said, 'My lord, in view of all the injuries tobacco has inflicted upon Europe, it is doubtful whether the discovery of America, which gave us that plant, has been a blessing or a curse,' he presented a problem worthy the study of the philosopher and historian.—George Trask.

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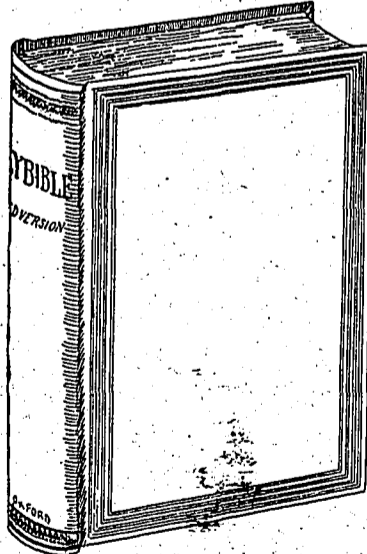
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