

cried so that the neighbours came running to see what had happened.

They found the little fellow on the ground, where he had fallen, having crawled out on the window-sill to see what had become of his sister. It was a mercy that he too had escaped with only a few bruises.

Brave little Alice Ivy! She showed unselfish love, courage, and promptness in action. We think she was a heroine. Do you agree with us? Her behaviour was the more worthy of praise that she had to do something at once, and that she did the best thing under the circumstances. We are sure her mother felt thankful for such a noble daughter.

TO A FAMILY BIBLE.

WHAT household thoughts around thee, as their shrine,
Cling reverently!—Of anxious looks beguiled,
My mother's eyes upon thy page divine
Were daily bent, her accents, gravely mild,
Breathed out thy lore;—whilst I a dreamy child,
On breeze-like fancies wandered oft away
To some lone tuft of gleaming spring-flowers wild;
Some fresh-discovered nook for woodland play,
Some secret nest; yet would the solemn word,
At times with kindlings of young wonder heard,
Fall on my wakened spirit there to be
A seed not lost, for which in darker years,
Oh, Book of Heaven! I pour with grateful tears,
Heart-blessings on the holy dead and thee.
—Mrs. Hemans.

TOBACCO.

THE tobacco is an annual plant, with large fibrous root, and an erect, round, hairy viscid stem, which branches near the top and rises from three to six feet in height. The leaves are very large, pointed, and of a pale green colour. The lower leaves are often two feet long and six inches broad. The leaves are the parts employed in commerce. The reeds yield but little narcotic principle. The plant is a native of tropical America, and was found by the Spaniards on their arrival. It is now grown in most parts of the world, Virginia being the most celebrated for its production. The harvest is in August. The ripe plants are cut off at the roots, dried under cover, stripped of their leaves, cured by a process of heating, packed in hogsheads, and then sent off to the tobacco factories all over the world, where they are made into cigars, snuff, smoking tobacco, cigarettes, and chewing tobacco. Being prepared and adulterated with all kinds of essential oils, sugar, spirits, &c., and being disguised in the most attractive manner, in fancy boxes, expensive labels and designs of all sorts, the original tobacco leaf is changed in every way, and is sent out on its terrible mission throughout the known world. It is then allowed to enter the system of its unsuspecting victims very slowly and stealthily at first, as nature naturally rebels at its introduction, which always produces such disgusting effects as nausea, loss of appetite, and fainting, etc. In some cases death has been caused by its effects on diseased and weakened hearts in delicate subjects and in young boys.

Nicotine is the active and most dangerous principle of tobacco. So strong is this powerful poison that one drop will kill a dog, and small birds will die at the approach of a tube containing the drug. In poisonous doses it will kill a man in from two to five minutes. Truly, every plug of tobacco and every cigar should come under the Pharmacy Act, and be labelled "Poison."

The physiological properties of tobacco on the system are very numerous. Tobacco is a sedative narcotic, producing drowsiness or sleep. It is an emetic, causes giddiness and nausea. When snuffed up the nostrils, tobacco dust causes sneezing and a discharge of mucous; when chewed it irritates the lining membrane of the mouth, increases the flow of saliva, and often acts as a cathartic. When even moderately used by some persons, its properties act by causing confusion of ideas, vertigo, stupor, faintness, then nausea, vomiting, fearful depression of the nervous and circulatory functions, and these may go on to alarming and even fatal prostration, and, as said before, death.

Tobacco operates not only through the medium of the nervous system, but also by entering the circulation: firstly, it reduces nervous power, and then affects the function of the heart.

The use of tobacco was really learned from the American Indians by the Spaniards. The plant and its uses were introduced into France in 1560 by the ambassador of that country, at the court of Lisbon, whose name "nicot" has been perpetuated in the generic title of the plant. Sir Walter Raleigh gets the credit of introducing the habit of smoking into England. One can hardly imagine what magic properties the plant possesses, that we should ever surmount this first repugnance to its action, odour, and taste, as to allow it at last to become a passion and a master. We see that it enfeebles digestion, produces emaciation, and general debility, and lays a solid foundation for more serious nervous disorders. Dr. Chapman says, that he has actually seen several cases of mental disorders closely resembling delirium tremens resulting from the use and abuse of tobacco, and this was proved by the symptoms subsiding after the tobacco had been stopped. The origin of many cases of insanity can be traced to the use of tobacco.

Tobacco will cause baldness, premature grey hairs, also colour blindness, a disgusting odour of the breath, a filthy condition and discolouration of the teeth, a dry and feverish tongue and throat which cries out for drink and stimulants, loss of memory, inability to work, read, sleep, or take exercise, and nervous tremor of the hands. In a medical and surgical point of view, it will retard convalescence after illness, cause delay and non-union of fractured bones, and when its use is continued long, may cause many other dangerous symptoms, too numerous to mention in this paper.

The use of snuff is not only a very disgusting habit, but really a very dangerous one, for it is often contaminated with lead from being kept in lead lined boxes, and will thus cause lead poisoning and paralysis of the limbs.

The death of a child is on record where tobacco leaves were used on the head as an application for the cure of some disease of the scalp, showing

what a powerful and dangerous poison tobacco is. Imagine the distress felt by some poor innocent boy when trying to master his first pipe or cigar. Surely the great distress he feels, the nausea, trembling, vertigo, spasms, insensibility, general prostration, both nervous and muscular, should be more than enough to nip the dangerous habit in the bud. But not so, he tries again and again, and at last succeeds in being able to be on the most friendly terms with his pipe or cigar, till sooner or later he is made aware that he has contracted a habit which has made him its slave.

Having I think in a few words proved the dangers of using tobacco in any form, let us now as soon as possible find the antidote to enable these poor slaves of tobacco to quit his service at once. As soon as you are sure of its effects, or better still, before you use it long enough to know its dangers, make up your mind to stop its use immediately, do not attempt to taper off gradually, with one or two pipes a day, or only just a few chews. It is something like going into cold water, make a grand plunge and you feel the cold much less than if you wade in inch by inch. The sooner you say good-bye to a bad habit or a bad friend, the better.

Do not dull your senses any longer. How soon you will see the good results; your memory will return, your appetite will be good, your sleep enjoyable, health-giving, and restful, and you will wake up in the morning feeling like work, and ready for it too, with all your heart. The habit of using tobacco becomes to a certain extent mechanical, and as we are all creatures of habit, a good or bad habit will soon be formed. The time you have usually spent every day in smoking must be occupied in some other, and I hope more profitable, way; so form some new and better habit immediately, take a walk, exercise with clubs, or dumb-bells, ride a velocipede, work in the garden, shovel, mow, practice music, cut wood, or anything to take the place of your old and hard work of smoking. You may miss your old companion, the "black pipe" for a few days, but you will soon forget him, never regret him, and never, never forgive him as long as you live, for having even attempted to dull your senses, injure your constitution, and, perhaps, shorten your life.

You may think of him occasionally, and not with pleasure either, when you feel the pain over the heart which your old friend or rather enemy has left behind.

Tobacco not only dulls all the senses to an alarming extent, but like all other bad habits helps to contaminate others, and has a most demoralizing influence on those addicted to its use, as may be seen by the numbers of the lower classes who frequent poor houses, and prisons, and who have used tobacco from their earliest years.

Could alcohol and tobacco ever be indicted before a just tribunal of conscientious men, the verdict would be unanimous I am sure, viz: "Guilty in the first degree of doing grievous mental and bodily harm to all who use them in any way."

"That alcohol should be put to death, and tobacco imprisoned for life."
TORONTO, March 9th, 1882.

"JESUS THE CARPENTER"

(LUKE IV. 22.)

"ISN'T this Joseph's son? Aye, it is he;
Joseph the carpenter—same trade as me.
I thought as I'd find it, I knew it was here;

But my sight's getting queer.

"I don't know right where as his shed must ha' stood;
But often, as I've been a-planing my wood,
I've took off my hat, just with thinking of He
At the same work as me.

"He wasn't that set up that He couldn't stoop down
And work in the country for folks in the town;
And I'll warrant He felt a bit pride, like I've done,
At a good job begun.

"The parson he knows that I'll not make too free,
But on Sunday I feel as pleased as can be,
When I wears my clean smock, and sits in a pew,
And has thoughts a few.

"I think of as how not the parson hissen, As is teacher and father and shepherd o' men,
Not he knows as much of the Lord in that shed,
Where He earned His own bread.

"And when I goes home to my missus, says she;
'Are ye wanting your key?'
For she knows my queer ways, and my love for the shed,
(We've been forty years wed).

"So I comes right away by mysen; with the Book,
And I turns the old pages and has a good look
For the text as I've found, as He tells me as He
Were the same trade as me.

"Why don't I mark it? Ah! many says so;
But I'd think I'd as lief, with your leave, let it go.
It do seem that nice when I fall on it sudden,
Unexpected, ye know!"
—MRS. EDWARD LIDDELL.

DON'T GIVE UP.

A GENTLEMAN travelling in the northern part of Ireland heard the voices of children and stopped to listen. Finding the sound came from a small building used as a school-house, he drew near; as the door was open, he went in and listened to the words the boys were spelling. One little boy stood apart, looking very sad. "Why does that boy stand there?" asked the gentleman. "Oh, he is good for nothing!" replied the teacher. "There is nothing in him. I can make nothing of him. He is the most stupid boy in the school." The gentleman was surprised at his answer. He saw the teacher was so stern and rough that the younger and more timid were nearly crushed. After a few words to them placing his hand on the head of the little fellow who stood apart, he said: "One of these days you may be a fine scholar. Don't give up; try my boy—try." The boy's soul was aroused. His sleeping mind awoke. A new purpose was formed. From that hour he became anxious to excel, and he did become a fine scholar. It was Dr. Adam Clarke. The secret of his success is worth knowing: "Don't give up; but try my boy—try."