

The woman left after a profusion of thanks. The next morning there was a knock at the study-door, and the judge entered. He came to thank the doctor for the kindness to his housekeeper, after his own shabby behaviour, and to beg pardon for his own foolish anger. The old friendship was restored, and the judge seemed to have a higher esteem than ever before for the man who had conquered him with kindness.

“WELL DONE.”

Not what you say,
Or wish, or hope,
While through the darkness
Here you grope ;
But what you do,
And what you are,
In heart and thought
And character—
This only makes you great ;
And this,
If clothed in Jesus' righteousness,
Will open heaven's gate.

Sell all, and buy
This precious gem,
And wear it as
A diadem :
A heart that's clean,
A mind that's pure
Will prompt to deeds
Which shall endure.
So God will own you as His son,
And say
To you, when ends life's little day :
“Well done!” my child ; “well done !”

THE USE OF TOBACCO.

One of the strongest arguments against the use of tobacco is the intense nausea and sickness felt by people in their first attempt at smoking. It is nature's protest against abuse, and it would be well for millions if they heeded the warning, for offensive to smell and taste as it is at first, the dislike often changes to intense craving, and the user of tobacco has become its slave, the habit being

often harder to overcome than the love of strong drink. And o. use is it ?

Very few persons can state distinctly the effects of tobacco upon them, the kind of pleasure which the use of it gives, and why they continue to use it. Let any user of tobacco ask himself these questions, and he will be surprised to see how unsatisfactory the answers he receives will be.

It is a habit which continually grows stronger, at the same time weakening the will, and finally making a man its abject slave. Its physiological effects are such as to warrant its abandonment, even if there were no other consideration.

All its ill effects are transmitted from parents to child, and usually with a weakened constitution and a disposition to intemperance. It is a filthy habit. It is an expensive habit. It is of doubtful morality, because its consequences are bad.

King James, in his famous Counterblast, calls it a “precious stinke,” and condemns the matter as a “custome loathsome to the eye, dangerous to the lungs, and in the black, stinking fume thereof neerest resembling the horrible stigmatic smoke of the pit that is bottomless.”

Smoking to excess produces nausea, vomiting, and trembling, with accelerated motion of the heart, and it is an open question whether the prevalence of heart disease, which has been attributed to the rapid, exciting, modern life, should not be really attributed to the extensive use of tobacco.

It is with tobacco as with deleterious articles of diet, the strong suffer comparatively little, while those not of robust habit, or who are predisposed to disease fall victims to its poisonous operation. Under such circumstances an article so injurious to the health and so offensive in its mode of enjoyment should be speedily banished.

“ENVY thou not the oppressor, and choose none of his ways.”—*Prov.* iii. 31.