

TOBACCO.

"The tobacco plant and the potato belong to the same family. The one represents the black sheep and the other the white. Why is tobacco the black sheep? First of all it contains nicotine which, next to prussic acid is the most deadly poison known. Why in one cigar there is enough nicotine that if taken at once would kill a strong man not used to its influence.

"Thomas Edison is good authority and knows what he is talking about when he says that acrolein is a most terrible drug in its effects on the human body and the burning of ordinary cigarette paper produces acrolein. In smoking some of this poison is bound to be inhaled. To show its strength he tells of one of his assistants who in making an experiment developed acrolein. One whiff of it was enough to drive him from the building, yet this is what a man or boy deals with when he smokes a cigarette.

"Burbank says: 'No boy living would commence the use of the cigarette if he knew what a useless, soulless, worthless thing it would make of him.' Burbank has good reason for saying this as is shown by the statistics that have been gathered. Ninety-nine per cent. of the boys who entered a certain reformatory school were cigarette smokers. Out of 90 boys placed in the county gaol all but two were cigarette fiends. Fifty per cent. of the rejections from the army is due to the use of tobacco. Out of 412 boys for examination, only 14 were accepted. The remainder failed to pass because of weak hearts caused by smoking.

"Now what is the result of all this smoking in the United States. The figures are enormous. Physicians tell us that 20,000 people die annually from smoking tobacco which has weakened their constitutions. Of 70,000 lunatics in America, 15,000 were made insane by the use of tobacco. In one prison 600 prisoners testified that they began their downward career with the use of tobacco. The expenditure for tobacco in one year in this country is 1,200,000,000 dollars.

"Can nothing good be said of tobacco? Hans Schmidt, the meanest man in the neighbourhood, was dead. As his body was lowered in the grave there was a breathless pause for

someone to say something good of him. Then one man stepped forward and said: "The only good thing I can say of Hans Schmidt is that he wasn't always as mean as he sometimes was.' I am afraid there is only one good thing that can be said of tobacco. It is good for killing lice and ticks, and makes an ideal dip for pigs and poultry.

"Here is the boast the cigarette makes for itself. I am not much of a mathematician, says the cigarette, but,

"I can add to your nervous trouble—I can subtract from your physical energy—I can multiply your aches and pains—I can divide your mental powers—I can take interest from your work—And I can discount your chances for success."

THIS IS DRINK.

Drink never builds a cottage.

It never stuffed a hungry little stomach.

It never inspired a kiss of purity.

It never planted a garden or sent a happy little girl to swing upon the gate in anticipation of father's return.

It never made a contented hearthstone, or bred a yeomanry to inspire their country with sturdy pride.

It deals in mortgages and evictions.

It wrenches bread from the fingers of children.

It triumphs in blows and hate, in suspicion and fear, in lust and disease.

It tramples upon the flowers, strikes the hinges from the gate, and sends the little one flying from the father's approach.

Selfishness, hopelessness, decay, smite the land in which it rules.

—Clarence True Wilson, in "The Optimist."

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