

### Temperance

ONE of the main pillars of the human-body temple is temperance. It is the very foundation of all effective effort. Temperance does not simply refer to the non-use of alcoholic beverages; it means a moderate use of all things that are good and a total abstinence from all that are evil. So broad is its field of meaning that it applies also to our passions, and to our thoughts. "Be not righteous over much; neither make thyself overwise: why shouldst thou destroy thyself?"

Temperance enters into every detail of life. An impoverished, broken-down body can not do the work which a healthy body can. Neither can the mind in a sickly frame perform its work well. In order to carry out the purposes of an active life we must be possessed of a healthy mind in a healthy body. This means much to a Christian, because God desires us to love him with all our heart, and with all our soul, and with all our might. We can render the highest service to God only by giving him the use of a pure, strong, healthy mind and body. Paul says, "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your *reasonable* service." Rom. 12:1.

In the olden times when the Jews brought their sacrifices to God, he would not accept them unless they were the best of the flock—as nearly perfect as possible. But the Jews did not always follow the Lord's requirements, so he says, "Ye brought that which was torn, and the lame, and the sick; . . . should I accept this of your hand?" The Lord wishes the offerings we make to him of our bodies to be as nearly perfect as the animals which were used for sacrificial purposes. That is reasonable, and we ought to be thankful that the Lord wishes us to be strong and healthy.

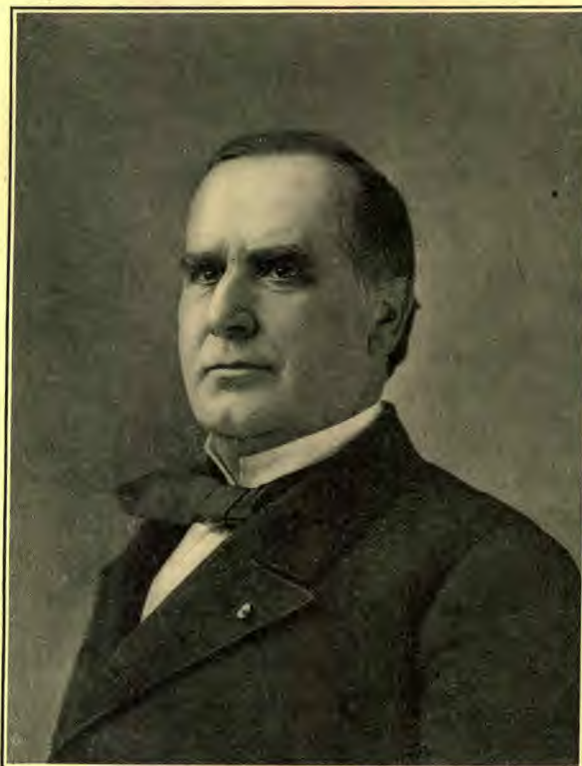
The conditions of life to-day are such that temperance is needed above everything else, and yet how little it is cultivated. Never were there so many temptations to indulge the appetite; provocations to arouse the passions; and tendencies to a use of the mind at the expense of the body.

The fatalities of the modern strenuous life are not so much due to hard work as to intem-

perance in eating, sleeping, and working.

As the battle for life, liberty, and happiness increases, the question is continually encountered as to how we shall develop

the greatest energy and perseverance mentally and physically, and at the same time enforce our resistance against weariness and disease. The following words by an advocate of temperance state the real basis of successful effort in this line: "True and lasting reform must begin with thyself." Temperance must begin with the education of each person; it is one branch of true education, and deserves more attention than it is receiving by educators. CLAUDE E. HOLMES.



"By legalizing this traffic we agree to share with the liquor seller the responsibilities and evils of his business. Every man who votes for license becomes of necessity a partner to the liquor traffic and all its consequences."—William McKinley.

### Why Condemn the Use of Alcoholic Drinks?

ALCOHOL in the pure state is an irritant poison; but as it is very seldom taken in the pure state, ought that fact to weigh in the consideration of alcohol as a beverage? Is it a poison in the dilute condition in which it is usually taken?

The experiment is often tried in the class room of cooking egg and meat by means of alcohol; but will dilute alcohol, as found in such drinks as wine, produce such results?

Possibly not; still the long-continued effect of small quantities of alcohol seems to point to the conclusion that even in the dilute condition, it is an irritant. The gin-liver is simply the alcohol-hardened liver of the moderate drinker. The stomach and the lungs, as well as the blood-vessels and other tissues and organs, suffer similar damage as the result of long-continued use of liquor. This would indicate that the irritant effect, though less marked, is present even with alcohol in dilution. In histological laboratories it is often customary to use alcohol of various dilutions in order to harden tissues for examination. This hardening process is not the work of a few minutes, as is the case when pure alcohol is used, but is the work of weeks. Is it not reasonable to suppose that a similar hardening process is taking place in the tissues of the habitual alcohol user?

But while alcohol may affect all the tissues of the body, its most serious effects are on the nervous system, the brain, and the mental and moral nature. Even one fair-sized dose of alcohol shows by its temporary effect what a profound influence it has on the mentality. But long-continued use, even of moderate quantities of alcohol, may have as potent an effect, though, possibly, not so perceptible.

The general effect of the use of alcohol is a lessening of the higher functions, such as the power of self-control. The alcoholic ceases to be master of himself. He is more apt to be subject to uncontrollable fits of passion. His sense of right and wrong is likely to be more or less blunted.

Alcohol is in some way connected with the commission of most crimes. An abstainer is indeed a "rare bird" in prisons and reformatories.

When a man wants to ruin a girl, he usually accomplishes his end by the use of alcohol in some form. The saloon and the brothel are brother and sister, and one leads to the other. Liquor stirs up man's worst passions. Many a brutal murder has its excuse in the fact that the perpetrator was crazed with liquor. A recent case within thirty miles of the city of Washington is in point. A drunken wretch cut his mother-in-law into small bits while frenzied by liquor; and he has so little appreciation of the enormity of his crime that he is confident that he will be freed in a short time.

Liquor will cause a man to deprive his family of bread, and clothing, and fuel, even in the middle of winter, in order that he may indulge in his debauch. It is not the man, it is the alcohol that has changed his character.

Bossism, and the machine that controls many of our cities to the defeat of all justice and



right government, are closely allied to the saloon element.

Alcohol, whether in the form of an occasional drink, or an habitually moderate use, or the occasional spree, or the drunken debauch, is dangerous. The Good Book says: "Touch not, taste not, handle not;" and, "Whosoever is deceived thereby is not wise."

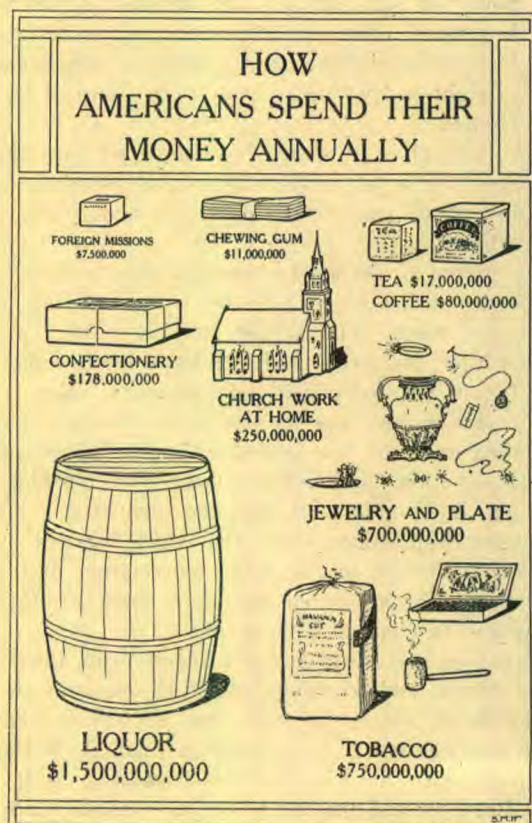
G. H. HEALD, M. D.,  
Editor of *Life and Health*.

### One Reason for Demanding the Closing of the Saloon Every Day

An Address Given in Chicago, by L. D. Santee

We do not oppose restrictive laws, only as they stand in the way of more efficient measures. We do not advocate Sunday closing for this reason. We have little faith in a policy that will divide with sin, and give it the "biggest half." By regulating the traffic, we are virtually saying: Inside the regulations, it is all right; and while our legislators are regulating, the traffic is increasing, reaching out for new territory and new victims. Christ once said to a sinner, "Go, and sin no more," and that is all that our government has any right to say to those who through drink are destroying men. A few days ago a girl was crushed by an elevated car, another fell from the platform. Both were killed; and do you remember what an indignant protest was made against overcrowding? Within a few months a thousand men and boys have been killed by drink, and where are the protests?

A mad dog runs along the street, and the whole neighborhood is excited, and there is no rest until it is killed. On a prominent corner you see carpenters at work, and you say, "I wonder for what that building is going to be used?" Later, you see they are painting an ale pitcher on the sign, and see the red and blue lights in the lamp at the door. Your question is answered. You know they will gather in a hundred victims, and a death more pitiable than hydrophobia will claim many of them; but who is excited? We have become so accustomed to drink-murder, that we have become apathetic. Cain-like, we ask, "Am I my brother's keeper?" and congratulate ourselves that the drunkard is not *our* boy. Now if these things *are* so, is it not time that something great, something earnest, something radical, be done?



We have just passed through an epidemic of contagion that Chicago will long remember. Scarlet fever and diphtheria drive out their hundred hearses to Graceland and Calvary. Old age has fallen, and death, like old Herod, has sent his messengers to massacre the infants. But in all the death list, there was no moral contagion. Trains collide, and the ghastly message comes to anguished friends, of loved ones mangled, or perhaps cremated in a holocaust of death. Perhaps death has crowned with a halo of glory a life spent in loving service. In the wreck or the fire there was no contamination, but all that was lovely remained with them. The high and holy manhood was not dimmed by the touch of the destroyer. But how about this other death list,—these victims of appetite, these slaves to drink,—where does nobility come in? Where does manhood set his seal? Where is the hope, reaching into eternity?—All are gone.

Perhaps you will say, "Why do they frequent the saloons, knowing the results? Why don't they stay away? Why should *we* heed, if they are heedless?" Ah, my friend, answering this brings me to one of the saddest phases of the



THERE IS MORE FOOD IN A FIVE-POUND LOAF OF BREAD, OR FIVE ORDINARY LOAVES, THAN IN TWENTY-SEVEN BARRELS OF BEER.

Illustration from "Practical Guide to Health" now in press.

subject. There are coming up in this country a vast multitude of children who have from the day of their birth a thirst for strong drink. They have inherited it. Right along the ancestral line has flowed the river of death. They are children of two legacies—one, the father's wealth, and the other, his appetite and his thirst—slaves before they realize their bondage, only waiting for opportunity to prove their inheritance. In addition to these of unfortunate antenatal conditions, there are those that are familiar with the odors of the whisky jug from their earliest infancy. Can you wonder that they follow in the steps of their fathers? In addition to these, are those who are led into temptation by the attractions of the saloon.

And here we have, in three divisions, the army that annually fills eighty thousand unhonored graves. These are the ones that our nation ought to protect. These are the ones that we as Christians ought to remember; and remembering that the face of the Lord is against all evil, let us take courage, and work so that heaven and earth may see that we are trying to stop the selling of liquor, not on Sundays only, but all the time, and forever—to help the weak by putting temptation out of their way.

### Some Physiological Effects of Intemperance

LET us consider some of the things occurring in our bodies as a direct result of the use of alcohol and tobacco. The smoker so habitually holds his pipe or cigar in one place between the lips that the irritation caused by the nicotine becomes so great there that "smoker's cancer," or epithelioma, is produced. This is a tumor consisting in hypertrophy of the epithelial cells covering the lips. It is a malignant growth, and is just as dangerous as any cancer, or carcinoma, if it progresses far enough. The treatment is entire removal of the lip and structures affected.



THE CUT SHOWS THE RELATIVE AMOUNT OF ALCOHOL IN VARIOUS INTOXICANTS

We are all familiar with the fact that General Grant died of this disease.

Carries of the jaw, a very destructive disease, is often directly traceable to the chewing of tobacco. I once saw the entire lower jaw removed to arrest the disease. The tongue, by the holding of the pipe or cigar in one place, may have the same condition of epithelioma, or smoker's cancer, produced upon it as the lips.

Alcohol and tobacco do material damage also to the tonsils, which organs have been thought unimportant, but in reality they may become veritable "gateways" of death. Recently it has been determined that many germs enter the body through the tonsils, especially if they are diseased. Rheumatism and tuberculosis are two diseases that, more than any others, are contracted through the tonsils. The tubercle bacillus entering the body in this manner, causes most commonly tubercular cervical adenitis, a disease of young persons. Now tobacco and alcohol, by habitual use, cause chronic inflammation of the tonsils, and thus especially predispose them to infection by a lowering of their local power of resistance and vitality.

We will not consider the stomach here, but will pass on to the intestine, where once more that "king of death," tuberculosis, gets a chance to work through the help of its advance agents, alcohol and tobacco. Here they throw the whole enteric tract into a state of chronic catarrh, and once more, taking away the local power of resistance, form a soil where the ever-present germ may take root and spring up. We do not take tuberculosis by simply once swallowing or breathing the tuberculosis germ. We bring the disease upon ourselves by simply lowering our resisting power below the invading power of the germ, which is everywhere present. The power of resistance in our intestinal tract having been taken away, the germ at once takes hold, producing intestinal tuberculosis, or, passing through the intestinal wall, it may infect the mesenteric glands, causing *tabes mesentericus*, or it may infect the peritoneum, causing tubercular peritonitis, three very serious forms of the disease.

R. M. CLARK.

In the city of Edinburgh, arrests for intoxication between eight o'clock Sunday morning and eight o'clock Monday morning were, during two years, 1,357. After the saloons were ordered closed on Sunday, there were only 223 arrests made in the same time, despite the great increase in population. In Ireland, the imprisonments during a certain period before the compulsory Sunday closure amounted to 4,555; but during the same period after the law, though it was only partially enforced, the arrests numbered 2,500. Sunday closing is a good thing; but closure during every day of the week is infinitely better.

There is no man whose interests the liquor traffic does not imperil. There is no man who for his own safeguard should not set himself to destroy it.



## Some Facts About Tobacco

### Evils of Cigarette Smoking

WHEN Lincoln was a mere lad, in company with several other Illinois boys he went down to New Orleans, and saw for the first time the degrading spectacle of human slavery. The horrible sight was too much for him, and he said, "Boys, come away. I can not stand to see that." But it did something more for him, for he added, "If I ever get a chance to hit that thing, I will hit it hard." A few years from now there will be something for those who are now boys and girls to hit, and hit hard.

Our insane population is increasing three times faster in proportion than the sane population. Apoplexy, Bright's disease, heart failure, are increasing by leaps and bounds. There are fifty thousand people to-day in Illinois who are coughing their lives away with consumption, and one of them dies every hour. There are some underlying causes for this condition. Suppose, when a boy is trying to swim, that he should tie together six bricks and hang them around his neck; they would pull him under in spite of his best efforts. There are some evils growing in our midst that are likewise pulling us down mentally, morally, and physically.

The cigarettes smoked last year by our boys, if placed end to end, would reach around the world twice, and then from San Francisco to New York and back again, and they are sending an army of young men to the reformatory, lunatic asylum, hospital, or graveyard. Perhaps some of you do not know that in the year of the Philadelphia Centennial, 1876, the first cigarettes were smoked in this country. In half a generation this withering curse has overwhelmed us.

Years ago when a student in Bellevue Hospital, I took enough tobacco to make a cigarette, soaked it in a little water, and then injected a little of this tobacco juice under the skin of a large cat, and in twenty minutes it died in convulsions. What can kill a large cat in twenty minutes can not be good for a small boy.

I wonder if you have ever noticed how a cat destroys a mouse. It does not kill it instantly; it crushes one or two bones, then lets it limp away, then jumps onto it and crushes it a little more; in other words, it kills the mouse on the instalment plan. That illustrates how the cigarette kills the boy, and when he is killed by it, he is not fit for the next world.

The nicotine raises blood pressure. The boy who begins to smoke cigarettes almost as soon as he is out of the cradle is almost certain to have apoplexy before he is sixty. It ruins his nerve-cells so he can not think rapidly or clearly. That is why no one wants to hire a cigarette slave. If every time a cigarette was smoked it would make an additional wart on the nose, perhaps fewer would be smoked; but unfortunately it makes a wart on the brain, or something worse. A boy does not have to smoke cigarettes long until he has the devil's trade-mark stamped all over his face.

Many boys think that it is smart to smoke cigarettes, and they certainly have a wretched example set them by altogether too many men. I am glad to say that Roosevelt never smoked. I am even more glad to say that Governor Folk gave up smoking when he became governor, so

that no boy would begin the habit because of the influence of the governor of their great State. I want you boys to have an ideal before you. I want every boy to get an ideal before him to be a man among men instead of a fool among fools. I do not tell you to take even Roosevelt for your ideal; I want you to become men like Jesus Christ, then by and by you will be worth transplanting to a world where there will be neither cigarette smoking nor liquor drinking.

Last year there were twenty gallons of liquor drunk for every man, woman, and child in this land; and as I did not drink any, some one had my twenty gallons, which would make for some one else forty gallons, or enough to fill an ordinary bath-tub. Why do I want to say something about the liquor evil to every company of children and young people I meet? Because if you take a hundred drunkards to-day, there was a time when they looked, thought, and felt as you do. They never expected to be drunkards, but somebody made them believe it was quite the thing to drink a little; indeed, that it was quite manly, and that just a little would make no difference. And for that reason I want you to settle it for all time that you have no more business to drink liquor than you have to steal.

I would not have dared to express it in just this way a few years ago, for then even doctors thought that under certain circumstances a small amount of liquor was good to be used as a medicine, and what was good for a sick man certainly could not be very bad for a well man. But we know better now. The very best and ablest doctors in the world know that even the smallest amounts of alcohol are paralyzing. This fact has been established by the most careful scientific experimentation. Such men as Dr. Kraspelin, of Heidelberg, Germany, working with instruments of precision, were able to prove that as small a quantity as one third of an ounce of alcohol produces paralyzing influences on hearing, feeling, smell, taste, memory, thought, and muscular strength. As soon as that was demonstrated, the best doctors at once saw what a great mistake it would be to give it to a man who was already partially paralyzed by disease.

Alcohol ruins the heart, shrivels up the nerve-cells in the brain, congests the stomach, paves the way for cancer, and worst of all, it demoralizes the mind so that finally the man who should walk here, controlled and guided by divine influence, becomes a demon.

DAVID PAULSON, M. D.

### Boys and Tobacco Seen Through Others' Eyes

DR. FERGUSON says: "I believe that no one who smokes tobacco before the bodily powers are developed ever makes a strong, vigorous man."

Several leading physicians of Philadelphia have put themselves on record in the following words: "Cigarette smoking is one of the vilest and most destructive evils that ever befell the youth of any country; its direct tendency is to a deterioration of the race."

Prof. H. H. Seerley said: "Boys that begin the habit at an early age are stunted physically, and never arrive at normal development."

The Medical Director of the United States Navy said: "The future health and usefulness of the lads in our naval schools require the absolute interdiction of tobacco in any form."

Dr. Constan, of Paris, says: "The influence of tobacco clogs all the intellectual faculties, and especially the memory; and the injury is greater in proportion to the youth of the individual."

Professor Lizards, of Edinburgh, bears this tes-

timony: "It is painful to contemplate how many promising youths must be enfeebled in their minds and bodies, before they arrive at manhood, by the use of tobacco."

The superintendent of the reform school at Westboro, Massachusetts, said: "All boys sent here have been the users of tobacco."

The president of Wisconsin State University said: "There are few spectacles giving a more disgraceful impression of our civilization than that of a lad sporting a cigar or cigarette, in imitation of the bad habits of those older in years than himself."

### A Bad Mark

"I've got a boy for you, sir."

"Glad of it; who is he?" asked the master workman of a large establishment. The man told the boy's name and where he lived.

"Don't want him," said the master workman, "he has got a bad mark."

"A bad mark, sir; what?"

"I meet him every day with a cigar in his mouth. I don't want smokers."—Selected.

### "Boycott It, Boys"

THE cigarette! The cigarette!  
Most subtle foe that youth has met!  
We boys should take alarm!  
A dangerous thing it is, though small.  
For in its tiny folds lie all  
The elements of harm.

The cigarette! The cigarette!  
O, listen, boys, and don't forget!  
(The half has ne'er been told.)  
There is a drug within it placed  
To which directly may be traced  
Disorders manifold.

The cigarette! The cigarette!  
To smoke it, boys, is to beget  
A thirst for liquors vile;  
Within the victim's weakened will  
Love for the products of the still  
Becomes entrenched the while.

The cigarette! The cigarette!  
The smoker's pathway is beset  
With dangers not a few;  
Physical vigor it impairs,  
Mental and moral force ensnares,  
While ills doth oft ensue.

—Selected.

### Good Security for Loans

"MISTER, do you lend money here?" asked an earnest young voice at the office door. The lawyer turned away from his desk, confronted a clear-eyed, poorly dressed lad of twelve years, and studied him keenly for a minute. "Sometimes we do, on good security," he said, gravely. The little fellow explained that he had a chance "to buy out a boy that's cryin' papers." He had half the money required, but he needed to borrow the other fifteen cents. "What security can you offer?" asked the lawyer.

The boy's brown hand sought his pocket and drew out a paper carefully folded in a bit of calico. It was a cheaply printed pledge against the use of intoxicating liquors and tobacco. As respectfully as if it had been the deed to a farm the lawyer examined it, accepted it, and handed over the required sum. A friend who had watched the transaction with silent amusement laughed as the young borrower departed. "You think I know nothing about him?" smiled the lawyer. "I know that he came manfully in what he supposed to be a business way, and tried to negotiate a loan instead of begging the money. I know that he has been under good influences or he would not have signed that





pledge, and that he does not hold it lightly or he would not have cared for it so carefully. I agree with him that one who keeps himself from such things has a character to offer as security." — *Epworth Herald*.

### Students and Tobacco Using

WHEN Syracuse University (New York) opened for the fall term of study, Chancellor J. R. Day surprised the students by issuing an edict concerning tobacco using and theatergoing. He said all those students with a fondness for these things must pay full tuition, arguing that young men who can afford to pay for such needless luxuries and indulgences can afford to pay their tuition. He stated that no concessions would be granted them from the faculty. "Such students need not expect to be given scholarships," said Dr. Day. "A young man who smokes is a fool, at least in that particular. He ought to take better care of his nerves, and present a cleaner exhibit of himself."

Such a stand as this is to be commended. Young men in school have no business to be smoking and carousing around. What do they go to college for? Is it not to learn how to live a clean, honorable, useful Christian life? The things put under ban by Dr. Day are universally conceded not to be conducive to the highest type of mental and moral development. It would be a blessed thing if the use of tobacco was positively forbidden in every school in the land. We need among the great educators of the day some men of conviction and courage who will lead the educational institutions up to such a position. Of course, such a stand would necessitate the reform or removal of many tobacco-using professors. But if they would not reform for their own sake and the sake of young men in the formative period of life, they show they are not true lovers of youth, and hence are unfit for instructors. Then they *ought* to be removed. How inappropriate, to put it mildly, it is for an educator, a trainer of young people, to puff away at an ill-smelling pipe or cigar, or to make things filthy around him with his tobacco spittle!

Through expert and reliable testimony we know that the use of tobacco is specially injurious to young people. If the study of geometry was known to be detrimental to young people physically, mentally, and morally, it would be forever banished from the curriculum. Why not prohibit the use of tobacco in like manner for the sake of our boys? Following the prohibition of its use among students, let the professors and educators of the nation abandon its use, purge themselves from its filth, and stand before their classes true instructors — teaching by word and example. — *The Friend for Boys and Girls*.

### A True View of the Tobacco Habit

TOBACCO is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow, and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain. Often it affects the nerves in a more powerful way than does intoxicating drink. It is more subtle, and its effects are difficult to eradicate from the system. Its use excites a thirst for strong drink, and in many cases lays the foundation for the liquor habit.

The use of tobacco is inconvenient, expensive, uncleanly, defiling to the user, and offensive to others. Its devotees are encountered everywhere. You rarely pass through a crowd but some smoker puffs his poisoned breath in your face. Though men persist in using these poisons themselves, what right have they to defile the air that others must breathe?

Among children and youth tobacco is working untold harm. The unhealthful practises of past

generations affect the children and youth of today. Mental inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same practises, continued by the children, are increasing and perpetuating the evil results. To this cause in no small degree is owing the physical, mental, and moral deterioration which is becoming such a cause of alarm. — *Selected*.

### How the Deacon Took the Tobacco Cure

WHILE the writer was conducting revival services in Marietta, Ohio, one winter, the following suggestive incident occurred:—

One of the deacons of the church, a very earnest man, was addicted to the use of tobacco. He was teacher of a large class of young ladies, and was very anxious that they should all be brought to Christ before the meeting closed. At the beginning of the series of services he brought me a list of the unconverted ones, and requested that I should pray and work for their conversion. We had a short talk concerning his class, and he seemed worried about his influence with them. As the week wore on and none of them were converted, he became more and more uneasy.

On Sunday morning he came to me with tears in his eyes, and said he was going to make a confession to the class. I asked him what it was, and he replied: "I have been a slave to tobacco. I can not stand before these girls, and plead with them to accept Christ, with the taste of that vile stuff in my mouth. I promised God I would stop it last night. This morning when the appetite for it came on, the devil told me I couldn't. I am going to tell the girls about it this morning, and ask them to pray for me."

When the Sunday-school hour was about half over, I looked into his class room. All the heads were bowed in prayer, and most of the girls had their handkerchiefs to their faces, and were crying. As I closed the door softly, I heard one of them praying, "Dear Jesus, cure our teacher."

You wouldn't have known that class of girls when they came out of the class room that day. Their indifference seemed to be all gone. The deacon followed them into the auditorium, and there he met his partner in the grocery store.

"John," he said, his face all aglow, "I've taken the tobacco cure."

"What is it?" asked his partner.

"I won't tell you now, John; but if it cures me, will you take it too?"

"Sure," replied the partner.

"Shake hands on it," said the deacon.

They clasped hands, and in a few weeks afterward the deacon kept him to his word.

The deacon's tobacco cure was the inspiration of that meeting. Inside of three weeks *every girl in that class had accepted Christ*, and they didn't stop with that, either. Many others were brought to Christ through their efforts. And so the deacon's tobacco cure became "the cure of souls." — *Stephen J. Corey, in the Christian Endeavor World*.

### An Appeal to Christians

BUT what can be done to teach children and youth the evils of a practise of which parents, teachers, and ministers set them the example? Little boys hardly emerged from babyhood, may be seen smoking their cigarettes. If one speaks to them about it, they say, "My father uses tobacco." They point to the minister or the Sunday-school superintendent, and say, "Such a man smokes; what harm for me to do as he does?" Many workers in the temperance cause use tobacco. What power can such persons have to stay the progress of intemperance?

I appeal to those who profess to believe and obey the Word of God: Can you as Christians indulge a habit that is paralyzing your intellect, and robbing you of power rightly to estimate

eternal realities? Can you consent daily to rob God of service which is his due, and to rob your fellow men, both of service you might render and of the power of example?

Have you considered your responsibility as God's stewards for the means in your hands? How much of the Lord's money do you spend for tobacco? Reckon up what you have thus spent during your lifetime. How does the amount consumed by this defiling lust compare with what you have given for the relief of the poor and the spread of the gospel?

No human being needs tobacco, but multitudes are perishing for want of the means that by its use is worse than wasted. — *"Ministry of Healing."*



### Coffee — Its History

PERSIA, the home of delicious fruits, seems to have given birth to coffee. Thence it was carried into Arabia, where it was first used not as a beverage, but for medicinal purposes. Coffee did not become an article of trade until the middle of the sixteenth century, when it was introduced into the markets of Constantinople. It was used so freely in Turkey that the government finally forbade its use, but being unable to suppress the sale, levied a heavy tax upon it. The Mohammedan priests complained that the mosques were neglected, while the coffee-houses were thronged.

All the coffee grown in the New World is said to have sprung from a single plant which a French naval officer carried to Martinique in 1720, depriving himself of water when suffering with thirst, in order to nourish his coffee plant. From this plant, it is said that Brazil, Mexico, and the West Indies obtained their seed.

The substances found in coffee are about the same as those in tea, but are not in the same proportion, there being only about half so much therein in coffee as in tea. Therein is the injurious principle, and since that substance is the one that affects or paralyzes the nerves, it can be seen that tea is more injurious than coffee, though the latter is responsible for much evil to the human system.

That coffee is a luxury, and not a necessity, is shown by the fact that it was not known until a few hundred years ago. It was introduced into France in 1645. Our forefathers knew nothing of it, but now the people of the United States consume nearly half of the world's total supply, at a cost of eighty-one million dollars a year.

Though coffee were not a positive injury to the health of the people of this country, surely in face of all the suffering, poverty, and crime in the world, they could find a better way to use fourscore million dollars than in the consumption of an unnecessary beverage. But it is a positive injury, so for that reason should not be used by any one who desires perfect health.

### Do You Drink Sweet Cider?

PERSONS who have inherited an appetite for unnatural stimulants should by no means have wine, beer, or cider in their sight, or within their reach; for this keeps the temptation constantly before them. Regarding sweet cider as harmless, many have no scruples in purchasing it freely. But it remains sweet for a short time only; then fermentation begins. The sharp taste which it then acquires makes it all the more acceptable

(Concluded on page six)





# CHILDREN'S PAGE



## Father's Wine

DOTTIE is a lady, with muslin frills and laces,  
Sitting on her father's knee while he sips his wine.  
Dainty little maiden waits until, at signal given,  
Out the little hand pops, "All the rest is mine."  
  
Many a festive evening comes the little fairy,  
Mounts as 'twere a royal throne the father's ready knee,  
Sips from out the wine cup till the child loved it.  
Ah! the distant future, father could not see it.  
  
Passed have many winters, bringing storm and sunshine,  
Bringing to that father's heart—ah! what grief untold!  
Dottie, little lady,—lady now no longer,—  
Exiled from her proud home out into the cold.  
  
Sometimes in the evening, father hears a whisper  
Solemn, sweet, and tender, as a voice divine:  
"While the morning lasteth, e'er the night-time cometh,  
Save the other children from the rosy wine."  
—Selected.

## "No!"

"No!" clear, sharp, and ringing, with an emphasis which could not fail to arrest attention.  
"I don't often hear such a negative as that," remarked one gentleman to another as they were passing the playground of a village school.  
"It is not often any one hears it. The boy who uttered it can say, 'Yes,' too, quite as emphatically. He is a newcomer here, an orphan, who lives about two miles off, with his uncle. He walks in every morning, bringing his lunch, and walks back at night. He works enough, too, to pay his board, and does more toward running his uncle's farm than the old man does himself. He is the coarsest dressed scholar in school, and the greatest favorite. Everybody knows just what to expect of him at all times."  
"Quite a character; I should like to see him. Boys of such sturdy make-up are getting to be scarce, while the world never had more need of them than now."



GOD'S GIFT TO THE THIRSTY—A CRYSTAL SPRING

"Ah, that is true; and if you wish to see Ned, come this way."  
The speaker moved a few steps, pausing by an open gate, near which a group of lads were earnestly discussing some exciting question.

"It isn't right, and I won't have anything to do with it. When I say 'No,' I mean it."  
"Well, anyway, you needn't speak so loud and tell everybody about it," was responded impatiently.  
"I am willing everybody should hear what I've got to say about it. I won't take anything that doesn't belong to me, and I won't drink cider, anyway."  
"Such a fuss about a little fun! It is just what we might have expected; you never go in for fun!"  
"I never go in for doing wrong. I told you 'No,' to begin with, and you're the ones to blame if there's been any fuss."  
"Ned Dunlap, I should like to see you a minute."  
"Yes, sir;" and the boy removed his hat as he passed through the gate and waited to hear what Mr. Palmer might say to him.

"Has your uncle any apples to sell?"  
"No, sir; he had some, but he has sold them. I have two bushels that were my share for picking; would you like to buy them, sir?"  
"Yes, if we can agree upon the price. Do you know just how much they are worth?"  
"Yes, sir."  
"All right, then. I will call for them, and you may call at my house for the pay."

The short interview afforded the stranger an opportunity to observe Ned Dunlap closely. The next day a call was made at his uncle's, and although years elapsed before he knew what a friend he had gained that day, his fortune was assured. After he had grown to manhood and accepted a lucrative position which was not of his seeking, he asked why it had been offered him.

"Because I knew you could say 'No,' if occasion required," answered his employer. "'No' was the first word I heard you speak, and you spoke it with a will. More people, old and young, are ruined for want of using that word than from any other cause. They don't wish to do wrong, but they hesitate and parley until the tempter has them fast. The boy or the girl who is not afraid to say 'No,' is reasonably certain of making a man or woman who will honorably serve the world."—Selected.

GIRLS, if you believe in strict temperance, don't be afraid to let the boys know your principles.

## "My Papa Dets Drunk"

A MAN was passing up the street one cool day, when he saw a little barefoot child trotting along the pavement.  
"Why are you barefoot, little girl," he asked; "haven't you any shoes?"



"No," she answered, "my papa dets drunk."  
No further explanation was necessary. Given a drunken father as a premise, we have a barefoot child as a conclusion. It is so everywhere. At all times and in all places, with the drunken father we find the neglected child. A mother's love may shield, and a mother's care protect for a while her helpless offspring from the calamities caused by intemperance; but as the father sinks deeper into sin, the days of poverty and misery come slowly on, and woe to that child whose papa gets drunk.

There is, perhaps, no cause so fruitful of children's misery as this accursed crime which fills the land with mourning, lamentation, and woe. There is no day nor hour nor moment in the wide sweep of centuries that does not witness the sufferings of helpless childhood, caused by the use of strong drink. Hunger, cold, rags, nakedness, want, and squalor haunt the drunkard's home and afflict the drunkard's family. Out of the hovels of drunkards, children start on the race of life, burdened with poverty, disease, evil habits, disgrace, and sin. Nothing but a miracle of mercy can save them from plunging downward into darkness and perdition.

We have all heard men talk of the army of drunkards, ever recruiting, ever marching on, ever melting away over the edge of the precipice which borders the gulf of despair. We have seen the bloodshot eyes and haggard countenances, the wretchedness, the brutality, and the misery that attend the drunkard's lot; but few have ever tried to picture, or describe, or imagine the unutterable woes that haunt the drunk-



ard's little ones. Suppose we summon them before us; suppose we try by the power of imagination to bring together the thousands and millions of little ones whose lives are blighted by the demon of strong drink. Deprived of the pleasures and enjoyments of childhood, robbed of the nurture that is their right, condemned to loathsome habitations, crammed into garrets, and cellars, and tumble-down rookeries, exposed to disease, fed with insufficient and unhealthful food; their wasted forms, their pinched and haggard features, their sufferings under curses, blows, and indescribable cruelties,—all these things, could we see them, would awake us to sweep from the earth, as with the besom of destruction, the deadly evil which causes all their woes.

But while this tide of misery rolls on, the rum-seller grows rich by his traffic, the politician trims his course to win the dram-seller's influence and the rum drinker's votes; and the priest and the Levite too often pass by on the other side, leaving helpless infancy stripped and wounded in its anguish and despair. But though man may be altogether indifferent, the convulsive sob or wailing cry of the feeblest child has power to pierce the very heavens. And though the sword of wrath seems to rest within its scabbard, yet the woe and curse of God pursues the men who engage in this terrible work, and will pursue them to the end.

Meanwhile the pitying Christ looks down upon a lost world; and he who took little children in his arms and put his hands on them and blessed them, is not forgetful of the needs of those suffering, sorrowing ones. O that his sympathy and his love may so inspire our hearts, that we shall do what we can to stay this tide of human misery, and rescue the suffering and stricken little ones from the calamities which are brought upon them through strong drink.—*Selected.*

### Do You Drink Sweet Cider?

(Concluded from page four)

to many palates, and the user is loathe to admit that it has become hard, or fermented.

There is danger to health in the use of even sweet cider as ordinarily produced. If people could see what the microscope reveals in regard to the cider they buy, few would be willing to drink it. Often those who manufacture cider for the market are not careful as to the condition of the fruit used, and the juice of wormy and decayed apples is expressed. Those who would not think of using the poisonous, rotten apples in any other way, will drink the cider made from them, and call it a luxury; but the microscope shows that even when fresh from the press, this pleasant beverage is *wholly unfit for use.*

Intoxication is quite as truly produced by wine, beer, and cider as by strong drinks. The use of these drinks awakens the taste for those that are stronger, and thus the liquor habit is established. Moderate drinking is the school in which men are educated for the drunkard's career.—*Mrs. E. G. White.*

### Progress of Vegetarian Ideas

VEGETARIANISM is not a new fad. Many nations have been practically vegetarian in habit; among them conquering nations, like the Persians, the Romans, and the Japanese. It is probable

that no civilized nations have been so addicted to meat eating as the Anglo-Saxons—the Americans and the English.

There are those who attribute the superiority of the Anglo-Saxons to the fact that they are large meat eaters; but it is well to remember that some of the most degraded savages have also been heavy meat eaters. There is a prevalent belief that a mixed diet, including a fairly liberal amount of meat, is necessary in order to develop the most complete physical and mental manhood; that a vegetarian diet, in order to furnish sufficient proteid to the system, must be given in such quantities as to overburden and embarrass the digestive function. Many scientific men believe this.

As is generally known, the word "proteid" is used to designate that part of the food that is utilized in the building up of living tissue. It is present in large quantity in meat and eggs, and in smaller quantity in milk. Of the vegetables, the nuts and legumes are richest in proteid; but in all the vegetable foods, the proportion of proteid to the other nutrients is less than in meat.



True temperance children, lovers of nature's beauty, which leads toward purity, peace, and God.

For many years there has been a belief that the body requires about four ounces of proteid daily, and that it is difficult to get this amount from a non-meat diet. Experimental work seemed to point to the conclusion that the human race requires large quantities of proteid.

It is true that there were vigorous vegetarians doing more or less strenuous work, both mental and physical, on a non-meat diet, but this fact was either ignored or else explained by the supposition that these vegetarians must have had a superb constitution to enable them to live on such a diet.

Just about the close of the last century, Mr. Horace Fletcher made his observations regarding the influence of mastication on digestion and nutrition. He was not by any means the first to advocate thorough mastication, but he was the first to compel people to take the idea seriously. He found that by proper mastication of food, he did not care for so much, and on the smaller amount he was fully as well nourished as on his old diet, and in far better health. He did not hide his light under a bushel, but attempted to bring it to the attention of scientists. Finally he offered himself for experiment at the Yale Scientific School, under the direction of Professor Chittenden.

The small amount of food that sufficed for him on this test, led Chittenden to the thought that possibly man eats by custom much more food than he needs. Acting on this suggestion, he conducted a series of experiments extending over a number of months, and having as subjects, soldiers, laboratory men, and athletes. All of these were placed on a very much restricted diet, containing only about one third the amount of proteid usually considered necessary to maintain good health. During the time that the experiments were continued, the men were in the best of physical condition, and some of them found

themselves free from rheumatism and other difficulties that had troubled them when on their ordinary diet.

We can not go into the details of these experiments, which include much of a technical matter, the report of which fills a large volume. The result, however, was that Professor Chittenden arrived at the conclusion that the usual dietaries contain two or three times as much proteid as the body needs, in addition to an excess of the other food principles; and he ventured the opinion that perhaps this surplus consumption of food is more or less disastrous to the functions of the body. While Chittenden does not advocate vegetarianism, his conclusions certainly indicate that too much meat is eaten.

More recently, Professor Fisher, of Yale, has been conducting a test of endurance in which part of the participants were on a vegetarian diet, and the rest on a mixed diet; and in all the tests, the vegetarians showed the greatest endurance.

It is probably known that walking matches and other tests of endurance conducted in different parts of Europe have in a number of instances resulted in complete victory for the vegetarians, as against the meat eaters.

Such facts as these are enlightening the eyes of those who are open to enlightenment, to the fact that we as a nation have been too much addicted to the use of meat, and many are learning to substitute other foods for meat in their dietary. The

more daring are asking, Why eat meat at all? Why not subsist on foods not necessitating slaughter?

G. H. HEALD, M. D.

### Diet and Drunkenness

THOSE who have given the most careful thought to the temperance question are beginning to realize that the nation's eating has much to do with the nation's drinking. It is becoming more and more evident that if the dinner table could be cleared of a host of things that create an appetite for liquor, there would be more vacant places at the bar table.

When a neurotic person who has inherited a weakened, hypersensitive nervous system partakes freely of highly spiced, fiery foods, which taste hot even when they are cold, they create in him a thirst which water does not satisfy, and it is not surprising if he should ultimately discover that only the saloon-keeper and the patent-medicine vender dispense the stuff that satisfies his abnormal craving.

Dr. Brunton, one of England's greatest physicians, said some years ago that an unnecessary excess of animal food not only led to physical disorder, but to an irritable frame of mind which led to the taking of wine and spirits.

The Salvation Army headquarters in England are carrying out an extensive experiment in this respect in their Inebriates' Home, which is of interest. The matron gave the following report concerning the results of the effort:—

"About three years ago I was induced by Mrs. Booth to try the vegetarian cure for drunkenness. I had been working in the Home for four years previous to this, with the usual mixed diet,—joints, bacon, salt fish, pickles, pepper, mustard, oysters, vinegar, etc.,—and I was very skeptical about this new idea.

"Since that time one hundred and ten women



of all shades of society have passed through the Home. Two thirds of these have been (so far as the drink and drug habit are concerned) the worst possible cases; the majority of ages being from forty to sixty, most of them habitual drunkards of ten, fifteen, and some of even twenty-five years' standing. Some were so bad that other homes would not receive them. There were those suffering from delirium tremens, there were morphia maniacs, having periods of fierce craving for the drug, at times amounting to madness. Others were so unnerved and such physical wrecks (not having eaten food of any description for weeks, and even months), that I felt doubtful as to what would happen as a consequence of giving them this diet. You will agree with me that I had a variety of material to work upon. Now for results:—

"Both myself and workers were quickly convinced that we had taken a right step. We found that the strain and anxiety about our work gave place to a more peaceful and restful state of mind; also that we could think and sleep better. Some of us had suffered from severe headaches for years, which gradually disappeared. But what was taking place with us was rapidly developing in the inmates, only their sad condition made the change much more marked. Lazy, vicious, bloated, gluttonous, bad-tempered women, heavy with years of soaking, whose bodies exhaled impurities of every description, who had hitherto needed weeks, and even months of nursing and watching, to my astonishment and delight under this new treatment made rapid recovery, assuming a fairly normal condition in about ten days or a fortnight.

"Within four months we had practically abolished the meat diet. The people, as a whole, are much happier. We do not have violent outbursts of temper as we used to; they are more contented, more easily pleased, more amenable to discipline."

There have been abundant opportunities to verify the soundness of this principle in our *Life Boat* work in Chicago, which has brought us in contact with thousands of inebriates; and it is also becoming more evident to us why saloons flourish so abundantly as they do in the slums. The following is a copy of a typical bill of fare at one of the ordinary State Street cheap eating-houses:—

Pork Chops	Red Hots
Liver and Bacon	Liver and Onion
Pickled Pigs' Feet	Hot Tamales
Coffee and Doughnuts	Sauerkraut
Fried Oysters	Kidney Stew
Sardines	Mexican Hash
Cheese Sandwich	Ham Sandwich

Can any one question that the eating three times a day of such unnatural and unphysiological foods does create a thirst for stimulants, particularly in hereditarily predisposed individuals?

I present by way of contrast our Workingmen's Home menu. This institution is located on State Street only a few hundred feet from the place where the previous bill of fare was copied:—

Bean Soup	String Beans
Corn on Cob	Granola
Baked Potatoes	Granose
Sweet Potatoes	Zwieback
Boiled Rice	Apples
Macaroni	Peaches
Peas	Grapes
Sliced Tomatoes	Caramel Cereal
Poached Eggs	Milk

It can readily be seen that there is nothing in this list of foods which either blisters or burns, or which is calculated to fill the system with toxins or abnormal waste products, yet its nutritive qualities are all that could be desired.

DAVID PAULSON, M. D.

"THE statistics issued by the Surgeon-General of the United States Army show that drunkenness exists to a greater extent in the American forces than in any other army in the world."

## THE INTERMEDIATE LESSON

### VIII — Building the Ark

(May 25)

LESSON SCRIPTURE: Genesis 6.

MEMORY VERSE: "Grieve not the Holy Spirit of God." Eph. 4:30.

#### Lesson Story

1. As men increased on the earth, they became more and more wicked. The one sin of disobedience by Adam and Eve made it possible for every other sin to come into the world. Anger, jealousy, strife, Sabbath-breaking, covetousness, murder, idolatry, and many other sins were in the hearts and lives of men.

2. There were a few, like faithful Enoch, who loved and served God. But a great many more made idols of wood and of stone, and worshiped these instead of their Creator. They forgot God, and lived only to please themselves.

3. "The earth also was corrupt before God, and the earth was filled with violence."

4. As God looked at the earth, and saw how wicked men were, and that all their thoughts were evil, "it repented the Lord that he had made man on the earth, and it grieved him at his heart. And the Lord said, I will destroy man whom I have created from the face of the earth; both man, and beast, and creeping thing, and the fowls of the air."

5. There was one man who lived at this time who was "a just man and perfect." This was Noah, the grandson of Methuselah, and the great-grandson of Enoch. Noah found grace in the eyes of the Lord.

6. "And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and, behold, I will destroy them with the earth."

7. "Make thee an ark of gopher wood; rooms shalt thou make in the ark, and shalt pitch it within and without with pitch."

8. "And this is the fashion which thou shalt make it of: The length of the ark shall be three hundred cubits, the breadth of it fifty cubits, and the height of it thirty cubits. A window shalt thou make to the ark, and in a cubit shalt thou finish it above; and the door of the ark shalt thou set in the side thereof; with lower, second, and third stories shalt thou make it."

9. "And, behold, I, even I, do bring a flood of waters upon the earth, to destroy all flesh, wherein is the breath of life, from under heaven; and everything that is in the earth shall die."

10. "But with thee will I establish my covenant; and thou shalt come into the ark, thou, and thy sons, and thy wife, and thy sons' wives with thee. And of every living thing of all flesh, two of every sort shalt thou bring into the ark, to keep them alive with thee; they shall be male and female. Of fowls after their kind, and of cattle after their kind, of every creeping thing of the earth after his kind, two of every sort shall come unto thee, to keep them alive. And take thou unto thee of all food that is eaten, and thou shalt gather it to thee; and it shall be for food for thee, and for them."

11. "Thus did Noah; according to all that God commanded him, so did he."

#### Questions

1. As men increased on the earth, what kind of lives did they live? Name some of the sins that were common among men. If the first sin, disobedience, had not come, would these other sins have been in the world?

2. Were there any who loved and served God? What did many worship? Whom did they forget?

3. What was the condition of the earth?

4. As God looked at the earth, and saw how wicked men were, how did he feel? What did he say he would do?

5. Who was Noah? What kind of man was he? How was Noah regarded by the Lord?

6. What did the Lord tell Noah he would do?

7. What did he tell Noah to make? How was it to be divided inside? How was it to be made water-tight?

8. What was the length of the ark? What was its height? Where were the windows and the door to be placed? How many stories high was it to be?

9. What did the Lord tell Noah he would bring upon the earth? What would this flood of waters destroy?

10. What did the Lord promise Noah? What was he to bring with him into the ark? How were Noah and his family and all these animals to be fed during the time of the flood?

11. How much of what the Lord told him to do did Noah perform? What does this show?

## THE YOUTH'S LESSON

### VIII — Effectual Service — The Spirit: Its Gifts

#### The Threefold Manifestation of God

(May 25)

MEMORY VERSE: Acts 1:8.

#### Questions

1. What commission did Jesus give his disciples just before leaving them? Matt. 28:19.

2. How were those who believed to be baptized? Matt. 28:19; note 1.

3. What is the significance of the term "name" as used in the Bible? Note 2.

4. What is to be understood by being baptized in the name of the Father? Ex. 34:6, 7; note 3.

5. How do we become possessors of this righteous character? Rom. 3:22; note 3.

6. What does baptism into the name of the Son imply? Phil. 2:5; note 4.

7. For what does the name of the Spirit stand? — Power. Acts 10:38; note 5.

8. What should baptism into the name of the Spirit mean to the child of God? Acts 1:8.

9. What is the Spirit to the believer? Rom. 8:10.

10. What bounteous gift does it shed abroad in the heart? Rom. 5:5.

11. How willing is God to give the Holy Spirit to his children? Luke 11:13.

12. On what condition can it be obtained? Zech. 10:1; Luke 11:9, 10.

#### Notes

1. Not the mere mention of a name, but into the name, swallowed up in the name, immersed in all that it stands for.

2. Name signifies character. God's name reveals his character. Ex. 33:18; 34:6, 7. When Jacob gained the victory, God changed his name to Israel to correspond with his change of character.

3. The name of the Father stands for goodness and righteousness, which he in mercy freely bestows upon us in Christ Jesus. Baptized into his name is to give up all our sins, all our righteousnesses, and receive his alone. Phil. 3:8-10.

4. The name of the Son stands for emptiness of self, self-denial, self-abnegation, and fulness of God's righteous character. The Son of God came not to reveal himself. His character was to empty himself, so that the Father might fill him with all the fulness of the Godhead. Phil. 2:5-9; Col. 1:19.

5. Power, the active, divine agency in effecting all God's will, is the Spirit. Over the chaos in the beginning the Spirit brooded, and life and beauty were the result. By the Spirit God's word is given; the dead are re-created, and the earth is renewed. By the Spirit, God's children are begotten as was Jesus, and by it they are filled with power for service as was he.





ISSUED TUESDAYS BY THE

REVIEW AND HERALD PUBLISHING ASSN.

TAKOMA PARK STATION, WASHINGTON, D. C.

FANNIE DICKERSON CHASE - - - EDITOR

**Subscription Rates**

YEARLY SUBSCRIPTION	\$ .75
SIX MONTHS	.40
THREE MONTHS	.20
TO FOREIGN COUNTRIES	1.25
<b>CLUB RATES</b>	
5 to 9 copies to one address, each	\$ .55
10 to 100 "	.50
100 or more " " " "	.45

Entered as second-class matter, August 14, 1903, at the post-office at Washington, D. C., under the act of Congress of March 3, 1879.

**Liquor's Silver Column**

THE highest mountain in the world is only a little more than five miles in height, but the money spent yearly by the people of this country for liquor, would make a column of silver dollars that would pierce the heavens to the height of 2,992 miles, while the amount expended in the other unnecessary and harmful things shown in the cut on page two would extend the column to the height of 6,275 miles—a column that the Christian should have no part in rearing.

**The Temperance Gem**

THE amethyst, a stone of an exquisite purplish tint and beautiful luster, is much prized everywhere. The word literally means "no wine," and the name is said to have been given to this stone by the ancient Greeks, because they thought it offered to the wearer a protection against intoxicants. No man, they thought, could become a drunkard so long as he wore the amethyst. There is a Stone that insures perfect temperance, but it is not the amethyst. It is the "Stone which the builders rejected," the true cornerstone, the Rock Christ Jesus. The ruby cup has no charms for one who has secured to himself this priceless gem.

**The Artist Astonished**

WHEN Leonardo da Vinci, it is said, was painting his masterpiece, "The Last Supper," he chose a young man to sit for the character of the Saviour who was a chorister in the beautiful Milan cathedral. Years passed before the picture was completed. The artist left the character representing Judas to the last, and one day, while in the city of Rome, he noticed a man in the streets of that city whom he selected as his model. With bent shoulders, and an evil, cold, and hardened expression, the man came terribly near to the artist's conception of the Lord's betrayer. After entering the studio, he began to look around, and finally said to Da Vinci, "Maestro, I was in this room twenty-five years ago. I then sat for Christ." Such is the effect of the sin of intemperance.

**No Christian Should Use Tobacco**

AN artist that would represent the Saviour as passing in and out among the people smoking a cigar or pipe, would be heartily denounced by every minister of our land and by every member of the Christian Endeavor Society. No church nor Christian home would allow the picture on their walls. Why not, if smoking is a thing wholly consistent with Christian living? But it is not.

All must acknowledge that the inconsistency and sacrilegiousness of representing the Saviour

as going about his work smoking, does not lie in the fact that tobacco was unknown in his time, but in the fact that it is a useless, harmful, and expensive habit,—a habit ill becoming in every way the Saviour of the world, and equally ill becoming every follower of him; and I hardly think the Saviour, as he looks from the courts of heaven upon his professed people below smoking or chewing the deadly weed, regards the act with the least favor.

**Personal Work for Others**

A MINISTER once said that if it were revealed to him that he had only six years to live unless he should win one thousand souls for God, and if he might choose either to preach the gospel from the pulpit, or not to enter the pulpit, but to devote his time to personal effort for the salvation of souls, he would choose the latter.

If we can not lecture publicly on temperance themes, nor move legislative halls by our enthusiasm and oratory, we can go to the boy who is just beginning the use of tobacco and talk to him personally about the evil effects that result from the use of that narcotic, and possibly get him to sign the temperance pledge.

We can scatter reading-matter on the principles of true temperance. We can by personal interest and through the Spirit of God reclaim the drunkard who has fallen to the depths of sin.

Let us go to work for those about us.

**A Vegetable Wonder**

ELDER R. W. MUNSON, in the *Union Conference Record*, tells of a reported cure for the opium habit that has been discovered by a Chinaman in Jelebu, Malay Peninsula. Elder Munson is personally acquainted with the man who gave the report of the discovery in the *Malaysia Message*.

Sleeping dragon, or goat's milk, is the name of the plant, which, when steeped in water and the liquid drunk, takes away the desire for the opiate. Men who have smoked for twenty-five or thirty years are wholly freed from the curse in a few weeks. No less than two thousand persons a day have been treated gratis at a mission station in Kuala Lumpur. The government lost twenty thousand dollars in the diminished sale of the drug in a single month.

Steps are being taken to introduce the plant into Australia. If it proves to be all that it promises, surely it will be welcomed by every nation of the globe.

**The Contracting Cell**

ONE of the most ingenious and wicked devices ever invented for torturing human beings was devised by the Hohenstraufen family in the height of their despotic control. It was the *contracting cell*, which at first promised to the prisoner only comfort and ease; but after a few days the occupant would observe that his prison walls were slowly moving together. The fact, once discovered, became more appalling every day, for he knew that in time he must be crushed to death by the constantly approaching walls.

And whether the tobacco user and the liquor drinker ever admit the fact or not, the moment a person begins the use of these life-destroying substances, that moment he enters the contracting cell which finally will crush out of his life many noble instincts, and at last life itself.

Should not we then who understand the almost certain end that must come to the tobacco or liquor victim, raise a voice of warning to every boy and young man in our country? Many begin the use of tobacco little realizing its evil effects. They see young men whom they admire, and perhaps their own minister, indulging in the daily cigar; so they think it only a pleasant

pastime, one that really can do them no harm. But this is a deception of the enemy, and we who have the light of truth should do much more than we do toward preventing boys and young men from forming these habits.

**England's Boys and Their Cigarettes**

THE following startling testimony by a British paper on the evils resulting from the use of cigarettes by boys and young men, ought to be sufficient to arouse every nation to take extreme measures toward immediately stamping out the accursed evil:—

There is overwhelming evidence to show that juvenile smoking is an evil of the first magnitude—an evil which is sapping our boyhood's strength, and so undermining our national manhood.

Boys who smoke them seem to have their moral sensibilities blunted, so that they are led easily into other vices. . . . A doctor examined thirty boy smokers between the ages of nine and fifteen. In twenty-two he found serious disorders, and a more or less marked taste, generated by tobacco, for drink. The cigarette in the mouth of the boy, therefore, is doubly an accursed thing—accursed for the physical evils it brings about, and accursed for the moral evils.

When the Boer War broke out, in the Manchester district alone eleven thousand volunteered to fight for their country. Eight thousand were at once rejected as physically unfit, and only twelve hundred finally passed the doctors. The chief cause of unfitness was proved to be smoking as boys and young men.

A breeder of cattle who got only twelve hundred physically developed animals out of eleven thousand reared to full age, would call a halt, and begin to think; and this is what the British nation must do, or go to pieces.

**One View of License Laws**

THE licensing of the liquor traffic is advocated by many as tending to restrict the drink evil. But the licensing of the traffic places it under the protection of law. The government sanctions its existence, and thus fosters the evil which it professes to restrict. Under the protection of license laws, breweries, distilleries, and wineries are planted all over the land, and the liquor seller plies his work beside our very doors.

Licenses are granted on the plea that they bring a revenue to the public treasury. But what is this revenue when compared with the enormous expense incurred for the criminals, the insane, the paupers, that are the fruit of the liquor traffic! Considering only the financial aspect of the question, what folly it is to tolerate such a business! But what revenue can compensate for the loss of human reason, for the defacing and deforming of the image of God in man, for the ruin of children, reduced to pauperism and degradation, to perpetuate in their children the evil tendencies of their drunken fathers?—"Ministry of Healing."

**The Temperance Pledge**

ABRAHAM LINCOLN said that one of the most important acts of his life was the signing of the temperance pledge when a young man. Professor James, Harvard's noted psychologist, claims that the signing of the temperance pledge, where intelligently done, places thousands of persons on vantage-ground that they did not occupy before. Mrs. E. G. White, an author widely known, says, "Everywhere Christian workers should present to the people the principles of true temperance, and call for signers to the temperance pledge."

Those who desire pledges can obtain them of the Review and Herald Office, Takoma Park, Washington, D. C., for fifteen cents a dozen.

THE medical examiner for the United States navy says that *one half* of the applicants to the navy are rejected because of weak hearts due to the use of tobacco.