

## TEN REASONS WHY NO ONE SHOULD USE TOBACCO.

The tobacco habit is becoming unthinkable. Half the people in the world are addicts. In 1918 there were 15,504 tobacco factories in America. Of these, 13,217 were producing cigars, 311 cigarettes, and 1,976 tobacco in other forms. In 1917 this country produced 650,066,105 pounds of leaf tobacco. Of this amount 169,575,999 pounds were made into cigars, 133,505,920 pounds into the manufacture of cigarettes, and 354,894,236 into other forms. At the present time this country is producing annually one billion pounds of tobacco and sixty-two billion cigarettes.

Among those who have been free from the defiling and disgusting tobacco habit may be named: Abraham Lincoln, John Ruskin, John Burroughs, Theodore Roosevelt, Charles E. Hughes, Chief Justice William Howard Taft, Robert L. Owen, George Clemenceau, Woodrow Wilson, William Jennings Bryan, Gen. Nelson A. Miles, Gifford Pinchot, Dr. Charles W. Eliot, Henry Ford, Judge Ben Lindsey, Sir Horace Plunkett. Even the vice-president of a large tobacco company said recently: "Tobacco does a great many people a good deal of harm. In fact, it is not good for anybody. I have given it up myself."

1.—*Tobacco is Physically Unclean*—Tobacco, liquor, morphine and opium are insidious habits which fasten upon the nerves and the brain. The body is poisoned in all its centers by the use of this thing, and rendered unclean.

2.—*Tobacco Fills the Body With Disease*.—Professor Elmer Berry made critical tests of the effects of tobacco on athletes. A single cigar increased the heart rate and blood pressure, and after smoking one cigar there was a loss of twelve per cent. in precision. The use of tobacco clogs the lungs with ammonia, carbon and carbonic gas and corrupt blood, as they come in contact with two thousand square feet of lung cells. This leads to paralysis, hardened arteries and tobacco heart.

3.—*Tobacco Carries Some of the Deadliest Poisons*.—The smoke of this nefarious weed carries nicotin, pyridin, ammonia, carbon monoxide, hydrogen sulphide, marsh gas, picolin, lentin, parvolin, collidin, coridin, rubidin, biridin, pyrrol, formic aldehyde, carbolic acid and furfurool. Every one of these poisons and many more are found in tobacco. Two drops of nicotin will kill a dog, and eight drops prove fatal to a horse.

4.—*Tobacco Using Destroys Physical Fitness*—The use of tobacco thins the blood, and a rapid pulse comes as a result of the paralysis of the heart ganglia; all the tubes of the system become diseased, and bodily vigor is lessened. Growth is also arrested, and premature manhood produced by the unnatural excitement. Hypertrophy, or thickening of the left ventricle, often results. Vertigo, leg weariness, aphasia and amnesia, caused by a disordered spine, often accompany the habit, and such vasomotor paralysis as "cold extremities."

Men training for athletic tests invariably forswear tobacco. Dr. Love says: "Tobacco is the gravest danger confronting the new century." It is said that in a period of over fifty years no inveterate user of tobacco has ever carried off first prize at Harvard University. In six educational institutions in the United States the difference between users of tobacco and those students who did not use it were as 18 to 58, 25 to 82, and zero to 58.

Dr. John Quackenbos, of Columbia Univer-

sity, insists that "tobacco creates an instinctive demand for alcohol." The late E. H. Harriman, head of the Union Pacific Railroad system, said: "We might as well go to the lunatic asylum for employees as to hire cigarette smokers."

5.—*The Tobacco Habit is a Fearful Waste of Money*.—Users of tobacco spend in a single year in America twice the amount expended in railroad travel; three times the amount spent on the public school system, and twice what it costs to maintain the American government and the interest on the public debt. Our annual tobacco bill would build four Panama Canals and finance the Methodist Centenary for 147 years. The 1,901,000,000 acres dedicated to the growing of tobacco would produce enough bread to feed the world. The tobacco bill of this country amounts to about twenty dollars per capita per annum. We squandered last year \$2,500,000,000 for tobacco. It is a ghastly spectacle to see the so-called leading Christian nation of the world wallowing in this universal filth.

6.—*The Tobacco Habit Leads to Worse Habits*.—Drug addicts and drunkards usually begin with tobacco. The usual order of devolution is: **From tobacco to drink, from alcohol to morphine, from morphine to cocaine, from cocaine to opium, one stimulant calling for another in logical sequence.**

7.—*Tobacco Users Make it Hard For Others to Be Clean*.—There are those who would refrain from the use of the noxious weed, but they are confronted with social properties which sweep them into the habit vortex. Thus the weak are destroyed. "If meat make my brother to offend I will eat no meat while the world stands."

8.—*The Tobacco Habit is a Curse to the Unborn*.—Millions of children are born with shattered nerves and predispositions to disease and insanity because their parents, one or both, were saturated with tobacco. These children swarm on every hand, puny, fleshless, sharp-featured, below par, destined to suffer as long as they live. They will be sick and fail where they would otherwise have succeeded and have been happy. They will contract disease and perish before their time and rot in the common decay.

9.—*Tobacco Using is a Nuisance in the Home*—Millions of women are compelled to live in houses saturated with the stench of this diabolical thing. And in many such homes little children are compelled to breathe the deadly fumes of a pipe or cigar or cigaret, and many die from the poison they inhale.

10.—*Tobacco Users Violate the Rights of Others*.—There are thousands of persons who for moral and spiritual reasons abhor the tobacco habit in every form, and yet the users of the disgusting weed constantly violate the rights of this class. The first principle of good breeding is to consider the feelings and pleasures of others, so that true culture rests upon unselfishness. But the users of tobacco seem generally to have either forgotten this fact or they knew it, for they sullenly intrude their disgusting vice upon others in the most brutal manner. Smoking cars filter back their reek into the lungs of the passengers in other coaches. The lobbies of hotels smell with this vice, and men sit stupidly and complacently in such places befouling the air, caring nothing for the feelings of others. The time has come to protest against this unfair and un-American practice. The rooms and bedding of hotels are full of the stench of tobacco from the slaves of the weed who have occupied them before. Outside, the pure air of heaven is defiled by the disgusting habit. Those who are sickened by the stench of the obnoxious fumes

are compelled to fill their lungs with what some indulger has already had in his own throat, and they have no choice in the matter. If they protest they are usually insulted. There are millions of people who are thrown into a dire nausea from smelling tobacco fumes, and yet these street smokers force their senseless, vile practice upon them brutally. The law should prevent this. And these same individuals indulge their habits in restaurants and hotel dining rooms, where they compel cleaner people to breathe and eat with their food what smokers have first had in their own unclean mouths. This is a violation of every law of health and decency, and should be stopped. So universal has this unbearable thing become that gutters reek with quids and the stubs of cigars and cigarettes from which come disease and death. Those who are afflicted with this unbearable thing should be compelled by law to indulge their habit where they would not outrage the feelings of other people.—Guy Fitch Phelps.

## CLEANSING FROM ALL SIN.

The most terrible fact in the universe is not hell. The most terrible fact in the universe is sin. The story of sin is the blackest story of all. No fiction about vice is as terrible as the true story about sin. Sin is colossal. Sin has a program which aims at the overthrow of the loving purposes of God to bring eternal and infinite good to all his creatures and not only does sin propose defeating God,—it plans on destroying God! The ultimate aim of sin is to sing a devilish requiem in major key over the grave of God.

Sin is infinitely cruel and evil. It must be destroyed or God will fail. Yes, sin must be destroyed, or it will destroy truth, holiness and God. No more wonderful message can be told to mankind than that God has found—has provided—a remedy for sin that is adequate in every case. Sin found its victor and surrendered to the crucified Christ. When sin pierced the side of the Son of God it wrought its own destruction for "the blood of Jesus Christ, his son, cleanseth us from all sin!"

No one should debate this proposition. It is true, and all of us may find it gloriously so in our own hearts. Christ can not only save us from the guilt of sin, but as surely from the presence of sin in us. If Christ can not thus save us from sin then we are face to face with a grave situation. Sin then will win the day if Christ can not set us free from it. But sin will not win the day for, thousands have borne testimony to the fact that faith in Jesus Christ brought them pardon and cleansing from all sin and thousands more of this day are ready so to testify.

Why battle longer against that pride, that selfishness, that unchaste vergency, that corrupt tendency? Why not let Christ prove himself able for your case as He has for multitudes of others? Test Him today. Nay, trust Him today!—Witness.

## JONAH AND THE WHALE.

Did the whale actually swallow Jonah? Most certainly it did! A God who could not make a whale large enough to swallow the biggest man that ever walked on earth, or a man large enough to swallow the biggest whale that ever swam the ocean, would be too insignificant to command the adoration of angels or the admiration of man. He who said "Let there be light," and immediately "there was light," can easily take care of the sizes of whales and men to meet emergencies.