

THE TOBACCO HABIT

(By Rev. Edward J. Young, in the Presbyterian Standard.)
 Eminent on Mind and Morals.

The whole organism of the use of tobacco rests chiefly on its effects upon the body, the mind and the moral nature. These effects have been determined by medical and scientific men, through experiment and observation, with many facts to corroborate them. If tobacco were useful or necessary to health we might make some allowance for the time and money thrown away upon it and for the selfishness and silliness which the habit engenders. But tobacco is one of the strongest vegetable poisons, rank, harmful and destructive. It does not assimilate in any way with the process of nature, and supplies no recognized want of the system. It furnishes no blood, bone or muscle, and when left to its legitimate action it completely destroys the life principle.

If the use of tobacco injures the body it must necessarily affect the mind. The brain and nerves suffer most from this practice. The brain is a delicate and sensitive organ, the instrument of all motion, thought and feeling. To have it act normally it must be in perfect health, and the vitalizing blood which nourishes it must be pure and undefiled. But if the blood be saturated with the deadly nicotine, distilled from pipe or cigar, or absorbed from the quid by the membrane of the mouth, and if the vital stream is diseased in its essential structure, which we know inevitably follows the use of tobacco, then we can well understand how the mental powers must be seriously affected by this subtle and virulent poison.

Dr. James Copeland says: "Smoking tobacco weakens the nervous power, favors a dreamy, imaginative and imbecile state of mind, produces indolence and incapacity for manly or continuous exertion, and sinks its votary into a state of careless or maudlin inactivity, and a selfish enjoyment of his vice."

That tobacco enervates the mind as well as the body is proved by a comparison of smokers with non-smokers in institutes of learning. At the Polytechnic School in Paris the students were divided into two groups of smokers and non-smokers, and it was shown that the smokers were far inferior to the others in the various competitive examinations. At other schools and colleges in France a similar state of affairs was found. The non-smokers were healthier, closer students, and consequently better scholars; and as a result of these tests smoking was prohibited in all the public seminaries of France. Dr. Dio Lewis states that no tobacco-user within fifty years has graduated at the head of his class at Harvard.

Delirium tremens, usually ascribed to alcohol, was unheard of prior to the use of tobacco, and men who never used liquor but used tobacco, have died of this disease. Insanity is one of the horrible consequences of using tobacco, according to the statement of physicians and statistics of insane asylums. The New York World, some years ago, after an investigation asserted that in nine cases out of eleven, where insanity had resulted from alcoholism, the primary cause was smoking. Not only does tobacco cause insanity by means of alcohol, but it is a direct cause in itself, and cases could be cited if space permitted. So true is the connection between the habit and this disease that it has been proven that "lunacy has kept pace in France with the increase of revenue from tobacco." Mr. Sims estimated some years ago, that there were about 70,000 lunatics in America, and of this number more than 15,000—or one in five—were made insane by tobacco.

Dr. Shaw enumerates eighty diseases caused either directly or indirectly by the use of tobacco. Dr. Hammond, of Baltimore, declares: "As a physician of forty years' practice, I give my decided opinion that tobacco has killed ten men where whiskey has killed one. This, no doubt, will be disputed by physicians who indulge in the weed, but I believe it can be demonstrated that many of the chronic disease to which the male population are subject, owe their origin to tobacco." Dr. Grimshaw says: "So insidious are its effects that very few have regarded it as swelling the bills of mortality. It is nevertheless true that multitudes are carried to the grave every year by tobacco alone."

The effect of tobacco upon the moral and spiritual nature is quite as marked as that upon the physical and mental powers. Neal Dow says: "There is no doubt that the tobacco habit deadens the moral sense in every one who is its victim; many of them are not aware of it, but it is certainly true." According to a New York doctor, "Tobacco, using, even more than liquor drinking, disqualifies the mind for exercising its intuitions concerning the right and wrong; it degrades the moral sense below the intellectual recognitions." Professor Mead, of Oberlin College, writes: "The tobacco habit tends to deaden the sense of

SINCE BABY'S GROWN UP

William Allen White, editor of the Emporia (Kan.) Gazette, recently ran a "Fetters" advertisement in his paper, offering his daughter's Shetland pony for sale. The offer being made because the young lady has outgrown the pony. The following touching poem written for the occasion will touch a responsive chord in the heart of every parent!

For sale, a Shetland pony, by William Allen White,
 A pet, kind, gentle, city broke, has long been the delight
 Of William Allen's little girl, who now has grown so old
 And big and pretty that the pony's going to be sold.
 It seems, so Papa William thinks, so short a time ago
 That this same pony "fit the kid"—then, she began to grow,
 Her baby ways seemed, all at once, to vanish, and in place
 Of "A B, abs," and "two times two" were questions grave to face.
 The pigtailed changed into a crown of hair around her head,
 The dresses lengthened and one day her loving mother said
 That baby was a lady and papa William smiled
 And joked about her "feller" with his little baby child.
 The pony's stable's needed to house the limousine;
 The feed-rack will be turned into a tank for gasoline.
 The good old days—those baby days, those days of keen delight
 Are memories now, in Kansas, for William Allen White.
 But sometimes as he sits up late to read, perhaps, or write,
 He'll think of "baby days" again, will William Allen White.
 And while his daughter's life is happy as can be,
 He'll long, and long for baby girl, all cuddled on his knee.
 For sale, a Shetland pony, by William Allen White,
 Some other daddy's little girl," we hope, will treat it right
 And if she will, once in a while drive up to the Gazette,
 And let him see the pony, please, somehow he loves it yet.

Helen Keller, on the "Modern Woman" says: "Woman from times long gone has been the consoler, the healer of pain. Today the sick bed is often in a great public hospital. There she has followed it as professional nurse, and her services have been welcomed and acknowledged. From the battlefields of industry come the wounds, from the shambles of poverty come the deformed. What enemy has stricken them? How much of all this disease and misery is preventable? Shall the wise nurse stand by the bed of pain and ask no questions about the social causes of ill health? If her own child in her own home is needlessly hurt, she blames herself for her carelessness. In the world home if a child is needlessly hurt she is equally responsible. By her vigilance in the world home woman can help to bring about a civilization in which every preventable disease shall be rooted out, and every condition that causes broken bodies shall be examined and abolished. This is her problem. She is mistress of the sick room and the sick room is world-wide."

Thirty-Six for 25 Cents
 Dr. King's New Life Pills are now supplied in well-corked glass bottles containing 35 sugar coated white pills for 25c. One pill with a glass of water before retiring is an average dose. Easy and pleasant to take. Cheap and economical to use. Get a bottle today, take a dose tonight—your constipation will be relieved in the morning. 36 for 25c., at all druggists.

honor, as well as of decency, and none are more likely to practice deception unscrupulously than those who use tobacco. They are strongly tempted to harden their conscience by lying." I have heard it said that a tobacco-user is liable to become a beggar, a liar and a thief, for when he wants the weed and has none, he will beg it of others. If he has only enough for his own use and some one begs it of him, he will deny having any; and when the craving comes on him, and he has no tobacco, if he cannot procure it in any other way, he will steal it.

Rev. Mr. Sims affirms: "Tobacco is praised as a soporific—as a comfort and a solace in trouble. Yes, here is the world-wide mischief of this narcotic. Thousands of young men and old men hear the Gospel preached, are awakened, resolve to become Christians, thank God for a good cigar which allays their fears and quiets their disturbed mind. We have every reason to believe that thousands of awakened souls have been lulled to sleep again by the use of the stupefying drug." Dr. Talmage says: "I have known people trying to become Christians for many years, and then failed miserably, simply because they could not give up this baleful narcotic." The whiskey toper is oftentimes a more hopeful subject of the grace of God than the tobacco sot.

BIRCH ROD DAYS GONE

An Elderly Man Recalls How Children Used to Be Brought Up, Philadelphia Record.

"What a difference there is in the bringing up of children in these days to what it was when I was young," remarked an elderly man in an uptown eating house. "In my own home, as well as in other homes, a birch rod or a good-sized leather strap was kept in a convenient place, the sight of which had a strange impression upon my mind. It was the general practice then to chastise children for disobedience or any other wrong behavior."

"Days of 12 to 14 years in our town never knew what it was to be out of the home or home yard after 8 o'clock, and most of us were in bed by that time, and the streets were quiet and deserted by 10 o'clock. I remember how the people talked when a new family moved in the place and allowed their boys to run in the streets after dark, and how the constable was appealed to to prevent the habit from growing."

"Then, again, we had to be particular how we spoke to persons older than ourselves, and, if anything out of the way was said or done in the presence of women, a severe application of the birch rod or strap was sure to follow. The schools are better, too, than they used to be. The children are now taught to realize the worth of knowledge, and the school is more of a home than the prison it used to be. One seldom or ever hears the cries of a boy being punished by his father or mother, and no matter how late one happens to be out at night, he will find boys and girls on the streets."

"We had no such entertainments as they now have. A magic lantern exhibition used to be thought a grand thing, and was talked about for weeks after it had been shown in the village church. Now every little town has its moving picture theater. Yes, sir, there is a great difference in the bringing up of children, and I often wonder whether it will prove to be the moral good of the rising generation."

Restored to Good Health.

"I was sick for four years with stomach trouble," writes Mrs. Otto Gans, Zanesville, Ohio. "I lost weight and felt so weak that I almost gave up hope of being cured. A friend told me about Chamberlain's Tablets, and since using two bottles of them I have been a well woman." Obtainable everywhere.

LIFTERS AND LEANERS

There are two kinds of people on earth;
 Just two kinds of people, no more I say;
 Not the rich and the poor, for to count a man's wealth
 You must first know the state of his conscience and health,
 Not the humble and proud, for in life's little span
 Who puts on vain airs is not counted a man.
 Not the happy and sad, for the swift flying year
 Bring each man his laughter and each man his tears.
 Not the two kinds of people on earth I mean
 Are the people who lift, and the people who lean.
 Whoever you go you will find the world's masses
 Are always divided in just the two classes.
 And, oddly enough, you will find, too, I ween
 There's only one lifter to twenty who lean.
 In which class are you? Are you easing the load
 Of overtaxed lifters who toil down the road?
 Or are you the leaner, who lets others bear
 Your portion of labor, and worry and care?
 —Ella Wheeler Wilcox.

Plant Wood's Seed Potatoes In June and July For Fall Crop.

Potatoes planted now mature in the cool weather of the Fall when they can be harvested to best advantage for use or sale during the winter.
 Wood's Seed Potatoes are choice selected seed, put in cold storage early in the season, so as to keep in first-class, vigorous condition for late planting.
 Write for "Wood's Crop Special," giving prices and information about Potatoes for late planting. Cow Peas, Soya Beans, Millet, Crimson Clover, etc.
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Rexall Kidney Remedy Will Cure You
 We have Rexall Kidney Remedy in two sizes, 50c and \$1.00 per bottle. We will simply guarantee this remedy to benefit any kidney or bladder trouble and that you will be satisfied with the result.
 We recommend that you use Rexall Kidney Pills with it at 25c per bottle, while the others are 50c.
 Rexall Kidney Remedy has been used by hundreds of people in this section and we have not heard of a single complaint that it did not do all it claimed to do. We recommend this as the best kidney and liver remedy on the market. Six large \$1.00 bottles for \$5.00.
Standard Drug Co.

QUEER QUIRKS OF NEWS

Oklmulgee, Okla.—Sanford Lee Keeley, an hour and a half younger than his twin brother and one pound heavier, arrived in this world with two teeth in his upper gum. The twins are the sons of Mr. and Mrs. W. J. Keeley.

Morgantown, W. Va.—A practical joker released several white mice in a movie theater here. A panic followed among the women, in which several persons narrowly escaped serious injury. It was necessary to dismiss the audience and close the theater until the mice were caught.

San Francisco, Cal.—A black cat was rescued from the British ship Dalgornar and landed at Papete after drifting two years on the wreck. The Dalgornar was abandoned in midocean in June 1913, and since then has drifted helpless off the coast of Maupihoo Islands in the Society group of the South Pacific.

Sullivan, Ind.—"Aunt" Eleanor Combs, 106 years of age, took her first ride in an automobile last week and saw an interurban car for the first time in her life.

Detroit, Mich.—Mrs. George Hughes has been granted a divorce from the champion weeper of the United States. She says her husband began to cry at the breakfast table the day after their marriage and wept for six years. The sight of a hearse or fried potatoes or a hurgurdy would send him into a paroxysm of grief. Finally, after a burst of agony, he disappeared and has never been heard of.

New York, N. Y.—Charles Williams hailed to court by his wife in Yonkers, proudly admitted he had 44 affinities. He said he had been in the grocery business for years and that women forced their attentions upon him. He's paying \$7 a week alimony.

Philadelphia, Pa.—Miss Florence E. Graftey, this city's first jitney bus driver, is averaging \$8 a day with her touring car. It is the only pay-as-you-enter jitney in Philadelphia.

Another Fly Preventative.

Another safe and effective weapon against the typhoid or house fly is now being advocated by the U. S. Department of Agriculture. This time it is the use of powdered hellebore, which is readily obtained and has proved to be an effective larvicide. It is claimed by the Department that powdered hellebore mixed with water and sprinkled over the manure, will destroy the fly larvae as soon as they are hatched from the eggs. It does not lessen the value of the manure or injure its vegetation. The directions for its use are:
 "One half pound of powdered hellebore mixed with 10 gallons of water is sufficient to kill the larvae in 8 bushels or 10 cubic feet of manure. The mixture should be sprinkled carefully over the pile, especial attention being paid to the outer edges."

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"THE WORLD MOVERS"

Most things come straight when they are explained. Some time ago it was announced that Andrew Carnegie had signalized his seventy-sixth birthday, November 25, 1911, by publishing a list of the world's greatest men. The list, embracing twenty-one names, was largely unfamiliar to many and disappointing to all. Some editors complained that they were driven to the encyclopedias to gain their first knowledge of many of the men. Then, too, the standard of human greatness is different in different ages, and different with different men in the same age. It was once a matter of physical strength, and "there were giants in those days." Later the standard was one of intellectual strength, as among the Greek philosophers. Greatness with many in every age is a matter of financial strength. The sentiment of the present day awards the palm to service rendered suffering humanity. He who builds a home for orphans, erects a retreat for the aged, provides a hospital for cripples or an asylum for the blind is regarded with esteem and remembered with gratitude by the people. David Livingstone, striving to heal the world's great ulcer—slavery in Africa—and found dead upon his knees amid its jungles, receives the plaudits reserved for greatness and finds a tomb in Westminster Abbey.

But Mr. Carnegie was not talking about greatness. He had nothing to say on that subject. He spoke of the men who had "moved the world," promoted physical science and made the world a more comfortable place in which to live. He enlarged the scope of the movement, to embrace moral and political conditions somewhat as well as the purely physical. But it was material advancement he had in mind, and so he selected the phrase, "The World Movers."
 In most cases he added the explanatory phrase, indicating the ground because of which the name had been selected. His list, embracing such explanations, is as follows:
 Arkwright, inventor of cotton-spinning machine; Bell, inventor of telephone; Bessemer, inventor of steel

WOMAN A HELP FOR MAN

As I am opposed to political suffrage for women, I wish to make a few remarks on the subject. I believe that if not fought against, the time is coming in our State when women will have equal suffrage rights with men.

Now, reader, go back with me to the beginning of time, and let's see what God made woman for. In Genesis 2nd chapter, 15th verse, we find that God made woman as a helpmeet for man, that is that she should be overseer of the household, for she knows best the things pertaining to household life and duties, because this is her talent. I do not think that woman ought to be behind the bar, pleading law, or acting as President of our nation. The Apostle Paul said: "Let the women be keepers at home." What will be the occupation of our intelligent men, when so many of our women are behind the bar, pleading law, and in the White House, and holding similar offices? The men's occupation will have to be domestic work, such as cooking, washing, ironing and caring for the household.

Do not think that I consider woman as not having brain enough to hold office. I think she would make as good laws, or better, than men. But I do not think this is her calling.—Margaret Walker, Millboro, N. C.

Children Cry FOR FLETCHER'S CASTORIA
 manufacture; Burns, the Scotch poet; Columbus, the discoverer; Edison, the electrician; Franklin, pioneer in electricity; Gutenberg; inventor of printing press; Hargreaves, inventor of spinning jenny; Jenner, discovery of vaccination; Kay, inventor of weaver's fly-shuttle; Lincoln, abolition of slavery; Morton, discoverer of anesthetic ether; Murdock, illumination by coal gas; Muesel, steel manufacturer; Neilson, inventor of hot blast for iron; Shakespeare, playwright; Siemens, steel manufacturer; Stephenson, railroad; Symington, the steamboat; Watt, steam engine.