

A DOCTOR'S TESTIMONY.

"There is no doubt that a large share of the hysterical girls, and the boys who have a tendency to inebriety, owe their condition to the tobacco habits of their fathers. I have seen numerous dreadful illustrations of this. One gentleman brought his boy to me, who, he said, seemed to have been born with his nerves all on the outside of his body.

When a child he had St. Vitus's Dance. As he grew older, and recovered from this it was found impossible to keep him in school, for he became exhausted at the least exertion, could not sleep nights, and his nervous system seemed a complete wreck, I looked into the case carefully, and could find no reason in the boy for his extreme nervous condition. Finally, I asked the father if he used tobacco. He replied, 'Yes, I've used it all my life—began when a mere boy, and it hasn't hurt me a particle.' I told him that his son was suffering from its injurious effects, and that the only time to cure him extended back of his birth.

Dr. J. H. Kellogg.

A DOCTOR'S EXPERIENCE.

"I began the habit," said the doctor, "when a boy, like other silly boys. I took rank with the 'unclean beasts' that chew the 'cud.' I smoked too for a year or two. I cherished the notion that tobacco was a good disinfectant amidst sickness and the impurities incident to dissecting-rooms.

When ripe for practice, I rode hard day and night, rolling my quid from side to side; a sweet morsel.

My health began to fail, I expectorated freely.

I became a ghostly, gloomy dyspeptic. I had practised twenty years before I came to my senses.

Tobacco, as well as strong drink, is a 'mocker.' I was a victim to its hallucination, unconscious of my bondage, and might have remained so, had it not been for the kind agency of a few good ladies.

It was a little on this wise. I met a group of ladies ministering in a case of great peril and anguish, and my anxiety being great, I unconsciously consumed an incredible amount of Cavendish, as chewers are wont to do when excited. By this excess my nerves received a terrible shock. I fell; I was insensible for awhile; altogether so. I called it a tobacco fit; extravagant men call it a case of delirium tremens, but I have seen many such fits since,—alas! not a few resulting in death!

I was soon, however, on my feet again, and these zealous ladies began to lecture me in lively style. One said, 'Why doctor, the Lord helping us we snatched you from death! Do, do drop tobacco!' Another, 'Your example, doctor, is confirming my poor husband in bad habits, and ruining my boys. Another, 'Our young minister has become a smoker by your advice, already his sermons savor more of smoke than fire. His cigar, his rocking chair and light literature are dearer to him than precious

souls.' Another, 'Doctor, we set a sight by you; do change your habits, and not cut short your days.'

On taking my gig, I began to reason in this way: Tobacco is a poison, rank and deadly, and ought to produce the legitimate effects of a poison. It ought to injure me, and if it does not, it does not do its duty. I will drop it. I will be a slave no longer. My Maker, witness my vow! This vow formed an epoch in my life. My appetite which had been as capricious as the winds, returned, and I could adopt the language of Doctor Hewitt, 'I have dropped tobacco, and God has given me to enjoy every good thing.' I would not again come under the bondage of this tyrant and deceiver for all California. Selected.

WHAT TOBACCO DID

FOR ONE YOUNG MAN.

A young man known to the writer, had an ungovernable appetite for tobacco; probably inherited.

When but four or five years old he would search his father's pockets for the weed, as other children will for candy or peanuts. He would pick up discarded quids from the streets. At school he would beg it from the older boys.

His parents were church members, and endeavored to bring up and educate their children in a reputable manner. As he grew older the appetite increased, and though he could obtain some means to gratify it, by doing errands at the village store; he did not always obtain his tobacco in a strictly honest manner.

He grew up—married, and appeared to enjoy life for a few years, and then became deranged; his insanity assuming a dangerous type, it became necessary to send him to the State Asylum. While under charge of the Sheriff on the train, he watched his opportunity and slipped out of the car, and before it could be prevented had thrown himself down between the cars and both his legs were taken off.

As soon as he could be moved, he was taken to the Asylum. The Physician in charge pronounced it a case of insanity produced by the excessive use of tobacco.

Though he manages to get about on cork legs and even to do some business in a small way yet his best days are gone, life is shorn of much of its enjoyments, his usefulness in the community is marred, and he far from being the man he might have been.

While the U. S. Senate was discussing the proposition to hold a Naval Review in New York harbor during the World's Fair—Senator Blair said he opposed it as fostering the spirit of war; that accursed institution—the badge of savagery, infernal war, should be abolished; and this country was strong enough to initiate the era of peace. He offered an amendment empowering the President to hold an exhibition of the public schools, and a review of the public school children of Chicago.

THE DAY-STAR.

"Forerunner of the sun, it marks the pilgrim's way:
"I'll gaze upon it while I run, and watch the rising day."

"Depart from evil, and do good: seek peace and pursue it."

THE DAY-STAR is published for free circulation; we prefer to send twenty copies to each address; and desire them wisely distributed.

The papers cost in cash and labor about one cent for every eight pages; this is provided by gifts from the Lord's children, and also by labor and money which we set apart for the Master's use.

When sending a donation state whether it is for the DAY-STAR or for our personal expenses.

Pray for us, and write often.

A. F. Foster. Mt. Vernon, Iowa.

FOR YOUNG PEOPLE.

READ, REFLECT AND REMEMBER.

The son of a noted family was on trial for murder, committed while intoxicated. One doctor, an expert pleaded for the son's insanity, all the other experts held the contrary opinion. The one doctor who knew the facts, at last called in the father, who came before them with an apology for intruding, with much emotion said, he wished to make a statement to the physicians if he could have their full confidence and promise of secrecy.

This was readily assented to. In a state of suppressed excitement, he said that he had been a hard drinker for some years before marriage.

Then became temperate up to the day of his wedding, when some friends gave a wine party, and both himself and wife became intoxicated, and continued so for two days. They went on a long journey and drank nearly every night for two weeks, when his wife became ill, and her life was despaired of. She finally recovered, and both of them solemnly pledged themselves never again to touch spirits. A few months later the first child was born, the prisoner. In infancy he was nursed by a professional nurse who drank beer freely.

When a little child nothing would stop his irritability so quickly as a few drops of spirits.

He grew up a drunkard from birth and had all the marks of half-intoxication at all times, whether drinking or not. His mind had failed steadily, and to them he only showed natural feelings when partially intoxicated; at other times he was without any sense of manhood. He appealed to the physicians not to consider the son as responsible, no matter what the punishment might be. "I am more responsible and guilty than he is," he said in sobbing tones.

Union Signal.

Prepare for Purity, Holiness and Peace, and Your Children's Children shall enjoy it.

GRAND GROVE MEETING.

MYSTIC, CONN. AUGUST 27—29. 1890.

Fully 8000 people are said to have been present. These meetings have been held 23 times in as many years, and can well be called peace meetings, for no serious disturbance has yet occurred; nor have any arrests ever been made.

The beautiful ten acre grove where the meetings are annually held has been purchased by a society, and it is expecting soon to erect a large building in the grove; this is to be called "Peace Temple" and dedicated to peace principles, used for educational literary, industrial, temperance, arbitration, and reform purposes; it will cost \$10,000 or more.

The Secretary of the society, writes: "We are working for the time when war and intemperance will be overthrown.

The present reluctance of the rulers of the earth to engage in war, and the growing sentiment in favor of peace throughout all classes, are encouraging evidences that the time is coming when the great armies and navies of the world be disbanded.

The instruments of destruction used in war, are being so perfected, and the recent invention of smokeless gunpowder will make it possible for two armies to annihilate each other in a few hours.

The working class, who are obliged to become soldiers in time of war, should seriously consider this and elect men to fill our public offices who will reason, conciliate and arbitrate. Ee.

OUR WORD TO YOU!

Have you ever spent one hour trying to convince a young person that war is contrary to the religion of Christ and the example of his disciples?

You are a friend to the peace cause but have you ever put any money into it? Thousands of young men have given several of their best years to war, wisdom suggests that we ought to do more than that for the cause of peace. Think, and then act wisely.

Large gifts are made to colleges and churches; temperance and popular reforms get liberal donations; but PEACE ON EARTH the divinely promised

REFORM OF ALL REFORMS,

seldom receives a thought or prayer or liberal gift. We can see how a few hundred dollars from each lover of this cause could be used to carry this "good seed of the kingdom" and give it to the millions who have not yet heard of peace principles whose whole life-force might be won for this cause.

Reader this may be your opportunity!