

ing wields a disastrous influence, since, in addition to the inoculation through the blood, that portion of the brain nearest to the nose and the roof of the mouth is most concerned with memory and the intellectual powers in general. The almost constant irritation of a poison so virulent as nicotine on an extensive surface contiguous to the brain does not fail to inflict injury on the organ of mind; and it is not a matter of surprise that occasional cases of insanity are traced directly to the use of tobacco.

In the settlement of a new country, as in early days on the Pacific slope, where the influx of men for years is more numerous than that of women, and where the enjoyments and restraints of home and the society of woman are measurably lacking, medical practitioners have been given peculiar opportunities of studying both the physical and mental effects of the tobacco habit, and in some respects their reports thereon show an astounding amount of injury from this cause. Referring to a type of those who have undermined their health in the excitable search for wealth in a new land rich with precious metals, an eminent western physician says that, added to such troubles, from which relief is often sought in patent medicines or through medical skill, the tobacco habit is "like a millstone about his neck, preventing him from ever raising his head above the waves of despair; and so health and hope and money and manhood all pass away together, and nothing is left to him but death by the roadside, or in the hospital, or in the madhouse."

Equally injurious in some respects as the effect of the weed upon the user is the heritage it entails upon his children. Often the father escapes visible punishment for his sin, which are visited upon his offspring. When the healthful activity of bodily organization is interfered with, the injury passes down to the progeny. The law of heredity asserts itself, and the innocent offspring too often inherit an impaired constitution as the result of a father's disregard of natural laws. In the case of inherited evil from the tobacco habit, the effect is most frequently shown in the beclouded mental faculties of the child. With this fact so thoroughly established by illustration in almost every civilized community, the pure and noble young woman who esteems her destiny as a mother should recoil with horror from being the life-partner of an inveterate tobacco user. Physiological science demonstrates that he is not clean either physically or mentally. Three peoples are exceptionally heavy users of the weed—the Turks, the Spaniards, and the American Indians. Their abasement has been produced by natural causes, acting from generation to generation. The prominence of the tobacco habit among them indicates its potency for that purpose.

A form of mental degradation which everyone can note as attending the practice of smoking is the laziness of mind in connection with physical indolence, for almost complete inaction is essential to the enjoyment of the cigar or pipe. A shrewd employer prefers non-smoking employees to smokers every time; and in any event he forbids smoking in the workshop

where men are paid for the time engaged. The reason for this is not alone the physical lethargy which a man displays while smoking, but the mental inactivity which is its inseparable associate.

Another indication of benumbed faculties of the mind is the loss of sympathy which attends the use of the weed. It is common knowledge how a man addicted to the tobacco habit has little or no consideration for the feelings of those whom the objectionable odor offends. In like manner the habit dulls his finer sensibilities of mind which awaken sympathy for his fellows. In illustration of this principle, the contrast between the two conditions may be observed in the same person. Take a man who has been a tobacco user, and review his career in associating with people for a number of years after he has abandoned the weed. In every instance it may be noted that he has grown more sympathetic and more lovable. He has become cleaner mentally as well as bodily, and as cleanliness is next to godliness, his progress in that direction is clearly discernible. With the persistent smoker the tendency is otherwise.

Instances almost without number could be cited showing the effect of the tobacco habit upon the mental faculties; but the illustrations given are sufficient to establish that it is equally as injurious thereto as to the physical being. They also invite special attention to the peculiarities and eccentricities of mind exhibited by users of the weed, which form an interesting, though not always agreeable, study for the close observer of humankind.

WOMAN SUFFRAGISTS AND BABIES.

Rev. Anna H. Shaw, whose visit to this city last month will be long remembered, has been the subject of an animated discussion in San Francisco. It was all because her woman friends wanted her to make a speech at the Fourth of July celebration. The anti-suffragists did not see what a woman had to do with independence anyway, so far as public speechmaking was concerned, and insisted that the innovation would be the opening wedge for destroying national independence. The contest waxed very warm, but that trouble is past, the family quarrel is ended, the parties have "kissed and made up," and Miss Shaw will orate in San Francisco on the Fourth—the women get their way, as usual.

But what has all that to do with woman suffragists and babies? Just this: The chief opposition was based on the claim that the proposition was in the interest of woman suffrage, and that the granting of such suffrage would cause the mother sex to go out of the field of baby-raising to engage in politics. The anti-suffragists based their argument on this statement of the situation:

"If woman suffrage is carried out it will end in the destruction of this nation. Statistics taken in Massachusetts in 1885 show that 71.23 per cent of the native American women of that state were childless. The New York census for 1865 shows that 75 per cent of the married women average only one child each. The birth rate is far less than the death rate. Forty-five per cent of the men between

the ages of twenty-five and thirty are unmarried, and were it not for foreign immigration this land of ours would soon become a howling wilderness.

Just what arguments the suffragists brought to convince the committee are not given out, since that discussion was behind closed doors. It may be that they insisted that the equal suffragist platform would contain anti-plunderism, anti-childless planks, or that the cause of the low birth rate and the failure of men to marry was in the masculine manipulation of politics, and would be removed when the women had the franchise. At any rate the committee was converted.

One thing these women did declare, however, openly and with emphasis, was that "the new woman" will not abandon motherhood. She is going to be a wife and a mother, and will not only increase the birth rate, but will decrease the death rate among children. To accomplish the latter purpose, she is to use the ballot to enforce regulations that will prevent the adulteration of food and will insure cleanliness, ventilation, and other sanitary needs; being a power politically, she also intends to introduce social reforms which will rob bachelorism of its chief attractions. At least this was the trend of the discussion engaged in on the subject. Here are some features of the program pointed out by Mrs. Helen Guthrie Miller, Dr. Florence M. Saltonstall, Mrs. Marion Thrasher, Dr. Harriet Maxson, Rev. Ada C. Bowles, Mrs. Sarah Platt Carr, and others who led at the recent woman's conference on home and sanitation, in connection with the suffrage movement:

One-tenth of the children born die during the first month, and a fourth during the first year of life. One-half of the race dies before reaching the age of 17 years. Boards of health and sanitary conditions will cease to be composed wholly of politicians, but will have their affairs administered by persons trained in health science and with motherly experience, that young mothers may be taught to nurse their own children, to give them the care necessary in infancy, and to conform to sanitary regulations that will prevent disease and this unnecessarily high death rate.

Children die from slow starvation in the adulteration of milk and other foods; the craving for strong drink is caused by insufficiency of proper nutrition. Our loved ones have asked for bread and we have given them a stone. It is woman's work to see that the world is properly fed. And yet there are those who see in the higher education for women nothing but the destruction of the homes.

The new woman means a new race. She will not lace until she has but one lung. She will go back for her models of beauty and grace to the works of Greek art.

The new woman—the voting woman—will keep obscene play bills and writing off the streets for the children's sake.

The new woman will be a corsetless, physically cultured woman, and that in her house—if she have a house and does not decide to live in a tent on account of the superior ventilation—there will be no Worcestershire sauce and no oyster cocktails, to say nothing of any other kind of cocktails. In other words the new woman is going in for a rational, large-waisted dress reform, and plain and simple eating and drinking.

The evil effects of close-dressing—not tight-lacing, for a woman will not admit that she laces—will be removed, and