

ANTI-TOBACCO NUMBER

The YOUTH'S INSTRUCTOR

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ONE OF FATHER'S CIGARS — ASPIRING TO BE A MAN

FROM HERE AND THERE

CIGARETTE smoking is a short cut to the insane asylum. Edison calls the tobacco smoker a degenerate, retrograding toward the lower animal life.

DR. WILLIAM MCKEEVER, of the Kansas Wesleyan University, calls the cigarette "the greatest evil that ever attacked the heart of the American boy."

OF 412 boys examined at Peoria, Illinois, recruiting station for the United States Navy, 298 were rejected, largely on account of heart weakness caused by smoking.

A STRONG effort is being made by eminent citizens of Kansas to bar cigarette smoking from moving picture scenes, in the plea that "it sets a bad example to see the hero of a movie play smoking cigarettes."

A FORMER business manager of the *Yale News* says: "When learned professors stop arguing over the respective merits and demerits of smoking, the college student's favorite vice, perhaps the college daily will stand with the athletic trainer in banishing cigarettes."

IT is hard for our teaching to overcome the logic of example. If the Sunday-school teacher says that there is harm in smoking cigarettes, and the doctor, by smoking them, says there isn't, the boy who wants to indulge in the habit will believe the doctor.—*The Christian Herald Almanac*.

THE men are to blame for the cigarette habit among our boys. They not only smoke the pipe and cigar, thus setting the boys a smoking example, but many of them promote in every way possible the extension of the habit. One of our most prominent Senators publishes a magazine bearing his own name, which carries full-page tobacco advertisements.

THE papers report that a West Virginia court granted a man a divorce from his wife, and awarded him the custody of their four children, because the wife chewed tobacco even after she went to bed. We are not finding fault with the verdict of the court; but we wonder why women haven't brought similar action against their husbands. Few are the men that would long endure a habit in their wives so distasteful to them as is tobacco smoking to the majority of the women of our country.

Cancer and Tobacco

"DR. ROBERT ABBE says in the *New York Medical Journal* that in this country cancer of the tongue, *nine times out of ten*, is chargeable to tobacco. The most of the other tenth come from rough teeth, though a few cases are due to hot, burning drinks. Of cancer inside the cheek, thirteen out of one hundred cases investigated resulted from the use of tobacco, several of these from the habit of holding a small quid between the teeth and the cheek. The irritation from the teeth is the leading cause of cancer on the inside of the cheek.

"Practically all the lip cancers are the result of smoking. Pipe smokers are more subject to lip cancer than are cigar or cigarette smokers. Women rarely have lip cancer.

"In one hundred cases of cancer of the mouth investigated by Dr. Abbe, thirty-six were on the tongue;

fifteen on the cheek; twenty-one on the gums; fourteen on the lip; fourteen in the throat. Ten were in women; ninety in men. The men were all heavy smokers."

Smoke Everywhere

WHEN we began our work in Kempsey, Australia, among the aborigines of this district, we were faced with the problem of the tobacco habit, which has a tremendous hold on this people. With few exceptions, the women as well as the men are enslaved by it. Finding an aboriginal woman of about sixty years who did not smoke, I inquired the reason. She told me the following story:—

"I found Jesus, and began to know God, and wanted to be sure he would save me in heaven; but the way was not so clear as I wanted it to be. I did not know what was wrong. One night I dreamed. I was trying hard to look up to heaven, and could see nothing but smoke—smoke everywhere. At last I saw that it all came from my own mouth. I awoke frightened. God showed me that tobacco was no good. In the morning I told my husband, and we burned our pipes and tobacco. God blessed me; and now you come with the truth, and I see better, and I know God better and better every day, and am not afraid. He looks after me all the time."

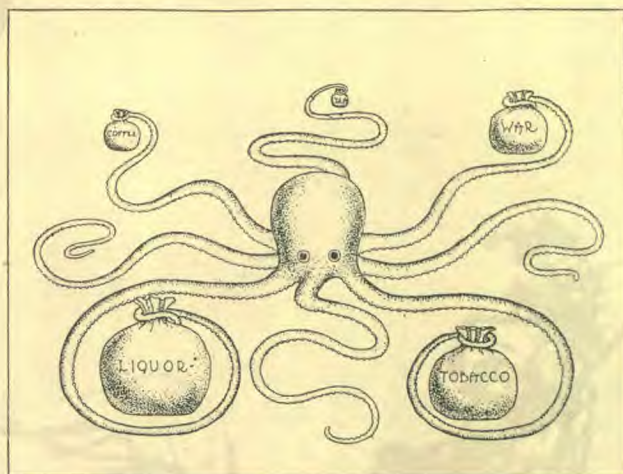
P. B. RUDGE.

Smoked Out—the Sons by the Father

"You wouldn't do anything to keep a boy out of a job? Well, you wouldn't need to do anything except simply smoke your cigar; the boy will imitate you with his cigarette."

Then because he smokes, nay, because you smoked, the boy, according to reports, cannot get a job with any one of the following railroads or business firms:—

Union Pacific Railroad; Lehigh Valley Railroad; Chicago, Rock Island & Pacific Railway Co.; Georgia Central Railroad; Burlington Railroad; New York, New Haven & Hartford Railroad; Pittsburgh & Western Railroad; Wisconsin West Superior Railroad; United States Navy and Naval Schools; United States Weather Bureau; Chicago Post Office; Marshall Field & Co., Chicago; Carson, Pirie, Scott & Co., Chicago;



The revenue on tobacco amounts to nearly \$100,000,000 a year, an average of one dollar for each person. It is evident then that Prof. William B. Bailey of Yale gives a conservative estimate when he says the people of this country spent at least \$1,200,000,000 for tobacco last year.

Heath & Milligan, Chicago; Montgomery Ward & Co., Chicago; Swift & Co., Chicago; Western Union Telegraph Company, Message Service; Cumberland Telephone Company; John Wanamaker; Ayer's Sarsaparilla Company; Civil Service Commissions of the States of Kansas and Ohio. This list might be extended to include hundreds if not thousands of other corporations and firms.

The TOBACCO EVIL

The Little White Slaver

Dr. Harvey W. Wiley

TOBACCO and the potato belong to the same family of plants. They represent the black sheep and the white sheep of the family, respectively. Tobacco is one of the most poisonous members of its family, being a close relative of the deadly nightshade. Its chief poisonous ingredient is nicotine, which, next to hydrocyanic (prussic) acid, is the quickest and most deadly poison known. In a single cigar there is enough nicotine, if it were all taken at once, to kill a strong man not used to its influence. It is claimed that the nicotine is usually all burned, but there are indisputable proofs that some of it is inhaled. In burning, tobacco produces considerable amounts of a poisonous substance, pyridine, which is one of the agents used for denaturing alcohol.

I am not a King James, although I belong to the Non-Smokers' and Anti-Cigarette Leagues. If people over twenty-one want to use tobacco, let them do so, but in a way which does not offend abstainers. As for minors, however, if teaching and persuasion fail, I would enlist the strong arm of the law to protect the youth of the country against the insidious inroads of nicotine. The nation looks to its youth; we must educate them and save them from injury. They must not be permitted to use either alcohol or tobacco, even if parents are indifferent to or encourage their use. Every parent and every American boy should read "The Case Against the Little White Slaver." It contains the views of Thomas A. Edison and Henry Ford on the cigarette habit. The book will do any boy good. When two men such as Edison and Ford join in the crusade against cigarettes, no parent can fail to look with anxiety upon the beginning of the habit in a son or daughter. Mr. Ford says to his friend, the American boy, "If you will study the history of almost any criminal, you will find that he is an inveterate cigarette smoker. Boys, through cigarettes, train with bad company. They go with other smokers to pool rooms and saloons. The cigarette drags them down. Hence, if we can educate them to the dangers of smoking, we shall perform a service."

Mr. Edison says, in speaking of the degeneration produced by narcotics and cigarettes, "Unlike most narcotics, this degeneration is permanent and uncontrollable. I employ no person who smokes cigarettes."

This is a lesson that every father and mother may well take to heart. Already some of the greatest industries of this country, especially the railways, refuse

to employ any one who uses alcoholic beverages. Now one of the greatest industries of this country, that presided over by Mr. Edison, refuses to employ any one who smokes cigarettes. It is not difficult to see that the boy who learns to use tobacco is loading himself with a heavy handicap for the race of life. He is excluding himself from employment in some of the greatest industries in the world.

In the little book referred to, which is distributed free by Mr. Henry Ford, I am quoted as follows:—

"I commend Mr. Ford, Mr. Edison, and all people who join them in efforts to curtail or restrict, obliterate or destroy, the pernicious habit of cigarette smoking. The use of cigarettes is making inroads on the strength of the nerves of all who smoke them, especially boys of tender years or women who smoke them because they think that the practice is smart. The effect may not be so bad on people of more mature years, but not in any case, no matter how old a man or woman, is smoking helpful. Besides constituting a nuisance, the financial strain connected with the use of tobacco stands between millions of people and home comforts."

Prof. Henry W. Farnam, of Yale, has made a notable contribution to the campaign for restricting the use of tobacco, in an article in the *Unpopular Review* for January, 1914, which was reprinted in pamphlet form. He introduces his article with the following suggestive quotation from Thomas Paine's essay on "Common Sense":—

"Perhaps the sentiments contained in the following pages are not sufficiently fashionable to procure them general favor; a long habit of not thinking a thing wrong, gives it a superficial appearance of being right, and raises at first a formidable cry in defense of custom. But the tumult soon subsides. Time makes more converts than reason."

Professor Farnam asked the authorities of fifty-two universities, colleges, and schools what stand was taken with regard to smoking by the students. The response was most encouraging. Twenty-four of the institutions absolutely prohibited smoking, eleven partially prohibited it, fifteen discouraged it, and only two had no policy relating thereto.

This is a most pregnant thought. When it becomes apparent that those who are in charge of the education of the young men of our country are practically unanimous in their condemnation of smoking, it is time to consider seriously a nation-wide propaganda to protect our youth.

Professor Farnam then goes on to voice the sober sentiment of the thinking and ethical members of the medical profession of the United States. Not only does the tobacco user handicap himself in the race of life, and lay the foundations which exclude him from



Dr. Harvey W. Wiley, for thirty years chief of the Division of Chemistry in the United States Department of Agriculture, is best known and honored for his heroic fight in behalf of our pure food law and its proper enforcement.

many profitable industries; but he also proceeds to sap the physical foundations of his being, the inevitable result of the continual pounding on the nerve centers with any powerful narcotic drug. The palpitating heart and the trembling hand from the long and excessive use of tobacco are a too frequent spectacle.

snuff. It is estimated that the annual expenditure for tobacco in this country is at least \$1,200,000,000. This is a high price to pay for a mistaken sense of contentment. Nor does this include the injury to health and the general breaking down of the nervous system that come as a result of indulgence in this wholly useless habit. Comparative experiments in regard to the efficiency of users and nonusers of tobacco universally show the superiority of the nonusers. Dr. Pack made an investigation, in six educational institutions, of students who were competing for places on the football team. He found that only thirty-three per cent of the smokers were successful, while sixty-seven per cent of the nonsmokers attained their goal. In regard to their scholastic standing, the average marks obtained by smokers were 74.5 per cent, while those obtained by nonsmokers were 79.4.

Of the men receiving the highest marks, four were smokers and eleven nonsmokers. Of the men receiving the lowest marks, twelve were smokers and six nonsmokers. Out of 180 men examined, eighty-five per cent of those conditioned or failing were smokers, and only forty-four per cent were nonsmokers. These are lessons of extreme value.

While tobacco, next to alcohol, is the most generally used narcotic or sedative, it stands on an entirely different plane from that occupied by alcohol, opium, cocaine, and other dangerous and seductive drugs.

The use of tobacco is popular and does not yet generally offend the public taste. To be sure, its use is surrounded with restrictions which ought at least to call attention to the fact that there is something wrong with it. From the ethical point of view, this condition is, of course, restrictive, but from a moral point of view the use of tobacco is practically unhindered. The man who indulges to excess in alcoholic beverages loses his standing to a certain extent



THE TOBACCO-COUPON COLLECTING CRAZE

Every time papa drives a nail in his coffin, mamma gets the infinitesimal part of a mite toward a two-bit premium.

Unfortunately, there are many subtle ways of encouraging young men to smoke. Hundreds of thousands of dollars are spent every year in telling the readers of periodicals of the merits of this, that, and the other brand of tobacco. This cannot fail to influence thousands of young men. It is considered a smart thing on the stage to light a cigar or cigarette. I rarely go to the theater without seeing this done. There are, strange to say, a few ministers of the gospel who indulge in this habit, and some of them actually promote it. But more dangerous than the example of any one else is the influence of young women who encourage their admirers in the use of tobacco, and unfortunately often join them. Why a young woman should want to encourage the man she expects to marry to use tobacco, is more than I can imagine. If she wants her husband to have every opportunity to succeed, she is guilty of the greatest folly in helping him to acquire an injurious habit.

The Life Extension Institute of the life insurance companies of the United States issues a monthly health letter. Number thirteen is entitled "What It Costs to Smoke Tobacco." Attention is called to the fact that in 1880 the annual consumption of tobacco in the United States was about five pounds a head, but in 1914 it had risen to more than seven pounds. In Great Britain the annual consumption a head is only two pounds. Especially has the cost of our cigarette bill mounted into high figures. In 1914 more than 16,000,000,000 cigarettes were consumed in the United States, more than 412,000,000 pounds of chewing and smoking tobacco, and nearly 33,000,000 pounds of



FIGHTING WITH POISONOUS GAS BOMBS

The cigarette forces in their mercenary warfare against our youth.

in a community, but the character of the smoker still stands unstained.

Our readers ought to consider the propriety of consistently discouraging such an expensive, useless, and dangerous habit. Boys and girls should be told the truth about tobacco and the havoc it works. They



Some of the 24,000 employees of the Ford Motor Company. Mr. Ford, who has observed the evil of the cigarette habit, has issued three attractive booklets entitled "The Case Against the Little White Slaver," which have been distributed widely at his own expense.

should be taught by precept and example that it is not manly or womanly to use it. If it were manly to use tobacco, it certainly would be womanly; and yet ninety per cent of this magazine's readers would be horrified to think that the use of tobacco might become as general among girls and women as it is among boys and men. Let us take care that no such condition arises. Let us discourage the tobacco habit.

Many pathetic letters are received from wives and mothers asking for a "tobacco cure," that the habit may be vanquished merely by dosing, without any effort or self-denial or suffering on the part of the victim. There is no such cure known, though tonics, restraint, and certain drugs may be used under observation to assist the patient if he is ready to cooperate. But the patent medicine man who sends a secret preparation, and at long distance guarantees a "cure," is only indulging in the false promises of his kind. Strength of will cannot be supplied from a bottle or pill box. The football player lays aside his cigar, pipe, and cigarette, aided only by a nourishing diet, fresh air, exercise, and an overwhelming desire to get rid of every handicap. Surely any sensible boy or man, when once convinced of the dangers of the habit and the physical and mental handicap that it represents, would and could make an equal effort to make good in the game of life.

The advertised tobacco cures depend almost without exception on cathartics and on some tonic substance, such as strychnine. One picturesque product includes eight different pills and tablets of various sizes and shapes, representing a generous color scheme of brown, pink, and gray. Three different cathartics are represented, aloin, phenolphthalein, and podophyllum. Quassia, strychnine, iron, and brucine (indicating belladonna) appear to be present in small quantities for their tonic properties. Charcoal is added for the stomach's sake, and, truth to tell, it is needed. Then, with a due respect for the subjective effect, asafetida, which gives a most offensive odor to the bodily excretions, and methylene blue, which colors the urine, are added, and the physical effect due directly to these

drugs is naively attributed to the elimination from the system of the tobacco poisons! Not by such hocus-focus as this can the will be braced to forgo accustomed doping, nor the body and nerves be compensated for the "incessant accumulation of small doses of tobacco poison which finally amounts to chronic poisoning," as one authority describes cigarette smoking. A proper dilution of nitrate of silver (a poison) has, however, been used to destroy the desire for tobacco, but the treatment is drastic, and cannot be attempted without a physician.

Can nothing good be said about tobacco? When old Hans Schmidt, who was acknowledged to be the meanest man of the neighborhood, had been placed in the grave, and the audience, according to the good old Pennsylvania custom, had waited long for some neighbor to say something good of him so that the grave might be filled, Gustave Schultz ended the embarrassment by walking to the edge of the grave, taking off his hat, and saying, "Well, I can say joost one good t'ing about Hans: he wuzn't always as mean as he wuz sometimes." So can I say one good thing about tobacco: A decoction of tobacco is speedy death to lice and ticks, and makes an ideal dip for pigs and poultry.

Finally, you mothers whose boys are just beginning at the age of ten to find opportunities to acquire the cigarette habit, what may you expect if they do? Here are a few of the possibilities:—

They will acquire a habit which may bring them into sympathetic associations with the boys who are going to the bad.

They will be slaves to a habit which segregates them from the common crowd of travelers and spectators.

They will join the procession that is made up of marchers with hesitating steps, shaky hands, and palpitating hearts.

They will unfit themselves for athletic sports and high attainments in their studies.

They will weaken their resistance to disease, and fall easy victims to infection.

They will exclude themselves from many activities leading to higher pay and preferment.

They will waste large sums of money while doing themselves lasting, perhaps even fatal, injury.

They will more readily become victims of alcohol, cocaine, opium, and other narcotic drugs.

They will mar the efficiency of their work.

They will shorten their lives.

Their presence will disclose itself to the nostrils of all their associates.

A last word: Of those of maturer years I ask, Is the comfort which the use of tobacco gives real happiness? and I answer, No, it is illusory. A man should so order his activities that he needs no comforter except wholesome food, illuminating literature, a fond family, and a progressive community. He who has to seek consolation in a drug is going wrong. There is something out of condition in his make-up. He has a false view of life. Happiness consists in accomplishment, contentment, in satisfaction with the environment, not in Lethan passivity. There is no place in the normal life for an illusory delight nor a drug-provoked contentment. Tobacco never has brought and never will bring any real happiness to humanity.— *Good Housekeeping*.



LUTHER BURBANK, THE PLANT WIZARD

No boy living would commence the use of cigarettes if he knew what a useless, soulless, worthless thing they would make of him.—Luther Burbank.

Shall the College Forbid Students to Smoke?

I REGARD the college student as belonging to a peculiarly privileged class. The community is relieving him from productive work for a time to give him the great privilege of a higher education, that may enlarge and enrich his own life, and fit him for somewhat exceptional later service to his generation. Large resources have been devoted to this purpose, and every student is a beneficiary. So peculiarly privileged an individual seems to be especially bound not to load himself with needless handicaps. He ought to be in dead earnest to get the utmost out of his college years. It does not seem to me he can honorably do less. Is there any doubt that the tobacco habit hinders that result?

I understand it to be the practically unanimous judgment of medical authorities that the use of tobacco is injurious to growing youth. Whatever may be true for the fully mature man, during the period of growth probably not entirely ended before twenty-five, any use of tobacco is harmful, and the excessive use, to which the young are doubly liable, is detrimental. Even if the individual is later to form the habit of smoking, it is a great physical gain to have abstained from the use of tobacco during his growing college years.

The statistics concerning the relation of smoking

to athletics and scholarship in college, all tend to confirm the physically injurious effects of the use of tobacco. Whether one regards the poorer average scholarship of tobacco users as directly due to the effects of tobacco on the mental powers, or chooses to say that it is the intellectually inferior men who are likely to smoke, the admitted connection between tobacco using and poorer scholarship offers the college smoker an uncomfortable dilemma. Study is supposed to be the chief business of the student. Has he the right to damage his chief business? And ought the college to think it a matter of indifference that he should do so?

But a still more important consideration remains,—it is a serious moral matter that a man should consent steadily to fall below his admitted best at any point. Most smoking students probably know that they would be distinctly better off if they stopped smoking. That vision of their own is a thing with which to be most earnestly reckoned. The unity of our moral life is always asserting itself. One cannot slump at one point, and not invite a kind of moral slump all along the line. On the other hand, it is amazing what new moral vigor is brought into all our moral life by utter truth to our best vision at any point. One is not to exaggerate trifles, nor take an ascetic view of life. But to be able to count on the normality and accuracy of the responses of our nervous system—decidedly involved in the use of tobacco—is a matter of some moment. And to see a clearly better way of life and steadily refuse to take it, is at the

least to run a serious moral risk, and pretty certainly to sentence oneself to an inferior grade of living. Has the privileged college man, with his large future opportunity of leadership, a right so to jeopardize his best?

Much more might be said; but these considerations



Dr. Henry Churchill King, President of Oberlin College.

taken together seem to me to make it so desirable that the college student should not be a smoker, that I believe the college may well help him by forbidding the use of tobacco. It is a proper part of that sterner dis-

cipline which leaders, in process of training, ought gladly to take on. I expect the world to be increasingly disgusted with the college loafer, and more and more to demand that the college man prove himself worthy of his opportunities, and willing to lay aside for his college race "every weight." The use of tobacco seems to me to be indubitably such a weight for the student; and since we "mean business" at Oberlin in our college work and life, we ask our students to strip off this weight.—*Henry Churchill King, in the North American Student.*

He Got the Matches

A TEN-YEAR-OLD Chicago boy was in the habit, with some companions, of spending certain afternoons in bicycle trips. The boys visited places near some



"I wear the A. C. L. badge, and the letters stand for 'A Clean Life.'"

streams, where they would hunt shells and bugs and stones. They would also carry with them meat and potatoes, and make a fire to prepare a lunch.

One day this boy went to a house near their temporary camp, and asked the woman for some matches. She said she did not like to give boys matches, as she feared they would smoke cigarettes.

The boy replied, "My grandfather is a minister and belongs to the Anti-Cigarette League. I have taken the pledge not to smoke cigarettes, and wear the A. C. L. badge." The lady gave him the matches.

The same boy was asked by a woman what his badge meant. He replied, "It is the badge of the Anti-Cigarette League. I have taken the pledge, and the letters stand for 'A Clean Life.'"

Leech Killers

It was Saturday evening in one of the oldest military academies in the United States. The boys of the Second Room Company had returned from the swimming pool, and were preparing for the weekly debate before retiring to the dormitories. This was to be an impromptu discussion. No question had been selected. Captains were chosen and sides drawn. Then

came a period of casting about for a theme. The discussion which followed several suggestions made by the boys themselves, led to a more earnest approach than on other week-end discussions to a consideration of the evil effects of habits formed in early years.

The teacher in charge saw the opportunity for which he had been waiting for many weeks. There had been an unexplained but very real tendency on the part of several of the boys of this company to break the rules of the school by smoking cigarettes.

Suddenly one of the disputants turned to the teacher with a challenge for his opinion on the effects of smoking upon boys. The young man arose, spoke moderately of the undesirable methods used in many factories where cigarettes are made; he mentioned the uncleanly habits of workers in cheap tobacco, the apparent necessity for treating the "filler" of the paper tubes with drugs to disguise its unfitness for human consumption. He distributed an outline of the evil effects of smoking of all kinds upon boys of growing age, and told of an experiment he had witnessed in the office of a prominent physician. A youth of sallow complexion, who would not heed the advice of his physician, was plainly in need of convincing proof of the doctor's wise counsel. The physician therefore put three leeches upon the arm of the lad, and told him to watch them. They buried their noses eagerly in the flesh above the elbow; but one by one they released their hold upon his arm, and fell to the floor.

"What are they doing, Doc?" said the astonished boy.

"They are dying," replied the doctor; "they have been poisoned by the nicotine in your blood."

"Well," said the fellow, serious at last, "if I am as much of a leech killer as that, they must have got me pretty bad."

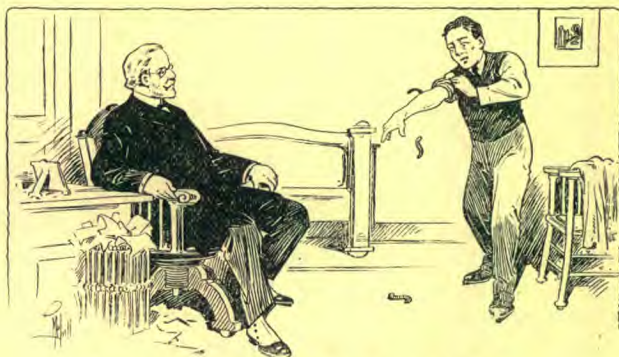
"Yes," said the physician, "you will be as they are pretty soon if you don't take my advice. Nicotine will kill boys as well as leeches, if they get enough of it in their blood."

"Forgive me," said the young man, as he picked the leeches from the floor. "I was too wise in my own conceit to take advice; I assure you my leech-killing days are ended."

"Give me some medicine, Doctor," said he, turning to the physician. "I want to drive this poison from my system."

"This first," answered his adviser, and he handed him a pledge card to sign; "when you have put your name to this, I will help you."

The lesson was evident. From his desk the teacher



"I assure you my leech-killing days are ended."

of the cadets drew a parcel of pledges, which he had purchased so as to be ready for the opportunity for which he was waiting, and he passed them to the boys. They signed them, every one, and sent them to their parents for safe-keeping. The teacher does not know that they ever broke their word of honor.—*Charles H. Rominger, M. A.*

Playing the Fool

D. H. Kress, M. D.

SEVERAL years ago a man took a ten-dollar bill from his pocket and deliberately struck a match and set fire to it. *He had money to burn.* Fortunately I was able to snatch the bill out of his hand before it was destroyed. The man was under the influence of drink, and was therefore irresponsible and possibly excusable. *He was, however, playing the fool.*

There is more than one way of playing the fool. If a boy should buy ten dollars' worth of cigarettes and carry them into an alley and just for fun set fire to them and burn them up, we would say, Young man, you are playing the fool. Suppose he should instead take them into his mouth and set fire to them, burning them up one by one, and in addition would inhale the poisonous smoke, he would *assuredly be playing the fool*, for not merely would he be burning up the ten dollars, but by inhaling the smoke he would sustain a physical injury.

There are thousands of boys and young men in every community who are *playing the fool* in this way. They are burning up their money as truly as did the drunken man, and in addition are inhaling the poisonous fumes from the cigarettes.

The cigarette smoker imagines he is smoking tobacco. This would be bad enough, for the nicotine, liberated by the slow burning tobacco, is present in the smoke, and is a deadly poison. But the cigarette smoker is not merely smoking tobacco, as he supposes; he is smoking tobacco *plus* some other products, as glycerin, rum, licorice, etc., which are sometimes added in the manufacture of cigarettes for the purpose of keeping the tobacco moist and giving it color. Some of the products which are thus added may be harmless in themselves, but in burning them, poisons are developed which are even more injurious than nicotine.

Today cigarette making is an art, and in this probably lies the greatest evil connected with their use. The purpose is to make a cigarette which is velvety, agreeable in flavor, and which does not bite the tongue when smoked. To accomplish this, various other products are added. These products may differ slightly in different brands of cigarettes, for each cigarette manufacturer has his own secret process; but in no case are they added to improve the cigarette from a health viewpoint: they are added solely for commercial purposes. One of the products developed from smoking cigarettes containing glycerin is furfural. A few years ago one of Thomas Edison's assistants, in conducting some experiments in the laboratory, chanced to inhale the fumes of burning glycerin, with almost fatal results. Furfural is deadly.

Yet the boy who smokes cigarettes is continuously inhaling these deadly fumes. Furfural is especially injurious to the nervous system, and when inhaled for a prolonged period will bring about a degeneracy of the brain and nerve cells of an incurable nature. The boy who smokes cigarettes becomes restless, irritable, coarse, and careless in his deportment. He develops nervous symptoms of a marked character, and in time criminal tendencies may manifest themselves. The earlier in life the habit is formed the greater the injury sustained.

The symptoms developed by the smoking of cigarettes are quite different from the symptoms associated with tobacco smoking, merely. This is generally recognized — cigarette smokers are not reliable. Many business firms refuse to employ cigarette smokers. In Chicago even a tobacco dealer rejected thirty-eight out

of forty-two young applicants for a position, because they were smokers of cigarettes. The tobacco dealer said, "The boys of today are not what boys of ten years ago were, and it is due largely to the cigarette evil. They come here with their ill manners, stained fingers, dopey-eyed cigarette faces, and cigarette breaths, and they are saucy and dirty."

Recently in passing through a department in the Cash Register Company, in Dayton, the one who conducted me said, "In this department the work is of such a delicate nature that only young women can be employed and trusted with it." Young men could not stand the nerve tension connected with work requiring such delicacy of touch.

Mr. Burbank, of California, the plant wizard, made a similar discovery.

He says, "Men who smoke even one cigar a day cannot be trusted with some of the most delicate work. These men, while able to do the rough work of farming, call budding and other delicate work 'puttering,' and have to give it up, owing to an inability to concentrate their nerve force. Cigarettes are even more damaging than cigars, and their use by boys is little short of criminal, and will produce in them the same results that sand placed in a watch will produce — *destruction.*"

The boy who pays out his hard-earned money for cigarettes, and then burns them up by inhaling the smoke, is more certainly *playing the fool* than did the man who, while under the influence of drink, attempted to burn the ten-dollar bill.

The definition given of a cigarette, as "a little tobacco rolled in a piece of paper, with a fire at one end and a fool at the other," is possibly as true a definition as could be given.



The Cigarette Bars.

How to Combat the Tobacco Evil



THE efforts of an individual here and there cannot make much headway against the tobacco evil. A thorough study of the tobacco habit among boys has convinced Prof. W. A. McKeever that prevention is the only way to cope with the evil. He says:—

“Prevention is the only practical solution of the cigarette or boy-smoking question. Boys take up the practice in innocence, just for fun, and are usually its victims before the matter is detected by their parents. Any normal, healthy boy will learn to smoke if thrown among young smokers without any caution or restraint from those in authority over him. After parents discover the fault, there is often a pathetic struggle, perhaps attended by many maternal tears, and then a compromise; that is, the boy tries in vain to quit, and finally agrees to compromise on a pipe. But he will likely violate every rule of good conduct ever taught him by his parents before he will give up the habit entirely. But parents must learn more about the nature of this insidious habit, and prevent its being taken up.

“The following methods of prevention are reported effective: (1) Begin to talk to the boy about the matter as early as his sixth or seventh year, and make a strong appeal to his sense of honor. Do not be too insistent and threaten to inflict punishment, but indicate rather that you think him too worthy to take up such a practice. (2) Offer to set aside some material or pecuniary reward to be paid when he becomes of age, provided he continues his total abstinence, and add to his sentiment that he may then do as he pleases. Never ask the boy to pledge away in advance the years of his manhood. (3) Remind the boy in every possible way how much concern you have for his well-being, how much you are willing to sacrifice for him, and how anxious you are to be true to him and to help him. He will then likely never break faith with you. (4) Keep in touch with the boy, and know at all times his joys and hopes and aspirations. Be his companion and adviser and true friend, and he will respect your wishes in regard to him.”

Mary A. Hunt states that graded instruction will do much to stop the cigarette evil. She says:—

“The only sure way of preventing cigarette smoking in the high school is to begin in the first primary grade to teach the boy, with other laws of health, simple physiological reasons adapted to his capacity, that show why he should not smoke, and continue this instruction as a more progressive study with new matter which gives each year more of the physiological reasons for abstinence from tobacco in all forms, as well as for the observance of other hygienic laws. If this study is thus properly graded, it will be a progressive development and not a repetition, and will send the boy to the high school, having been too well informed from the first to dull his brain or to limit his future possibilities by nicotine.

“The public school study of hygiene and temperance, which includes warning instructions as to the nature of tobacco and its effects upon the human system, is legally ingrafted upon the public school system of this entire nation. This legislation began quite generally to go into force about fifteen years ago. If, during this time, school committees, school boards, trustees, and school superintendents had more generally made a place in the school curriculum for enough well-graded lessons to cover the subject,—say twenty per year in the primary and thirty per year in the grammar and the first year of high school,—with good books in the hands of the pupils who have books in other studies, there would be fewer cigarette smokers today. To limit this instruction to the high grades is to wait until the mischief is begun. We cannot undo this wrong to the children in the past, but innocent faces of the little ones in the primary grades appeal to us against the repeating of it in the future.”

This plan for cooperation of teachers and parents in eliminating the cigarette was tried by a certain school, the following, in the form of a circular letter, being sent to parents:—

“We desire to call the attention of parents to the fact that a large majority of the boys in this city are smoking cigarettes; that the boys who smoke are, on an average, years behind the boys who do not smoke, and still farther behind the girls in the same grades; that the mental, moral, and physical condition of these boys is extremely deplorable, and will certainly continue to grow worse unless the habit is stopped; that while the schools are insisting that this and all other unclean and undesirable habits shall not be practiced in or about our schoolhouse or grounds, still crowds

Dr. Bruce Fink, Ph. D., professor of botany, Miami University, Oxford, Ohio, was appointed by President Hughes of the university as chairman of a committee to investigate the effect of tobacco upon students. That committee's investigations disclosed unexpected data. This led Dr. Fink to continue his investigation of the tobacco problem, until, as a teacher of young men, he has felt compelled to sound the strongest possible note of warning to both old and young. He counsels men to sense their responsibility as examples to youth, and warns boys and young men of the grave results that will surely follow their use of tobacco. The accompanying article, and the striking one on page eleven, are excerpts from Dr. Fink's valuable pamphlet, “The Tobacco Habit.”

of boys are seen daily around the saloons and loafing places of our streets, smoking, loafing, swearing, and cultivating other undesirable habits. We ask that parents cooperate with us in eliminating these conditions as far as possible, to the end that we

may give our future generations of young men not only an education, but healthy bodies, minds, and morals. We would ask parents to observe, from the table given, that the cigarette smoker is already on his way to the conditions which indicate crime, tramping, the jail, and general worthlessness. Memory goes first, closely followed by low deportment, low rank in studies, bad physical condition, and general degeneracy.

“We would also point out to parents that while pupils are within our domain as teachers (the school yard and schoolhouses) there will be no smoking, and that while we shall do all in our power to discourage it anywhere, we are helpless to stop the difficulty without the personal cooperation of the parents; and we may as well add that we are unable to teach anything to the cigarette fiend, as his memory is a blank, his power to reason damaged, ability to study ruined, and usually his ambition to excel is entirely gone. We would further point out to the parents of the boy who smokes that the desirable places in the business world are being rapidly closed to the cigarette smokers, and that already the banks, railroads, and many other businesses by which the ambitious young man expects to climb to fortune and success, have closed their doors as tightly to the cigarette smokers as to the drunken sot. Why?—Because the business world has found by experience, as we teachers observe continually, that the cigarette smoker is untruthful, deceitful, untrustworthy, and inefficient.”

This letter had an immediate effect. Within a few months it was estimated by the marshal of the town that seventy-five per cent of the cigarette smoking by boys had stopped, and the moral and industrial condition of the school was wonderfully improved. What had been called the worst school in the country was spoken of as doing good work. The school board raised the salary of the teachers and principals twenty-five per cent. The people were pleased, and the improved condition of the boys was noticeable in their language, dress, manners, efficiency, and in their moral tone.

Prof. Author Holmes, of the University of Pennsylvania, says: “If men did not smoke, boys would not. All the appeals and all the legislation possible, therefore, which would suppress the open and overuse of tobacco, are good. Herein women can play an important part by the rigorous exclusion of smoking from their presence.”

A recent issue of the *Northwestern Christian Advocate* has the following: “A movement of more than passing importance has been started in Kansas by the young women who have organized into a Good Habits Club, the purpose of which is to decline the attention of any young men who drink, smoke, gamble, or use profane language. Reports come that in communities in other States the young women have adopted the program, and that already the effect is seen in a lessened indulgence in these needless and harmful vices. The young women must come to realize that they are a prime factor in the moral character of the young men.”

Men are sometimes heard to say that there is another side to the tobacco question, but the writer knows not one strong argument in its favor. Arguments on the ground of sense gratification and social advantage seem to him pure sophistry when coupled with a habit that is amply proved to be one of the most dangerous to mankind. It seems perfectly safe to repeat that mankind will one day rise against this great evil and make it as unpopular as are now some other drug habits. The sooner the fight against tobacco is won, the better for us all.



The Way of the Transgressor

I SHALL not mention their names. That would be revealing identities that might better not be disclosed, for

the sake of both. Neither shall I sketch the two careers too intimately. If I did, it is more than likely that even in his pitiable mental state the one would recognize the portrait of himself, and there is no desire on my part to add one jot to the mental anguish he must suffer when, in the few lucid moments he is permitted, he looks back over opportunities that were worse than wasted.

It was in the heat of a gubernatorial campaign in Michigan that I first met them—two fellows whom to know was to like. One was the star political writer on a metropolitan newspaper, the other a reporter on a small city daily.

They had struck up an acquaintance during the afternoon, while one of the gubernatorial candidates the political writer was accompanying on a spellbinding tour, was making a speech at the county fairgrounds.

We sat up late that night in the hotel lobby, swapping stories and talking over matters of mutual interest, and I was impressed with the striking similarity of characteristics in the two men. Both were splendid physical specimens of manhood, clean-cut, alert, immaculately attired,—men who would attract attention in a crowd.

Scarcely had we settled down in our chairs when the political writer produced a box of cigarettes, and after extracting one for his own consumption passed them to his new-found acquaintance. They were declined with thanks.

"Ha," laughed the political writer, jokingly, "you have no small vices, eh?"

The reporter looked grave. "I am not sure that is such a small vice," he replied slowly.

"Oh, well, we'll not quarrel over that," went on the political writer. "I do not smoke much myself."

But during our session that evening he emptied one box, and made serious inroads on a second.

It was some months later, in Lansing, that I met them. They were "covering" the legislature for rival papers in the same city, but this fact had no bearing on their friendship. They were inseparable, and had come to be known as Damon and Pythias, so devoted were they to each other's interests: only, wherever Damon was encountered he would be found puffing at a half-burned cigarette, or with feverish haste rolling a fresh one.

The years rolled by. I had kept close track of the small-town reporter, who had developed into a star metropolitan man, and was turning his attention to theatrical reviewing, with marked success. But the political writer had dropped from view, following a disagreement with the newspaper he had served.

One day a shadow fell across my path, and I looked up to come face to face with the one-time star. He was bronzed. His clothes were in sore need of a valet, and his linen had not been on speaking terms with a laundry for some time back. He grinned at my gasp of astonishment.

"I don't wonder you are surprised," he went on. "You see, I've been down in Georgia, working on a peach farm. I had to do something, so I thought I'd cut out the old life for a time. I'm pretty near down

and out—but I'll come back. I'm just as good today as I ever was, and I'll show those fellows that have turned against me. By the way, can you spare me a cigarette?"

A month or so later I was wandering along the docks, watching the operations of a gang of lumber shovers, when an overalled figure separated itself from the rest of the party and came shuffling over to where I stood. There was something familiar about the man, yet I had to look a second time before certain as to the identity of the grimy, perspiring individual.

"Yes, it's I," he volunteered, extending a calloused hand, on the fingers of which the telltale yellow of cigarette stains showed through the dirt. "You'd never have thought it of me, would you?"

There was a wistfulness in his tones, and it seemed almost as if tears glistened in the shifting eyes.

"You see," he went on, "it was a little dull in the newspaper business, and I had to live while something was turning up in the old game, so I'm down here for a little while. It doesn't pay very much,—and it's awful hard work,—but it's enough to keep me going until I get back. I can make good again. All I need is a fair show. I've got the stuff in me if I get a chance. And by the way—"

I hadn't. If I had possessed a cigarette, I think it would have been his without the asking. He craved it as a man recovering from a long spree craves a drink of whisky to slake his thirst.

From time to time strange stories reached me concerning the one-time political writer. He was successively panhandler, hobo, and potato peeler in the kitchen of the county infirmary, to which he obtained admittance through the good offices of men who had known him in the prime of his career.

It was a crisp October morning suggestive of winter apparel. At a down-town corner stood a gaunt figure, from whose parchment-like countenance two fishy eyes stared forth uncomprehendingly. Under his arm he carried a small bundle of newspapers that he essayed unsuccessfully to dispose of to passers-by. And as he called the papers in a rasping monotone, he pulled away at a cigarette "butt" he had picked from the gutter.

I saw him again the other day, moving unsteadily along the street, having eyes but not seeing, possessed of ears yet not hearing. The overalls that partly encased his withered limbs were frayed at the bottom and flapped about forlornly with every step. A checked blouse took the place of a coat. A ragged straw hat, whose original color had long since disappeared beneath a coat of grime, surmounted his tousled hair. His face resembled that of a coal heaver at the end of a day's toil. His hands, swinging loosely at his sides, were dark as those of an African.

I have seen men in the throes of delirium tremens, screeching for help at the top of their voices, while hospital attendants fought to restrain them, but I had never seen so horrible a spectacle as was presented by this one-time Beau Brummell, who had forfeited every claim to consideration, and sunk to unbelievable depths—victim of the little white slaver.

Not one of his former acquaintances would have recognized him in this pitiable condition—and it was well.

Possibly before you read these lines, death will have mercifully laid hold on this human derelict, and he will have passed to the great beyond.

The other man—the one who had “no small vices”? He is today dramatic editor of one of the leading New York newspapers, standing well toward the head of his profession,—a man who is known personally by every actor and actress of consequence in the country, and whose opinions are accepted as authoritative.—*Len G. Shaw, in “The Case Against the Little White Slaver.”*

Who Are the Quitters?

WE hope to give enough evidence on the evil of tobacco using to prove that no boy should begin to use tobacco; and what will appear below could be multiplied many times. We will not cite the evidence from medical experts; nor will we consider the delinquency and degeneracy caused by cigarette smoking, or the growing hostility of business to the tobacco habit; but will only consider a few of the statistics gathered from the studies of superintendents, principals, and teachers in the public schools.

A careful study of the effect of tobacco on high school boys at Highland Park, Illinois, is given in the *School Review* for 1912, pp. 623-625. Not a single graduate of the school was a habitual smoker while in school. The 45 quitters were all smokers and in poor standing in their classes, their average grades being below the passing mark. The average grade of 77 nonsmokers was 84 per cent, of 24 reformed smokers 79 per cent, of 55 smokers 76 per cent. The grades of those who had recently learned to smoke had fallen from 85 per cent to 78 per cent. One boy who was smoking heavily, quit, and his grades came up 10 per cent within six weeks. Principal R. L. Sandwick gives some excellent arguments with his statistics. We will consider more startling statistics from other sources, but none which indicate more clearly a direct relation between the tobacco habit and poor scholarship.

The *United Presbyterian* for April 20, 1913, published the following from statistics compiled by H. L. Smith, superintendent of the Bloomington, Indiana, schools:—

RETARDATION			
Grades	Average age of smokers	Average age of nonsmokers	Excess age of smokers
First	9.17	7.58	1.59
Second	9.66	8.51	1.15
Third	10.68	9.36	1.32
Fourth	12.6	10.55	2.05
Fifth	14.22	12.21	2.01
Sixth	13.62	12.42	1.20
Seventh	14.67	13.32	1.35
Eighth	15.12	14.65	.47
HIGH SCHOOL			
Ninth	16.47	15.55	.92
Tenth	16.75	16.17	.58
Eleventh	18.	17.27	.73
Twelfth	17.55	17.22	.33

Conclusions

1. Smokers are distinctly older than nonsmokers, having failed in their work much more frequently.
2. Smokers are doing distinctly poorer work than nonsmokers.
3. Smokers are disciplined much more frequently and for more serious offenses than nonsmokers.”

Professor Smith also found that nonsmokers failed in 10 per cent of their work, occasional smokers in 18.7 per cent, and habitual smokers in 29 per cent. The number of pupils involved in the investigation was 950, and the figures are so significant that they should convince every boy, every parent, and every educator. The results are doubtless in part directly due to inferior character, or to some condition of environment of the boy who takes to the tobacco habit; but in any case, no self-respecting, high-minded boy will want to be found in such company after the facts are placed before him.

An article by P. L. Lord, published in the *New York School Journal*, gives the results of investigations of 200 boys who smoked cigarettes, and of an equal number who did not. The reports were made by ten teachers, who observed boys from ten to seventeen years

old, chosen by lot in their schools, studied them for several months, and reported to Mr. Lord impartially. Whatever the relationship between the cigarette habit and the astonishingly bad showing made by boys who had the habit, a study of the tabulation below should arouse every boy worth saving, every parent who cares for his boy, every teacher, and every man who sets the example of smoking. The following is Mr. Lord's



Burning the boys at the stake with “the devil's kindling wood.”

tabulation of the appalling relations:—

	Smokers	Nonsmokers
Nervous	14	1
Impaired hearing	13	1
Poor memory	12	1
Bad manners	16	2
Low deportment	13	1
Poor physical condition	12	2
Bad moral condition	14	0
Bad mental condition	18	1
Street loafers	16	0
Out nights	15	0
Careless in dress	12	4
Not neat and clean	12	1
Truants	10	0
Low rank in studies	18	3
Failed of promotion	79 times	2 times
Older than average of grade	19	2
Untruthful	9	0
Slow thinkers	19	3
Poor workers or not able to work continuously	17	0

Supt. H. D. Hervey, of Malden, Massachusetts, obtained, with the aid of his teachers, the following convincing statistics on relative physical, mental, and moral conditions of smokers and nonsmokers in his schools:—

	Smokers	Nonsmokers
Undersized	15	2
Weazen	12	1
Unkempt	17	0

	Smokers	Nonsmokers
Sallow	20	0
Weak	12	0
Often sick	10	1
Headache	14	1
Sore eyes	7	0
Lazy	34	0
Nervous	22	1
MENTAL CHARACTERISTICS		
Dull	24	1
Unable to think at times	31	0
Mentally dwarfed	12	0
Incapable of sustained attention	35	0



The inconsistency of teaching the right and pursuing the wrong.

Poor memory	26	0
Poor reasoning powers	29	1
MORAL CHARACTERISTICS		
Weak of will	32	1
Coward	15	0
Liar	16	0
Degenerate	7	0
Vulgar	12	0
Influence bad	15	0
Disobedient	18	1
Disrespectful	11	0
Truant	16	0

We quote as follows from Mr. Hervey's conclusion: "Boys may use tobacco because they are physically and mentally weak and morally unsound, or they may become physically, mentally, and morally impaired because they use tobacco, or each factor may be partly cause and partly effect. In any event, the results of this study would seem to indicate that a close connection exists between low mentality, physical weakness, moral delinquency, and cigarette smoking. If this be true, the cigarette, far from being the sign of manliness and of superior intelligence, should be regarded as the badge of the physical weakling, the mentally incompetent, and the morally unsound."

Superintendent Hervey also gives the following data regarding forty smoking and forty nonsmoking pupils, chosen by lot from the grades and the high school. The statement involves items not in the table above: "The average age of the smokers was 13 years 2.9 months, and of the nonsmokers 11 years 9.37 months. From this it would appear that those who use tobacco are 1 year 5.5 months older for their grades than are those who do not use tobacco. The cause for this will appear more evident later on. The average height of the smokers was 55.87 inches, while for the nonsmokers it was 56.1 inches. That is, notwithstanding the fact that those who do not use tobacco are almost a year and a half younger, they actually average .23 of an

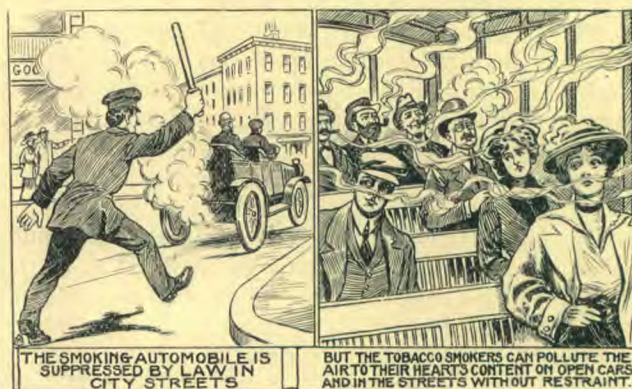
inch taller. From a table prepared by Dr. Franz Boos, showing the average height of 45,151 boys in Boston, St. Louis, Milwaukee, Worcester, Toronto, and Oakland, the 40 smokers were 1.13 inches shorter than they should be for their age, while the nonsmokers were about 2 inches taller than the average. The average weight of the smokers was 85.45 pounds, and of the nonsmokers it was 81.92 pounds. According to the table of Dr. Boos, boys of the age of the smokers should weigh 82.8 pounds, and boys of the age of the nonsmokers should weigh 72.2 pounds. From this it would appear that, while the smokers weigh 2.62 pounds more than the average, the nonsmokers weigh 9.72 pounds more than the average, a difference of 7.1 pounds in favor of the nonsmokers. Of the smokers, 33 had normal vision and six had poor vision, while of the nonsmokers all had normal vision. Of the smokers, none stood excellent in his studies, 2 ranked as good, 12 as fair, 26 as poor. Of the nonsmokers, 15 ranked as excellent, 14 as good, 11 as fair, and not one as poor. Of the smokers, 8 had failed of promotion once, 14 had failed twice, 8 had failed three times, and 1 four times, making a total of 64 failures. In other words, 31 boys out of the 40 had failed of promotion one or more times."

Hundreds of statements regarding the injurious effects of tobacco on boys could be quoted, but nothing could be added to the evidence contained in the data from the various studies given above. The facts stated should be sufficient to keep any boy who cares for a good, strong character from entering the ranks of smokers.—Bruce Fink, Ph. D., in "The Tobacco Habit."

The Will Wanting

ONE of the editors of the *Christian Endeavor World* recently said, "I was speaking with a friend who indulges in the tobacco habit — a man of influence whose example I knew was leading boys in the community to smoke. For a while he defended his practice, and then rather weakly, said, 'You may be right; but even if you are, I would not give up smoking, for I don't want to give it up.'"

This is the secret of the widespread tobacco habit, in face of the irrefutable testimony of men of science, medicine, and morals that it is a harmful practice. All



sense of personal responsibility as to one's example is subordinated to one's disinclination to relinquish the habit. Surely this is not a high standard of action. There's no heroism, no true manhood, in it.

Happily there are some men made of better material. For example, at one of the conferences on prison work the evil effect of the cigarette habit was pointed out as one of the open doors to drink and crime. An Endeavorer pulled a box of cigarettes from his pocket, and threw it out of the window. "God helping me," he said, "I will never smoke another cigarette."

The Truth About Smoking

SOME years ago I was spending a few days in a certain city, when I received an invitation to dine with a small but select club. The members of this club were all brainy men, and the excellent menu served was rendered more enjoyable by "the feast of reason and the flow of soul." When I saw that the gentlemen were about to light their cigars, I rose and said, "Gentlemen, will you kindly permit me to withdraw? The odor of tobacco is obnoxious to me." "No! no! no!" clamored the company. "Don't you really smoke? You don't know what paradise is. How is it you never learned to smoke—such a traveler as you are? We are curious to know. Cannot you tell us how it came about?"

"Certainly," I replied, "if you will agree not to light your cigars until I have left the room." The promise being given, I proceeded to relate the following story:—

"When I was a boy, I thought I had the dearest grandmother that ever lived. She was very fond of me, and I delighted in going to visit her; but I could not endure my grandfather. Unless he was eating or sleeping, he always had a vile-smelling pipe in his mouth. My grandmother once confided to me that it was the one great trial of her life that she had to endure such a detestable odor. She said she did not wish my father to learn to smoke, but grandfather took him into the barn and made him smoke.

"When I was between sixteen and seventeen, I began to realize what a fine-looking man my father was. He was tall and perfectly proportioned; his features were handsome, and he had a most pleasing smile. He used to say he liked to see a fine-looking man smoking a good cigar, and he usually had a cigar between his lips.

"Shortly after this, he developed cancer of the tongue. I was almost his only nurse during the months of excruciating suffering which followed; and when he had his tongue cut out, I believe that I suffered fully as much as he did. After his tortures were over, and his body had been put under the sod, I said over and over to myself, 'What fools men are! what utter idiots! to deliberately choose to acquire a habit which overmasters them, and which brings such terrible consequences.'

Then rising I said, "Gentlemen, I wish to thank

you for a pleasant evening, and I trust you will pardon me if I leave you now."

Man is the most wonderful creature in the universe. By aspiration he may rise to heights illimitable, and become a master—a creator of conditions. By transgressing or ignoring certain laws, he will sink into the lowest depths of degradation. The choice is yours. Which will you choose for yourself and for your children?

HAMILTON A. PHILLIPS.



We didn't smoke.

Cigarettes "Got" Them

"I TOLD you cigarettes would get you," was the twitting remark that the boys called back to the fellows who could not stand the pace and were dropping back as they climbed the hill on a recent hike in Shenandoah County, Virginia.

The group had started on a hike, and to learn their habits the leader had given them free rein. Several of the boys

brought out cigarettes, and showed they were forming a habit, unknown to the most of their parents, which would surely mar their manhood. The leader let them smoke, only reminding them that they must have forgotten the talk the doctor had given them on the effects of alcohol and tobacco on the body. Finally

the group arrived at the hill, where their wind and endurance would be tested. When about half-way up, some of the boys began to complain about the pace and to drop back. It was noticed and remarked that the boys who had been smoking were playing out. But few words from their leader were necessary to drive home the object lesson, which seemed to have more effect than the doctor's lecture.—*Virginia Men and Boys.*



"The boys who had been smoking were playing out."

forget that the little devil will grow into a larger one that may completely wreck the life. Beware, boys, of even the little devils.

REFORM must be made by fathers and teachers who by their example say to boys, Follow me.—*D. H. Kress, M. D.*

What Men Have Said

Ex-President Andrew D. White, of Cornell University

"I NEVER knew a student to smoke cigarettes who did not disappoint expectations, or, to use our expressive vernacular, 'kinder peter out.' I have watched this class of men for thirty years, and cannot recall an exception to this rule. Cigarette smoking seems not only to weaken the young man's body, but to undermine his will and to weaken his ambition."

Master of the German Air Navy

"Zeppelins have neither bar, kitchen, pantry, nor dining room. Zeppelins are teetotalers. We have got to have clear heads up there, and cool, steady nerves, nerves which spirits don't necessarily furnish. And we can't while away our time between firing bombs — for we call it firing, too — and dodging shrapnel, by smoking. No drinks and no smokes for the Zeppelin."

Vice President Parker, of the Chicago & Rock Island Railroad

"In my judgment it is impossible for a cigarette smoker to make a good railroad man. As a rule, smokers are dull and half asleep most of the time. These are not the kind of man the Rock Island wants to operate its trains and its great system, which is daily responsible for the lives of thousands of people."

The Geo. W. Alden Company, Rangers and Refrigerators, Brockton, Massachusetts

"We would not employ a man who smoked cigarettes if we knew he smoked them. Our reason is that with the prevailing knowledge as to the injury to the mind, body, and morals by the cigarette habit, a man who will keep on using them has not enough self-will to meet our standards, nor enough regard for personal appearance. Our observation of those who use cigarettes has led us to believe that the use of the same is one of the most degenerating of habits, and does more to weaken one's regard for good morals than any other habit."

"One insurance company has estimated that the use of tobacco shortens life on an average of eight years."

Dr. O. M. Stone, of Boston

"The idea that tobacco prevents disease is an error. A tobacco user's chances of recovery from malignant disease are lessened fifty per cent."

Capt. G. B. Pettingill, many years commander of vessels between Boston and Cuba, and Mexico and South America

"Very few tobacco users recover from yellow fever. I once lost half my crew with it in Havana. Every man who died used tobacco, and every one who lived did not use it."

Dr. Harris, of the New York City Dispensary, where more diseases are treated than in any other place in America

"It is scarcely possible to cure a syphilitic sore or unite a fractured bone in a devoted smoker."

P. S. Wales, Surgeon-General United States Navy

"After disastrous results from permitting the use of tobacco by the cadets at West Point, in 1881 the authorities prohibited smoking absolutely." Dr. Larned later wrote of the results of this order: "My conviction of the unmingled benefits accruing to the graduates of the military academy by the prohibition of tobacco, is absolute. Unquestionably the most important matter

in the health history of the students at this academy is that relating to the use of tobacco. I have urged upon the superintendent that the future health and usefulness of the lads educated at this school required the absolute interdiction of tobacco. In this opinion I have been sustained, not only by all my colleagues, but by all sanitarians in military and civic life whose views I have been able to learn."

Dr. Hitchcock, of Amherst College

"In separating the smokers from the nonsmokers, it appears that in the item of weight the nonsmokers have increased 24 per cent more than the smokers; in growth in height they have surpassed them 37 per cent, and in chest girth 42 per cent. In lung capacity there is a difference of 8.36 cubic inches (this is about 75 per cent) in favor of the nonsmokers."

Dr. T. H. Marble, of Clarksville, Tennessee

"The cause of cigarette smoking is that boys are very fond of imitating their elders. Smoking in public places ought to be discouraged. Every man, when he smokes in public, ought to think that he is encouraging some boy to smoke."

The Noted Dr. John Lizars

"During the prevalence of cholera, I have had repeated opportunities of observing that individuals addicted to the use of tobacco are more disposed to attacks of that disease, and generally in its most malignant and fatal form."

Ex-President Webster Merrifield, of the University of North Dakota

"The use of tobacco in all forms is strictly forbidden at the State University of North Dakota, not only out of deference to public opinion in this State, but as the result of long observation of the evil effects of tobacco upon immature students."

Automobile Factory Closes Its Doors to the "Little White Slaver"

THE Cadillac Motor Car Company of Detroit, Michigan, several years ago made a study of the effect upon the morals and efficiency of men in their employ addicted to the cigarette habit, and found, according to the company's statement, "that cigarette smokers invariably were loose in their morals and very apt to be untruthful, and were far less productive than men who were not cigarette smokers." The company therefore posted conspicuously throughout their factories the following notice: —

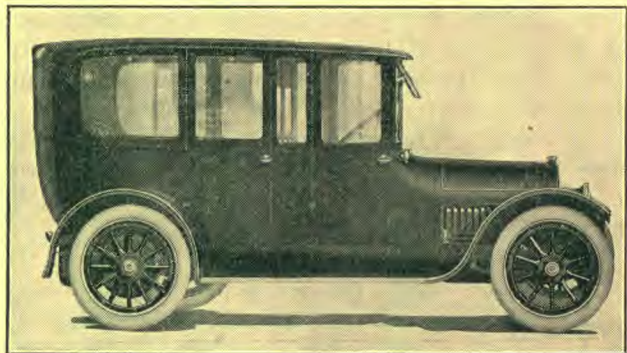
"Notice

"Cigarette smoking is acquiring a hold on a great many boys in our community. The habit has grown in the last year or two. Since it is such a bad practice and is taking such hold upon so many people, we think it is a disgrace for a grown man to smoke cigarettes, because it is not only injurious to his health, but is such a bad example to the boys. Boys who smoke cigarettes we do not care to keep in our employ. In the future we will not hire any one whom we know to be addicted to this habit. It is our desire to weed it entirely out of the factory as soon as practicable. We will ask all in our factory who see the seriousness of this habit to use their influence in having it stamped out."

The company allows no cigarette smoking about the plant. None of the prominent or executive men in the company use cigarettes. If cigarette smoking is really harmless, as some boys would have us believe, why should a motor car company concern itself about the matter?

No, cigarettes are not harmless. Their poison affects very seriously the tender, growing cells of the human body, especially those of the nervous system.

There is an abundance of testimony to this effect. It is conceded that the poison of tobacco does not produce so deadly an effect upon the body or brain of a full-grown person as upon those of youth; but it is harmful to man, producing in time hardening of the arteries, blindness, Bright's disease, cancer, and other ills. It allows no tender, growing tissue to escape unharmed. Boys and girls, then, who have proper re-



A Cadillac car — not made by cigarette users.

spect for themselves, should shun tobacco as they would a viper.

If Pres. Woodrow Wilson, with his great responsibilities, does not find it necessary to smoke, why should any boy? Mr. Bryan, having eschewed smoking, must have had a good reason for doing so. Mr. Roosevelt, it is said, does not smoke; he, too, must refrain because of the knowledge that tobacco may do one harm. Why not line up with some of the greatest of men, rather than with the common man?

No scholarships are granted to students who smoke, by the faculty of the Syracuse University. Chancellor J. R. Day of the university says, "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." Boys, why not do more serious thinking before taking up such a questionable habit? "Look before you leap," is sound counsel.

What's the Matter with My Pulse?

CERTAIN experiences and observations led me to take my pulse when I was smoking and when I was not smoking. I found that my heart, after thirty-six hours' abstinence from tobacco, would be beating from seventy to seventy-two times a minute. Three days' indulgence in cigarettes would raise this to about ninety when I first awoke in the morning, and to one hundred and ten or more at night.

I took occasion one day to ask a physician what the effect of this would be.

"I suppose it would not impress you," he said, "if I were to tell you that it will tend in time to produce arteriosclerosis, or hardening of the arteries. But perhaps I can put it in a way you will appreciate more: If you had a gasoline engine which the maker had designed to run at twelve hundred revolutions a minute, and you found a way by which you could make it run at eighteen hundred, and you continued to do that, how would it affect the engine?"

"It would wear it out," I answered, "in two thirds or less of its natural time."

"That is what you are doing," he said. "You are wearing yourself out."

I began to understand why I had found it so difficult to stop smoking, now that I realized that for years I

had been running my engine — my heart — about half again as fast as it was designed to go.

About this time my father, who had smoked cigarettes for thirty-five years, began to suffer a slowly increasing paralysis of his left side. It commenced with a stiffness of the fingers of his left hand, spread to the arm, and then to the left leg. The doctor told him at once that he must stop smoking. My father answered that he could not do that, but would try to put any limit on his smoking which the doctor decreed. The doctor made him an allowance of three cigarettes a day, and my father straightway purchased the strongest cigarettes he could find. He carried an umbrella now all the time, using it as a cane. On the street I could tell him farther than I could recognize his figure, by the dragging of his left leg.

On the day before he was to leave on a vacation, I went around to the office to get him, and we started together to the bank to cash a check. The bank was about half a dozen blocks away. In the first three blocks my father made his fight to stay in the world of active men, and failed. Moment by moment he leaned more heavily upon me. Finally he halted, helplessly, with the first look of defeat I had seen upon his face.

I found a seat for him near where we had stopped, and got a taxicab and took him home. He never went on that vacation, although he lived for many months in increasing helplessness.

Until my father's death I did not know that physicians take into account the prolonged use of tobacco in diagnosing the ills of middle age. It would have made no difference, I suspect, if I had known before; probably I should have smoked anyway, even if I had been told that Bright's disease, arteriosclerosis, derangements of heart and digestion are the common lot in middle age of those who have used tobacco through their youth.

When I gave up cigarette smoking,—and incidentally all other use of tobacco has followed naturally with me,—I found that, without realizing it, I had been tired for twenty years. It amazes me now to think how customary it was with me, on entering a room, to look around first of all for a place to sit down, and to recollect how usual it was for me, when no demand was made upon me, to pass the evening stretched upon a couch.

Since I stopped smoking, I have become more active;



"I found out why my pulse beat 110 times a minute instead of 72."

I am more eager to meet and mix with people. My self-confidence has returned, and with it the world has seemed to fall into a new perspective. I find that while I was a cigarette smoker, I was living a sort of dream life, in which things showed themselves in wrong proportion and in incorrect positions in the scale. Now I have changed from a pessimistic dreamer into a man who is beginning to do things. I have the pleasure of knowing that I am doing good work and receiving recognition for it.—George H. Cleveland, in *Ladies' Home Journal*.

The Boys' Anti-Tobacco Pledge

Since tobacco is a narcotic poison that seriously injures the growing body, and since the fumes of tobacco are very offensive and frequently injurious to abstainers, I solemnly promise by God's help not to use the narcotic in any form before I am twenty-one.

Name

Date

No More Cigarette Advertisements

THE Curtis Publishing Company, publishers of the *Ladies' Home Journal*, the *Saturday Evening Post*, and the *Country Gentleman*, have decided that, after present contracts are fulfilled, they will publish no more cigarette advertisements. This was for many years the policy of these magazines, but through overpersuasion a few such advertisements were accepted. The management is now convinced that this lapse from former high principles was a mistake, and hence cigarettes will again be excluded.

If cigarettes are not worthy of being advertised, they are certainly not worthy of being used by our American boys.

The Pity of It

A REELING, blear-eyed drunkard we pity. We pity him because he has suffered himself to be caught in such an evil trap; we pity his weakened manhood; we pity his family; we pity him for his present and future bodily sufferings; we pity him because he is without hope, either for this world or the next. He is dead to earth and heaven.

With a similar feeling of absolute pity all intelligent, well-informed persons look upon the boy who smokes cigarettes. Just as the boy knows the evil that whisky brings to the man, so does the State, the church, the scientist, the thinking man and woman, know the evil the cigarette may bring to the growing boy.

Just as the boy thinks the drunkard ought to be ashamed to allow himself to drink stuff that will make him a silly jabbering idiot, unfit for any place but the gutter, so do wise men think about the bright boy who allows himself to begin the use of tobacco.

Strange Affinities

BUTTERNUT trees have been found to be weed eradicators, at least so far as our pretty cinquefoil, with its dainty flowers, is concerned. A shrubby variety of this little golden favorite among our Eastern wild flowers has, by its prolific abundance in portions of Vermont, made itself a pest. But observers have found that it does not thrive where the butternut tree grows. These trees are therefore being planted to reclaim large tracts of land that have been overrun by cinquefoil.

Despite the deadly effect the butternut roots have upon the cinquefoil plant, the cinquefoil seems to attract the roots of the butternut to themselves, thus inviting their own destruction. This is strange; but not half so mysterious is this unwholesome relationship in the plant world as is the relation between the much-denounced cigarette and the intelligent boy. The

cigarette destroys the boy — body and soul; but the boy eagerly consumes it, and thus works his own undoing.

What can be done to overcome this unhappy affinity? The men already have the secret; but selfishness forbids its application. When they stop smoking, the boys will throw away their cigarettes.

Could Not be Bribed to Betray Boys

A COMPANY manufacturing a certain brand of cigarettes was very eager to print an autographed photograph of a noted baseball player on little cards that could be inserted in the boxes. They sent a man to see him in his home. The delegate was wise enough to secure an intermediary, a Pittsburgh newspaper man, who knew the player well. The newspaper man was to close the deal and receive a generous commission. He offered the player \$500 for the use of his name, then \$1,000. Finally he handed him a blank check, and told him to write in his own figures.

"No," said he determinedly.

"Why not?" asked the newspaper man in amazement. "I thought all you ball players were money crazy."

"I'll tell you," he said, "it isn't worth the money to me to encourage any boy to smoke cigarettes. If my name and picture on a card will have that result, I'm not going to sign up, no matter how high you go with your offers."

Words of the Wise

TOBACCO is the worst natural curse of modern civilization.— *John Ruskin*.

I feel a great interest in any effort to check the pernicious habit of tobacco using. It is not only a nuisance, but a moral and physical evil, and a shame to our boasted refinement and civilization.— *John G. Whittier*.

SEE INSTRUCTOR of March 14 for notice of Anti-Cigarette Pledge Cards.

Men's Anti-Tobacco Pledge

Since science and experience have shown that tobacco is a poison that does the human body no good, but may do it great harm; and since as an adult my example must influence boys to smoke, upon whom the poison has a decidedly ill effect, I solemnly promise by God's help to abstain from its use.

Name

Date

The Youth's Instructor

ISSUED TUESDAYS BY THE

REVIEW AND HERALD PUBLISHING ASSN.

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FANNIE DICKERSON CHASE - - - - Editor
ADELAIDE BEE EVANS - - - - Associate Editor

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