

THE INSTRUCTOR

ANTI-TOBACCO ANNUAL

1917



PRESIDENT WILSON—A NATIONAL EXAMPLE

"The President does not smoke."

JOSEPH P. TUNGATE.

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Why?

If the use of tobacco is not injurious, WHY does the life insurance company wish to know whether the applicant smokes?

WHY does the surgeon, contemplating a serious operation, ask whether the patient smokes?

WHY are athletes, in training, forbidden to smoke?

WHY do smokers, as a rule, advise others not to smoke?

WHY is abstinence from tobacco everywhere considered a valuable asset for a young man?

WHY is the cigarette the object of special attention by temperance and anti-tobacco workers?

WHY do cigarette smokers make the vast majority of the mistakes in bookkeeping?

WHY are cigarette smokers an easy prey to disease, especially to tuberculosis?

WHY do none of the books which deal with the principles of success in life, and give advice to young men of ambition, advise the use of the cigarette?

WHY are those who begin smoking early in life, almost without exception, stunted in body or mind?

WHY do smokers never stand first in their classes?

WHY do some States forbid the selling of cigarettes to minors?

WHY is it that youthful criminals are almost invariably smokers?

WHY is smoking prohibited during the first three years at West Point and Annapolis, the government's military and naval schools?

If it does not hinder vocations, why do many firms absolutely refuse to employ boys and young men who smoke cigarettes, or else give the preference to nonsmoking persons?

A Puff of Smoke—What's the Harm?

ONE puff calls for more puffs. That's the harm. And every one of these deposits a small quantity of deadly poison in the body. One needle prick of the Chinese doctor does not kill the baby; but the multiplied pricks given in the effort to banish the so-called evil spirit, drives the breath of life out of the little sufferer.

One puff does not destroy the brain or heart; but it leaves a stain, and every other puff deepens that stain, until finally the brain loses its normality, and the victim is taken to the hospital for the insane or laid in the grave.

One puff did not paralyze the young man in the wheel chair; but the many puffs that came as the result of the first puff, did. The telltale stains on the fingers were indicative of the deep stains made upon the nerve cells.

One puff did not make of the bright boy a criminal; but the many puffs that followed the first, placed him in the dungeon.

One puff did not keep the boy from winning in athletic games; but many puffs did.

One puff did not destroy his obedient, helpful spirit; but many puffs made him a disobedient, disloyal boy.

One puff did not take him from the head of his class to the foot; but many puffs did.

Beware, boys, of the first puff.

Dueling and Smoking

ONCE men had the mistaken idea that it would be unmanly to refuse to fight a duel. But today, in view of the world's broadened ideas,

true manliness demands the refusal. We are free from the idea "that honor can in any way be mended by two men standing up to take snapshots at each other." But we have been freed from this superstitious idea because some men had enough true courage and manliness to dare to be thought unmanly and cowardly by the majority, holding the narrower and mistaken idea.

Among boys there has been an idea that to be manly, to be courageous, one must smoke. But this idea, too, is giving way to the larger and truer idea of manliness, that of total abstinence from tobacco in any form. Those who began smoking from such a misleading purpose will have to follow the man who said, "I began the use of tobacco to be a man, and I quit for the same purpose." The manliest boys, the most courageous boys, are those who have the courage to refuse to smoke. They are the boys who will help the world of boys to come into the larger and more wholesome idea. Ex-Senator Beveridge of Indiana once said that if a boy smokes to make a man of himself, he will be a very little man.

As men of real worth have long ago forsaken dueling, so the manly boys of today and tomorrow will eschew the harmful cigarette habit.

Eight Rungs to the Ladder of Success

THE world's "billion dollar" industrial corporations are the United States Steel Corporation and the American Telephone and Telegraph Company. The chairman of the first is Elbert H. Gary, who was the first man in America known to receive a salary of \$100,000 a year. He could have had twice that amount for the asking. Judge Gary, out of his varied and successful experience, has compiled the following eight rules for the young man ambitious to attain success:

"He should be honest, truthful, sincere, and serious.

"He should believe in and preach and practice the golden rule.

"He should be strong and healthy, physically and morally.

"His habits and mode of living should be temperate and clean, and his companions selected with regard to their character and reputation.

"He should possess good natural ability, and a determination constantly to improve his mind and memory.

"He should possess a good education, including particularly the fundamentals, such as mathematics, grammar, spelling, writing, geography, and history; and also a technical education concerning the lines he proposes to follow.

"He should be studious and thoughtful, keeping his mind upon a subject until it is mastered.

"He should be conscientious, modest but courageous, energetic, persistent, even-tempered, economical, faithful and loyal to his friends and the interests he represents."

Not one of these important rules can be followed effectively by the boy who early begins the use of tobacco and continues its use. Tobacco, therefore, closes the gateway to the world of effective service, and it never opens to the knocking of stained hands; for "the boy who smokes lowers his moral standing, stunts his body, weakens and vitiates his mind, stains his character as certainly as he stains his fingers, and opens wide the doorway for the other bad habits which are its associates."

Hudson Maxim says: "The yellow finger stain is an emblem of deeper degradation and enslavement than the ball and chain."

PRESIDENT WILSON never smoked but once, and that was in an effort to kill the insects on his mother's rose-bushes.



The Youth's Instructor

TAKOMA PARK STATION

ANTI-TOBACCO ANNUAL

WASHINGTON, D. C.

When a Boy Knows More Than His Father

SOMETIMES a boy *does* know more than his father. Ours would have been a very different history if Abe Lincoln, age sixteen or so, had been guided by the wisdom of Thomas Lincoln, age thirty-six or so.

"Now, Abe," we can imagine him saying, "don't waste time readin' them books. Readin' never done me any good, and what was good enough for me's good enough for you."

Lincoln knew more than his father. It was a divine disobedience that led him to close his ears to the man who had brought him into the world, and open his heart to the vision that was to help him conquer the world.

Robert Louis Stevenson knew more than his father.

That father would have shackled him to the dry problems of engineering. He

His path looked golden and long. And then suddenly he stopped.

"You see that man?" said the president of his concern to me the other day. "There is a man who might have become general manager of this concern if he had had a college education. His salary might have been \$20,000 a year: instead it's \$2,000. He's reached his limit. What a shame that he hasn't education enough to go on."

He "knew more" than his father. And his boyish obstinacy is costing him \$18,000 a year.

I know another man who "knew more" than his father.

"Keep yourself clean, my son," said the father to him. "You'll never regret it. And some day you'll be glad you did." But the boy knew more than his father. He knew that every young



could not understand the obstinacy of the boy who refused to apply himself. That obstinacy saved a great author from misery as a mediocre engineer. That obstinacy enriched the ages.

"Let no man despise thy youth," wrote Paul to Timothy.

The boy who has not some firm convictions and a willingness to defend them, even against the arguments of those older than himself, is not likely to amount to much either as a boy or as a man.

But they must be *convictions*, not mere *prejudices*, not *selfish impulses or passions*.

I know two men who "knew more" than their fathers.

One boy is the office manager of a large manufacturing concern, and his salary is \$40 a week.

"Better go on in school," said his father to him when he was seventeen years old. "Better go to college; better get all the education you can while you have the chance. You'll need it afterward."

But the boy quit school and went to work.

He was promoted from office boy to bookkeeper, from bookkeeper to head bookkeeper, from head bookkeeper to office manager.

man must sow his wild oats. So he sowed right merrily.

I saw him the other day. He came to me about getting a job.

He was pale, and anemic, and his hands twitched, and he was forever rolling cigarettes. He could not concentrate his mind on one subject for even two minutes.

I couldn't give him a job: no man could. God knows what will become of him. He would starve if it were not for the few dollars he gets from his father—

The father who, he thought, didn't know so much as he.
—Bruce Barton, Editor, in *Every Week*.

What a \$1,200,000,000 Tobacco Investment Brings the Smokers

THE Postal Life Insurance Company of New York City, having large opportunities of observation, in speaking of the effect of tobacco upon adults, says:

"Tobacco covers nearly the whole range of human ills, dyspepsia, catarrhal troubles of the nose and throat, heart disturbances, nervous irritability, trembling, and impaired eyesight."

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Rights of the Home Invaded

MARGARET J. BILZ, national lecturer for the Woman's Christian Temperance Union, said before one of the public schools of Baltimore, Maryland:

"When I was in Paris some years ago, I met a man who had very tiny dogs for sale. The mother dog, though small, was normal in size. I asked the owner how it was that her offspring were so abnormally small? What had he done to them?"

"At first he refused to tell me, fearing that I would divulge his secret or become his business competitor. By a little friendly conversation, I convinced him that I was simply in pursuit of knowledge. Then, with many cautions, he confided to me his process for producing these very tiny dwarfs."

"You see I put a little speck of nicotine in their food when they are quite young. Then I put in a little more and a little more, and then they never get big."

"But doesn't the nicotine ever kill them?" I asked.

"Oh, yes, many of them die; but I get a big price for the little fellows that live."

Thus he was willing to sacrifice the lives of many of his dogs for the gain brought by the sale of the few that survived.

On our streets are hundreds of nicotine-poisoned little boys—poisoned by the nicotine in the cigarette.

"But doesn't this nicotine poison kill them?" you ask.

Oh, yes, many of them die; but the manufacturers of cigarettes keep right on making boy destroyers, that thus they may become wealthy.

Smoking Baby and Mother to Death

Helpless, innocent babies, in their father's house, often get from the atmosphere laden with smoke from the father's cigar, the "little speck" of nicotine poison that hinders their proper development. Some of the babies die as the result of the poisoned air they are compelled to breathe; but ignorant, self-indulgent fathers refuse to believe that tobacco smoke ever kills or seriously injures babies.

The French scientist, C. Fleig, by repeated experiments with the guinea pig, proved that tobacco smoke will kill baby guinea pigs. Then why not human babies? From his careful experiments he learned these facts: When a mother guinea pig had inhaled dense tobacco smoke, her offspring were sometimes born dead. If they lived, their size was notably smaller than the average. Furthermore, they seldom lived long, generally from a few days to a month. Permanent survival was a rare exception, and in these cases the animal remained sickly and stunted. There was a diminution of the number of red corpuscles. The young females which were submitted to weak inhalations, also showed disorders of development. It is not unusual to see all of the young of one litter die at the end of one or two months. Deficiency of blood corpuscles is the rule. If these young animals themselves are placed in an atmosphere of smoke, their development is still more abnormal.

If the inhalation of tobacco smoke injures the young of brute animals, shall human fathers and mothers risk the

PAULINE W. HOLME

The Tiny-Dog Secret



We didn't take the nicotine treatment.

ous afflictions and impaired health, and very often the premature death, of many, many children.

Mrs. Clara C. Hoffman, for years recording secretary of the national Woman's Christian Temperance Union, said:

"On a recent lecture tour, I was entertained in a most beautiful home. Wealth had bestowed many luxuries, and but one shadow darkened its happiness: the only child, who was the idol of both parents, was afflicted with the worst case of St.

Vitus's dance I have ever seen. I chanced at one time to be left alone with the child's physician. I inquired the cause of the girl's affliction. The doctor was reluctant to give the desired information, but as he saw my deep interest in the case, he told me the cause was nicotine poisoning, the result of tobacco smoking by her father."

A wholesome-looking woman came to my home city a number of years ago. She was a vigorous leader, abounding in energy. Her husband prospered in business and their home was beautiful. They seemed happy and devoted to each other, but the husband was an inveterate smoker. In the summer, as they sat on their porch, the evening breezes carried away the poisonous tobacco fumes, but as winter came on, night after night, in their closed sitting-room, the wife inhaled nicotine-poisoned air, just as thousands of wives are accustomed to do. But this sensitive, high-strung woman during the winter became nervous, pale, and sickly, and not until the spring days allowed her to work in her garden and live out of doors, did she regain her vigor and again enjoy life.

The following winter had not passed before she was again attacked by nervousness and declining health, which the following summer failed to restore. Her nervousness increased, and her heart became affected, so she had not the vitality to resist an attack of pneumonia. Without doubt there was a close connection between the husband's tobacco smoking and his wife's death.

A Husband Who Saved His Wife

A friend gives the following report of her mother's experience: "My father was a moderate smoker, and realized no harmful effects from the habit. My mother suffered from asthma. One day the physician said to my father, 'I think your smoking is not only a disadvantage to yourself, but it seriously retards your wife's recovery.' Whereupon my father promptly declared, 'If my smoking hurts my wife, I will never smoke again.' Mother recovered, and father having abandoned his injurious habit, their declining years were blessed with peace and comfort."

Fathers, will you continue your self-indulgence in sense enjoyment, even though you may thus entail lifelong suffering upon your children, and your children's children? Husbands, will you not remember that science has demonstrated by careful observations that the nonsmoker is not exempt from harm while living with a smoker? True chivalry should free the home from tobacco smoke,



Little George has his right to pure air untrampled upon, for his father and both of his grandfathers are nonusers of tobacco.

A Physician's Advice to Boys

D. H. KRESS, M. D.

LOOK before you jump, boys. Before smoking the first cigarette, ascertain where it may land you. I know where it has landed some boys. I have seen the prospects of many a boy ruined by the cigarette. Promising boys by the hundred have made a failure of life because they took the first smoke.

The cigarette habit, when taken up by boys before the brain is fully developed, brings about a degeneracy of the brain cells, and may produce a moral insanity. It tends to develop criminal tendencies.

Ninety-eight per cent of the inmates of the Whittier Reform School in California are cigarette smokers. All cigarette smokers do not become criminals, but practically all youthful criminals are cigarette smokers. These facts are known to judges of all our juvenile courts. It is practically certain that the boy who lands in the police court smokes; and it is equally certain that many a boy would never have been there if he had not smoked.

I said to a Chicago detective during the time when the city was being terrorized by youthful automobile bandits, "Haven't you found

that in nearly every case these young criminals are cigarette fiends?" He looked at me a moment, and then replied, "In every case." One of these cases, Teddy Webb, who was then arrested and is now serving a life sentence for murdering a policeman, was a fine, promising boy at the age of ten years. At that age he began to use cigarettes with the boys in the alleys. His downward career began at that point. At the age of eleven

he robbed an old woman on the street, and began to figure in the police court. His downward career continued until he reached his present low estate.

The boy who has an ambition to excel in life, whose aim is to climb to the top, cannot afford to take chances. He will leave cigarettes alone. The cigarette has never yet placed a boy in the chair of the President of this nation. Lincoln was a poor boy, and had few advantages educationally, but he is said to have been "a man of no vices." He did not use tobacco in any form. Had he at the age of ten or eleven or even fifteen become addicted to the use of cigarettes, he would not have reached the President's chair. No cigarette smoker ever has succeeded, or ever will succeed, in reaching the topmost round in the ladder of progress.

Boys, do not be grasshoppers. Look where you expect to land before you jump. If you have high ideals and noble aspirations, have nothing to do with the cigarette.

Boys who smoke cigarettes but who are not fiends may sometimes be led to renounce smoking. I talked with two who gave evidence in their lives of the degenerating influence of the smoke. After pointing out the downward career of boys who smoked, I made an appeal to them, and knelt with them in prayer. When we arose, I placed their hands together and asked them to be a help and support to each other, and reminded them that while one could chase a thousand, two could put ten thousand to flight. One year later I was walking along the street of another city when two young men met me and said,

"How do you do, Doctor." I looked at them, and they said, "Do you not remember the two young men you prayed with at such a place?" I answered, "Yes, I remember." "Well, we are the young men. We have not smoked since, and are both here attending school and fitting ourselves to go to a foreign field as missionaries."

While some smokers may be reclaimed, and no case should be regarded as hopeless, yet because it is so difficult to persuade the smoker to see his danger, we should put forth every effort to prevent boys from reaching the border line, or taking even the first step toward it.

Thoughts for the Thoughtful Lad

TWO of the brightest lads in my medical class are heavy cigarette smokers," said a young man.

"But they are not likely to remain so to the end of the course," remarked his hearer.

"That may be true, for one of them has already begun to fail; but I do not know whether it is his cigarettes or

his interest in social activities that is the cause. It may be the latter is partly responsible for his failure; but undoubtedly cigarette smoking must bear the larger share.

Will you note how these young men stand at graduation time, two years from now? I am sure you will find evidences that tobacco has seriously lessened their efficiency. Observations of this kind have been made many times, and always with the conclusion that smoking injures scholarship."

Said another: "I saw an artist smoking while at his work. He could draw without rule, and with one sweep of his hand, a line across the page as straight as others could with a rule. How could he do this if tobacco is so injurious?"

This artist's natural ability may be so superior that he can have this command of his hand and yet not be at his best. He may not be able to do what he otherwise could have done if he had not subjected his system to the poison. One's own best is what one should give the world. Then again, the poison may be affecting him in a way which will become plainly apparent later in life.

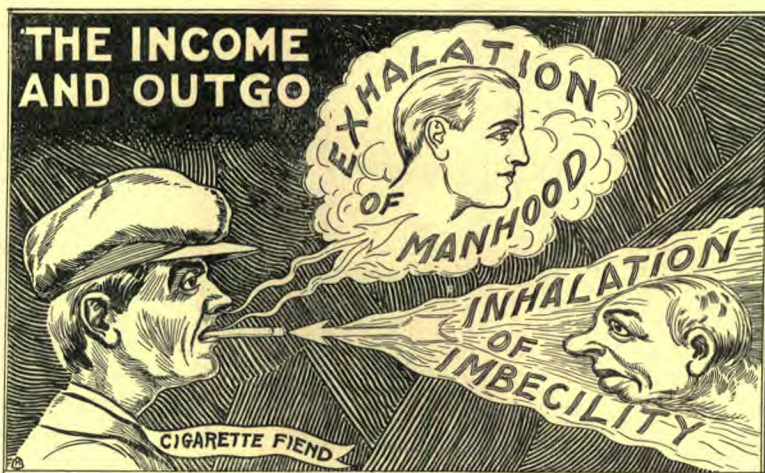
Doubtless this man did not begin smoking until after his brain had been trained to precision. We must never forget that the earlier one begins to smoke the greater the injury wrought by the habit, other circumstances being the same.

Why You Cannot Smoke

How seriously a moderate use of tobacco may affect you depends upon your age, physical temperament, hereditary tendencies, state of health, work, and home conditions. Even your general knowledge may lend itself to your undoing. Any one of these things may of itself make even a very moderate use of tobacco a serious evil to you, physically, mentally, and spiritually.

Another boy with a less refined ancestry, of a more vigorous hereditary stock, with a different temperament,

(Concluded on page twelve)



If all boys could be made to know that with every breath of cigarette smoke they inhale imbecility and exhale manhood; that they are tapping their arteries as surely and letting their life's blood out as truly as though their veins and arteries were severed! and that the cigarette is a maker of invalids, criminals, and fools, not men,—it ought to deter them some.—Hudson Maxim.

Non-Smokers' Protective League of America

DR. CHARLES G. PEASE

MOST great movements have their origin in the faithfulness of one person or a few persons to right principles, to a definite course of action in relation to a condition or need, without counting the cost in labor or in disadvantages,—the outcome of antagonism on the part of those opposed,—or, if they have counted the cost, are willing to meet the demand without wavering. Such movements have had small beginnings. Of such origin was the Non-Smokers' Protective League of America, which I shall briefly recite for the encouragement of those who falter.

In the year 1907 I began to write upon the subject of the wrong and of the injurious effects of tobacco addiction, giving much attention to the members of the clergy and of the medical profession addicted to the use of this drug, holding them to be more responsible for the enslavement of the race than any other class of men, by reason of the elevation of tobacco addiction by these men to the highest points of teaching and example—relating to spirituality and to health. My fearless writings, published in the public press, created a large number of enemies, with some of whom I measured swords in the columns of the press; but many strong men came to my support, notably Prof. Burt G. Wilder, of Cornell University, and William Lloyd Garrison, of Boston, Massachusetts, since deceased. In 1910 I began my work in the subway of New York City for the stamping out of the smoking nuisance there, making many arrests, and carrying the cases to conviction under a section of the Sanitary Code prohibiting smoking in the subway. I received many letters consisting of the vilest language the most degenerate mind could command, threatening to take my life if I did not desist. I paid no attention to the threats, except that they brought forcibly to mind the realization that a *sweet, wholesome, and noble practice would have no such defenders*. I also received a number of commendatory letters.

Up to April, 1910, I was doing this work alone, not supposing that any one would unite with me in any way to prosecute or support such a work. I was simply doing my duty regardless of consequences. In the third week of the month named, two gentlemen, Mr. F. B. King and Mr. Twyman O. Abbott, of the New York bar, both strangers to me and to each other, telephoned and also called upon me. Both asked the same question: "Doctor, do you not think the time is ripe for doing an organized work?" I answered both gentlemen in the affirmative, and sent out a call for a meeting which was held at my home on the evening of May 8, 1910, at which time we effected a temporary organization. And on Aug. 2, 1911, our organization was incorporated under the Membership Act of the laws of the State of New York.

The league, at present, is a men's organization. All members abstain from the use of tobacco, although this is not a requirement for membership. The league's membership is large, not only including the membership of the parent organization, but also of branch leagues.

The league has met an urgent need in the crystallization of the opinion of educators, lawyers, medical men, and women, and men of state, finance, and commerce, who

are advocates of the rights of non-smokers and opposed to the violation of said rights by tobacco smokers.

The right to breathe fresh and pure air—air uncontaminated by unhealthful and disagreeable odors

and fumes—is a natural right, is one of the "inalienable rights" guaranteed by the Declaration of Independence and the Constitution and laws of the land. This right cannot be taken away by legislatures or courts, much less by individuals pursuing their own thoughtless or selfish indulgence.

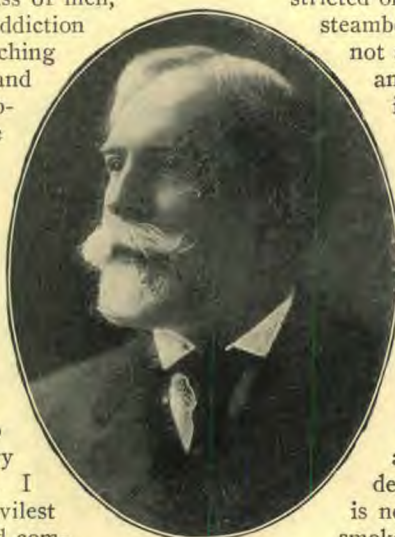
Tobacco smoking and carrying lighted or partly consumed tobacco in places where nonsmokers are present or have a right to be, or where the fumes or odor of tobacco can reach those who do not indulge in the habit, is a flagrant invasion of the constitutional rights of others. We have succeeded in having smoking prohibited or restricted on various railway lines and in stations, on steamboats, and elsewhere, and although we have not succeeded in restricting smoking in hotels and restaurants, the influence of the organization is far-reaching, and is helping to shape public sentiment in this direction.

That tobacco smoke is irritating to normal mucous membrane of the eyes and air passages is well known. That tobacco smoke is a deadly poison is not so well understood; neither does the average person realize that because tobacco smoke is tolerated by the chronically poisoned, it is not, therefore, separated from the rest of this class of violent poisons which become equally tolerated by the chronically poisoned, such as opium, which, however, is not nearly so deadly as tobacco; and the smoke from opium is not so destructive of animal life as is the smoke from tobacco.

Because of its poisonous character, the florist incurs the expense of burning tobacco in his greenhouses for the destruction of the animal life upon the plants. If it were merely smoke he required, he would burn the leaves of trees and ordinary plants and weeds that cost nothing. In the case of Hadley vs. Harrison, 26 so. Rep., 294; 123 Ala., 292, a tobacco dry house was declared a nuisance because the evidence showed that it was detrimental to the health and comfort of the occupants of a near-by building, because the tobacco odors polluted the air and produced headache and other nervous disorders. Would a dry house containing the leaves of trees or filled with hay, so poison the atmosphere that people in a near-by building would be made ill?

The people need to be aroused from the lethargy, the indifference, that has permitted this great injury to the human family—this poison industry—to gain such an enslaving financial and political control of our public and official and legislative bodies. We see the political power of the manufacturers and venders of this poison exerted everywhere. As individuals we should continually demand of our official bodies the protection of the highest interests of the people, and the honoring of the principles upon which this government is founded.

There is strength in union; therefore we have organizations. But the individual members should act as committees of one, taking a fearless and positive stand; demanding the right and denouncing the wrong. The consciousness that others are united with us in a common



Charles G. Pease, M. D.,
President of the Non-
Smokers' Protective
League of America



cause should be a stimulus to greater fearlessness and determined effort; but if the individual is lacking in positive conviction and has not the quality of fearlessness, then that one adds little to the strength of an organization.

We need to look away from self-interest, and to seek the highest interests of the race, the community, the organization that has for its purpose the good of the people, and thereby advance our own interests in the proper way.

The Non-Smokers' Protective League of America has been organized to protect the air we have to breathe, from the poison, the malodor, and the irritating quality of to-

bacco smoke, and we ask the coöperation of all persons who have the highest interests of all mankind at heart.

If it is a crime to pollute the atmosphere with the poison of tobacco smoke, then it is a crime to keep silent and thus give protection to this needless and grossly sensuous practice, that is obtruded upon those of us who desire to be and to remain unpoisoned, not only for our own sake, but also for the sake of posterity. The legal rights of the non-smokers must be defended and maintained; therefore the Non-Smokers' Protective League of America has been brought into being.

Educators and Tobacco

"To cure is the voice of the Past; to prevent is the divine whisper of Today."

SENTIMENT among many of the educational leaders of today is that cigarette smoking should have no place among the teaching force of our country. But why discriminate against the cigarette? If boys see their teachers smoking cigars, that in itself gives them the permission and sanction of the teachers to smoke their own little cigars.

Teachers should be total abstainers. There is no other safe rule. All agree with Mr. Hiram Hadley, president of the New Mexico Anti-Tobacco League, that "in forming sentiment for life no force is greater than that of the teacher." If he uses tobacco in any form whatever, his instruction against tobacco, however scientific or enthusiastic, will have little weight with his pupils.

When Mr. Hadley thought to organize the Anti-Tobacco League, he wrote to the educators of the State to ascertain their views on the subject. Many of these sanctioned the movement and promised their coöperation. The following testimonials were in response to Mr. Hadley's letter:

R. W. Twining, superintendent of the Las Cruces schools, says: "I believe that all who are truly interested in educating the youth will, without exception, welcome the day when tobacco will receive as violent and general condemnation as whisky is receiving today."

Dr. Frank H. H. Roberts, president of Normal University, Las Vegas, says: "The Normal University does not employ men who use tobacco. I am convinced that the tobacco habit is responsible for a great many deaths."

W. O. Hall, superintendent of schools, Roswell: "I have fought tobacco all my life and am still at it. I am convinced that a few years hence there will be the same fight against tobacco that there now is against liquor. It is time schoolmen took a stand in this matter."

Prof. T. C. Rodgers, of Normal University, in speaking of the anti-tobacco campaign, says: "It has come to be considered a part of the teacher's business to be on that side of the question."

R. S. Tipton, superintendent of schools, Otero County: "I have refused to recommend for the schools of this county any teacher who I know is given to the use of tobacco in any form."

C. F. Miller, of Las Cruces: "I know of nothing else which is doing so much harm to the youth of our fair land as is the cigarette habit, and I am only too anxious to battle against it."

Walter B. McFarland, superintendent of schools, Silver City: "I think it would not be going too far to say that a teacher who uses tobacco should get out of the profession."

New Mexico is doing a good work against the tobacco habit; so is Kansas, and other States. But the educators are hampered in their effort to coöperate with the leaders of the various anti-tobacco leagues, inasmuch as there are no public funds that can be used in the purchase of anti-

tobacco literature for distribution among the pupils of the schools.

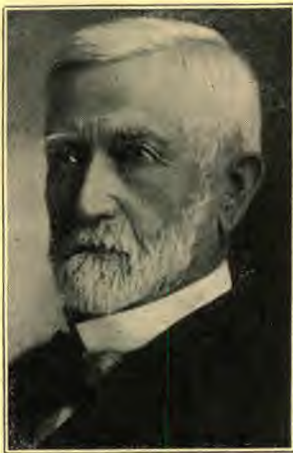
David Starr Jordan, of Leland Stanford Junior University, says: "Put me down as one of those who detests tobacco, and sees no redeeming good in any of its manifestations. It stunts the growth of the young; it takes off the keen edge of courtesy from the adult; and it musses up the atmosphere which most of us are compelled to breathe."

Prof. Arville O. DeWeese, superintendent of public schools of Harrison County, Indiana, issued the following notice to the teachers under his direction:

"No teacher will be licensed, and the licenses of all licensed teachers will be revoked, who, after the publication and general distribution of this notice, are known to smoke a cigarette either privately or publicly in such a manner that any school child in Harrison County might directly or indirectly know of the same."

An examination of more than two thousand New York school children disclosed a remarkable prevalence among them of the use of tobacco. Not only boys but girls use the weed, and many begin its use at a very early age. This is true in every large city.

When all educators become abstainers from tobacco in all forms, their example, with the definite and weighty instruction they can then give, will do much toward eliminating the evil habit from the young.



Hiram Hadley, President of the New Mexico Anti-Tobacco League

Working, Playing, and Smoking

RECENT experiments concerning the effect of smoking upon athletes are of special interest. The first of the new experiments tested body control before and

after smoking. Two groups of young men were used,—those who were in the habit of smoking and those who were not,—and the number of experiments justifies two interesting conclusions:

Both groups showed a loss in physical precision immediately after smoking.

Smokers showed a greater lack of muscular control after exercise than nonsmokers showed.

The most satisfactory results came from a long series of carefully supervised experiments in baseball pitching. The experimenters found the average loss of accuracy after smoking to be about 15 per cent, whereas the average gain when the men waited between the two tests without smoking for the same length of time that they were allowed for smoking the cigars showed an increased accuracy of 9 per cent. In a few cases, to test the effect of smoking still further, two cigars were used, and it was found that the loss of accuracy was very much greater than when the pitcher smoked a single cigar.

Another series of experiments indicated that what holds good for throwing baseballs holds good also for shooting a rifle—*smoking impairs a boy's physical condition and makes him less able to control his body.*—Selected.

The Wood Engraver's Advice



BOYS, with all the rest of mankind, like pictures. Never were magazines and books more profusely illustrated than at the present time. This is due to the cheaper reproductive process now in use. The oldest method of engraving was the woodcut. It was slow and expensive. The cheaper and newer processes, however, "can never surpass the old where sharpness of outline and artistic feeling rather than economy is concerned."

The dean of present-day wood engravers is Timothy Cole, of Poughkeepsie, New York. His work has long adorned *Harper's Magazine*. Not long ago an ambitious and capable young wood engraver, Nicholas Quirk, Jr., of Chicago, sent a sample of his work to Mr. Cole, who wrote the young man a letter in which he gave him sound counsel as to the best way of perfecting himself in his chosen art. Among other things Mr. Cole said: "Study drawing seriously, and read good books. By all means avoid all strong drink, *with smoking* and overeating."

Mr. Cole himself is an abstainer, and he knows tobacco would rob the artist's work of precision and feeling. What is true of the engraver is true of all other worthwhile work, especially if it be of a sedentary character.

The following letter, written on June 11 to the editor of the *INSTRUCTOR*, by Mr. Cole, states comprehensively his opinion of the evils of tobacco smoking:

"I never contracted the habit of smoking tobacco, and from my youth I always regarded as a pitiful object an engraver endeavoring to engrave with a pipe in his mouth, or dividing his attention between his cigarette and his burin. Our nerves are undoubtedly our most precious possession, and in proportion as we realize this will we abstain from anything that tends, even remotely, to affect them deleteriously."

"I am now over sixty-five years of age, and can work as strenuously as when I was twenty. I can detect no difference. My friend John Burroughs is nearly eighty. He never touches the narcotic weed, and is hale and hearty. I cannot see how any one really interested in his work can find time or inclination for the indulgence of so foolish and barbarous a habit as smoking."

"Very sincerely yours,
"Timothy Cole."

A Smokeless Dinner

WHEN several men dine together, the after-dinner smoke has come to be the expected procedure. But there are exceptions, and one of these is of special interest. It occurred last summer on the dining car of the Great Northern Railway, between the cities of Fargo and Grand Forks, North Dakota, when the Hon. Charles E. Hughes was touring the United States.

Mr. H. F. Emery, one of the diners, says of the incident:

"After we had finished our dinner, the porter passed cigars, which, to the surprise of all, were refused by each one present. Upon investigation it was found that each had refused solely for the reason that he did not smoke."

"The party consisted of Mr. Charles E. Hughes, nominee for President of the United States; Charles A. Pollock, judge of this district; P. J. McCumber, U. S. Senator from North Dakota; Gun-der Olson, National Committeeman from North Dakota; Lynn Frazier, Republican nominee for governor of North Dakota, afterward elected; and H. F. Emery, mayor of the city of Fargo."

"Mrs. Hughes, who was accompanying her husband on the trip, remarked that it was a notable gathering, and one probably seldom to be found, as the group represented widely separated persons who had come together without thought of anything connected with smoking."

Charles and His Cigarettes

E. R. NUMBERS

YEARS ago in an Ohio town there lived a bright, energetic young man with pleasing manners and an attractive personality, whom we shall call Charles.

He was the pride of his mother, and a general favorite in the great store where he was employed, and the country folk for miles around would call for him when they came to attend to their shopping at the end of the week. His employers placed every confidence in him, and few young men have had brighter prospects than did Charles. But the cigarette habit early began to fasten itself upon him.

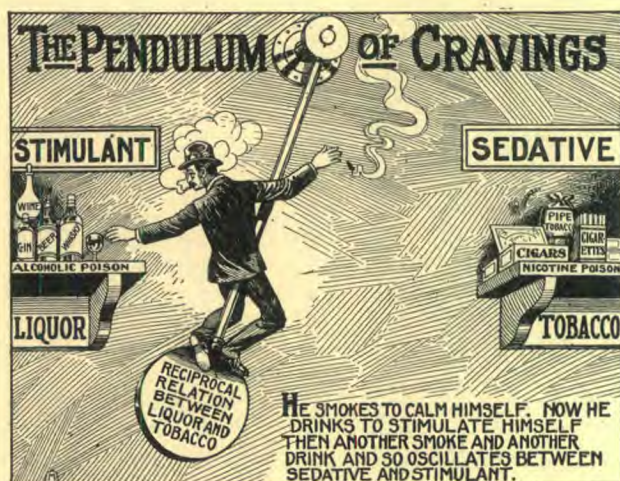
This habit, once begun, grew upon him rapidly. In a short time he seemed to be completely under the control of the deceptive narcotic, and a great change came over him. Finally, becoming restless and dissatisfied, he gave up his position and went to driving a hack, where he was thrown among companions who were only too ready to aid him in his downward course.

In time he left his old home town, and for years I lost all trace of him. However, one day in a great city we met on the street car; and what a sight! He was not at all the Charles I had known in our boyhood days. At that time he was an example of neatness, and diligence in business; now he was slovenly in appearance, careless in manner, profane in speech, and the inevitable cigarette was ever between his lips. In his dealings he was shiftless and unreliable, and was constantly harassed by his many creditors in their vain attempts to collect honest bills.

This complete change in one upon whom I had once looked with admiration deeply impressed me with the baneful effects of the cigarette; but the worst was yet to come.

We were again separated for years, and I heard nothing of him. Eventually I returned to the old home town,

and I learned that Charles also had returned. I longed to do something to win him to the right, so I appointed a day to visit him. I found the home, if such it might be called, in one of the poorest sections of the town. His wife met me at the door. She wore a look of sadness and despair such as I had seldom seen. As I listened to her heart-rending story, I learned that the cigarette had led to drink and to all the miseries of a drunkard's home. His old friends and acquaintances had forsaken him, and he could not secure steady employment. If he obtained work for a few days, it was only to spend on drink what he had earned. His wife pleaded with me to do what I could to help him, for she could not endure the burden of living with him longer if he did not reform. His only



child, a girl of eleven years, came in during the visit. Neglect was evident, as might be expected with a drunkard for a father. Charles was not at home, but I found him loafing at the corner hotel, where such characters congregate. I returned to my home, and my heart was heavy as my thoughts ran back to brighter days, and then over the downward steps which had culminated in what I had just witnessed.

Boys, this is a true story, and it is not an isolated or exaggerated case. Evidences of blasted hopes and ruined prospects are on every hand. Therefore I hope that any boy or young man who reads this life sketch, if he is ever tempted to take his first smoke, will give no place to the "little white slaver," lest his life be a repetition of the sad story of Charles.

Reasons for Not Smoking

I prefer the strength of abstinence to the waste and weakness of indulgence.

"Smoking cigarettes," says an imploring mother, "has made a wreck of my son, once bright and full of brains and ambition. Now he can't think; he can't hold a subject in his mind. He was a stenographer, but now he is nothing."

I have no right to use that which injures body, mind, and soul.

Judge Gemmill, of Chicago, says: "Cigarettes harden the heart for terrible deeds, and unfit the mind for any useful service."

The fact that cities, states, and nations legislate against the use of tobacco by minors; business firms refuse to hire boys who smoke, or discriminate in favor of those who do not smoke; schools taboo smoking; educators denounce it; and large publishing houses refuse even to advertise cigarettes, is a hint sufficiently broad for me to refrain from using tobacco.

Japan and China, together with several of our States, have prohibited the sale of cigarettes to minors.

I do not like to be a public nuisance.

I have seen women made ill, and many others made decidedly uncomfortable, by the public smoker.

Smoking does not enhance my looks.

I have come to this conclusion by watching men and boys in all positions and conditions of life, when they were smoking. A man on a bicycle, with a pipe or a large cigar in his mouth, is not much more attractive than the Filipinos shown on the last page of the cover.

I would not be a patron of the tobacco trade if for no other reason than its close connection with the liquor traffic.

Ginger, an organ of the liquor business, says: "The prohibition movement is as dangerous to the tobacco business as it is to any other, outside the liquor business itself; for the two trades are definitely 'interlocked,' and have been for years."

I am not selfish enough to run the risk of wrecking even one person's life by my example and influence, just for the sake of a questionable indulgence on my part.

I should rather lead one away from than toward a questionable habit. W. H. Coppins says: "Twenty-three years of my life have been spent in business college work, and I say without hesitation that the cigarette has been the one thing which has caused more failures on the part of the boys using them than any other thing I can mention. Not one that I know today, who has continued in the habit, amounts to anything."

My use of tobacco would line me up with the ordinary person, and with drug fiends and alcoholics.

I prefer to be among the extraordinary—such as are shown on pages eight to eleven of this issue.

I am not willing to use that which would place me at a disadvantage in seeking employment.

Mr. E. P. Tully, manager of the New York District Messenger Service, says: "In selecting candidates for our work we pass by the ones with nicotine-stained fingers, the dull eye, and the nervous manner. I don't know any business man who wants in his employ a cigarette dope."

Smoking is a needless waste of money, since it is of no moral, physical, mental, spiritual, financial, or social benefit.

A conservative estimate gives the value of the tobacco annually used in smoking and chewing in this country at \$1,200,000,000. (See article on page twelve.)

Things to Remember

REMEMBER, boys, that tobacco is a poison, that it is always injurious to the delicately constructed human body.

REMEMBER that the younger one begins the use of tobacco, the greater the injury produced.

REMEMBER that exceedingly injurious poisons are produced by the burning of cigarette paper, though the paper itself be pure. These poisons are not found in the smoke of pipe and cigar.

REMEMBER, therefore, that the cigarette is the most harmful form of smoking.

REMEMBER that smoking makes a boy unmanly rather than manly. Every thinking person pities the boy who is so ignorant or so silly as to smoke.

REMEMBER that while many men smoke, few of

them begin when boys, and they choose the less objectionable form of smoking,—the pipe or cigar.

REMEMBER that smoking unfits you for athletics, business, or social life.

REMEMBER that smoking is a criminal waste of money at any time, especially in war time.

REMEMBER that if you smoke you may influence some one else to follow your example, and it may be some one with less self-control than yourself, who will become a cigarette fiend, and later, in consequence, become an inmate of the hospital for the insane, or a human derelict of some other character.

REMEMBER that as the man should shun the bottle, so should the boy shun tobacco.

By means of one of the greatest campaigns of advertising ever known cigarette nicotine poisoning has been made a nation-wide affair.

There are many men who see the evil resulting from the present immense activity of the tobacco dealers and are willing to cry out against the iniquity. One of these is Amos R. Wells, who says:

"Every year finds King Tobacco more firmly entrenched, his resources vaster, his followers more numerous, their chains more firmly riveted. Every year we delay in our fight against it makes the warfare more difficult. There is immediate need that the churches take determined action. The enemy's progress has been at the rate of five hundred per cent a decade. What has been ours?"

With 500,000 boys responding annually to the tobacco firms' advertising campaign, we agree with Mr. Wells that it is time for public spirited citizens to gird on their armor, and by education and legislation wage an earnest warfare to free our boys from this great national evil.

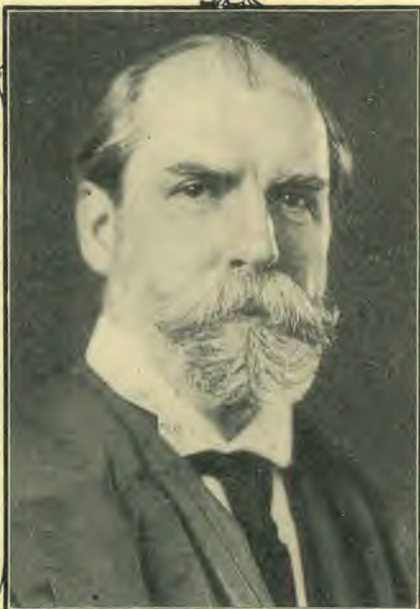


MEN WHO DO N



© WILLARD

Arthur Capper
Governor of Kansas



CHARLES E. HUGHES

© HARRIS
& EWING



WILLIAM H. TAFT

© HARRIS
& EWING



© HARRIS

PRESID



Ben B. Lindsey
Judge of Juvenile
Court, Denver

PHOTO BY
GRANNICK



Hon. J. Frank Hanly
Ex-Governor of Indiana

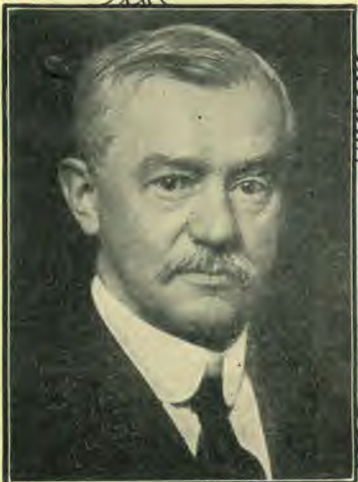
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David Starr Jordan
Ph.D., LL.D., Chancellor
Leland Stanford



Howard A. Kelly, M. D.
Johns Hopkins University

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Benjamin Tillman
U. S. Senator, South
Carolina



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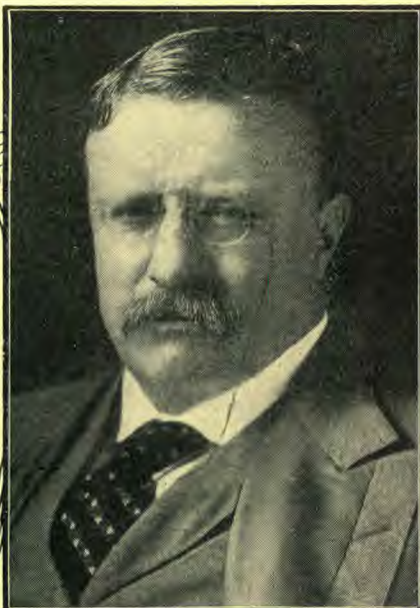
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Not one of whom has us

USE TOBACCO

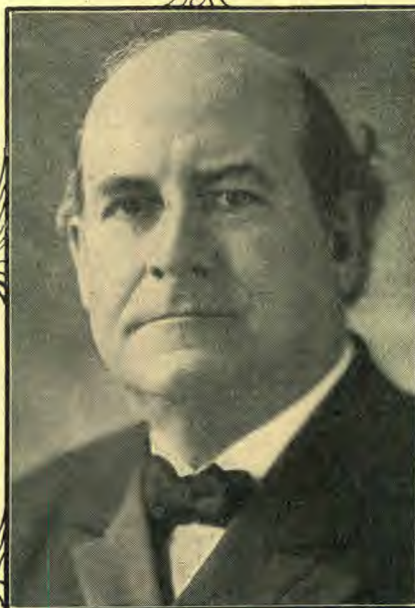


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Lynn J. Frazier
Governor of North Dakota



THEODORE ROOSEVELT



WILLIAM J. BRYAN



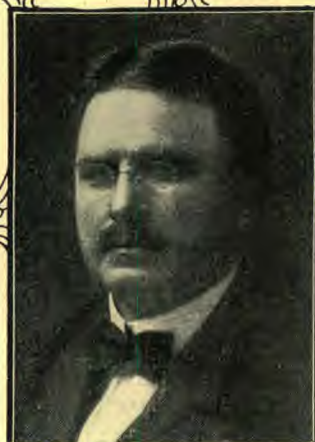
Henry C. King
President Oberlin
College



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Daniel A. Poling
National Citizenship
Supt. C. E.



Harvey W. Wiley
M. D., Ph. D., LL. D.

more than fifty years

"Keeping the Body Under"

F. G. H. STEVENS

I KILLED a little rattler this morning," said my friend, the ranger, as we met on the cañon trail. "Not over ten inches long. No rattle, hardly a button."

"Didn't need to be so careful of him, then?" I said.

"Didn't, eh?" was the quick reply. "Why, the little ones have more poison to the amount of snake, and they have no rattle to call attention to them. You see it isn't the rattle that hurts; it's the other end."

He was right. And the same thing is true of sin. Little sins, white lies; the first drink of "punch with a stick in it," perhaps at a school function; the first cigarette rolled on a dare; the first nasty novel. No rattle to them, no fuss, but they have the poison. And "it isn't the rattle that hurts; it's the other end."

A professor in a Western high school saw one of his pupils smoking. At a favorable opportunity he said to him: "How's work going? You're pretty keen in mathematics. I hear you've taken to smoking. I was a little afraid you'd be pushing me out of my chair one of these days; but if you've taken to smoking, no fear of that."

A man who needed dental work done hunted up a friend whom he had met socially. As he sat in the chair and the drill began to work, the dentist said to him, "Don't key yourself up so. I'm not going to hurt you." "But you are working toward a nerve." "Yes," was the reply, "but I can tell when I am coming near a nerve, and I will stop in time." The patient became interested. "How can you tell?" "Well," said the dentist, "I used to drink a little just as you do. I noticed that the days after I had been drinking I could not tell; but the days after I had kept from drink I noticed that my hand was sensible to the decreasing pressure of the drill as the tooth softened near the nerve. So in the interest of my patients I stopped. I didn't want to hurt them, you see." Booze always dulls the perception. "Touch not; taste not; handle not."

As the district agent for a large company stepped from the train in a California city in company with the Pacific Coast agent for the same company, the first man said to his chief, "Let's have a drink before we go and close that big contract."

The chief looked at him a minute, and finally said, "I've quit. Since I saw you last I contracted for an auto, 'future delivery.' The firm notified me that I could have the car some time before they had counted on getting it for me. I really was not able to handle the payments, but was too proud to tell them so. It so pinched me to meet the payments that I had to save every way, and I cut out the drinks. I couldn't afford them. I soon noticed a change in my work. I could think more quickly, figure more accurately, and see through a deal more clearly; so I decided to let it go altogether."

The physician had done fine work in the case. A friend said to him, "Will, do you know of one thing that would help you?" Without waiting for an answer from the physician, the friend touched the two cigars which were sticking out of the doctor's vest pocket, and said: "I happen to know that in the case you have just treated the patient was very sensitive to the odor of tobacco. This is true of many other persons. It tends to nauseate, especially when one is sick."

The doctor did not hesitate a minute, but said: "I had never thought of it that way. Got in the habit in medical school. I see it now. I'm through."

A florist who uses one hundred dollars' worth of tobacco yearly, but not for himself, is a Sunday school teacher of a class of boys. When he knows of any of them smoking, he asks them to come on a visit to his greenhouse, and they come, for there are acres under glass.

In the course of the walk he shows them how he kills insect pests. "Some of them we kill by laying the stems of tobacco by the pots. The exuding of the smell kills those under the leaves. In other houses where there is no bloom to hurt, we make a smudge fire in a pot, put tobacco on it, and drag the smoking pot through the house.

"Or we mix the essence of nicotine in a spray, and spray the plants, or daub

OTHER MEN WHO D



William A. McKeever
Department of Philosophy
Kansas Agricultural College



Daniel H. Kress, M. D.
Vice-President Anti-Cigarette League



Hon. Oliver W. Stewart
Lecturer, Ex-member Illinois Legislature

it here and there on the steam pipes. It always kills the young insects first. Here and there an old one stands it. But even then they are so tobacco soaked that they can seldom propagate young, or if they do the young soon succumb. Our final way to fix them is to take a little alcohol and a camel's hair brush—one drop, and he curls up. That ends him."

The moral needs not to be pointed. The wide-eyed boy will see it.

A RAINY day in New York means a loss of \$4,000 in the day's business to one tobacco company owning a chain of stores in the city; for in the rain and wind many cigars, pipes, and cigarettes must go unlighted.

A Builder of Men, Not of Autos

F. D. McCUNE

THE Boy Scouts of Washington, D. C., have a well-cared-for garden plot of one hundred acres or more in Potomac Park. They early set about the task of helping the government provide food for hungry folk. Mr. Henry Ford gave the boys necessary machinery for preparing the

ground, and sent representatives to help in directing the work. This is the kind of

work Mr. Ford is doing all the while. Many think of him only as an automobile manufacturer; but he claims that this is not his business, his real business being to build men, not autos. He does the latter to provide the means for his life work. He builds men by giving work to ex-convicts, and encouraging them to right

DO NOT USE TOBACCO



H. F. Emery
Mayor of Fargo, North Dakota



Joseph W. Folk
Ex-governor of Missouri
© HARRIS & EWING



Oscar A. Dowling, M.D.
President Louisiana State Board of Health

living; by improving the condition of workingmen; by paying his men extraordinarily high wages; by paying women workers the same as men receive for the same work; by allowing employees to share in the profits of the business; by waging an energetic and expensive campaign against the cigarette habit, besides

performing many private philanthropies.

The first John Jacob Astor died in 1848, leaving a fortune of \$20,000,000. This unheard-of wealth made the name of Astor famous throughout the world as a synonym for countless wealth. Yet this early fortune represents just about six months' income for Mr. Ford, the builder of men. No small sum of this money is used in trying to persuade boys not to smoke. His wise and effective cam-

paign against the cigarette makes for him many friends. He publishes and distributes gratis expensive pamphlets on the tobacco evil. In his cigarette bulletin, "The Case Against the Little White Slaver," No. 4, he says:

"Pliny, the Elder, one of the wisest men of ancient Rome, laid down this precept: 'The best plan is to profit by the folly of others.'"

"That rule holds just as good today as it did when first given utterance to; and it is particularly true in its relation to the cigarette evil."

"The boy or the young man whose brain is fogged by the use of cigarettes finds himself hopelessly handicapped. His services are accepted only as a last resort; and if there is any one else available, he is not intrusted with important matters or considered for future possibilities."

"This is the testimony of men in every walk of life, . . . men who have made good, and who know exactly why some boys succeed and why others make a sorry failure of anything they attempt."

"But the most any one can do is to point out the dangers that confront you. You must avoid them if you play safe."

"If you are not already enslaved, the safest and easiest way to escape the danger is to follow the advice of Pliny, the Elder, who is wise in our generation as well as in his own, and 'profit by the folly of others,' by avoiding cigarettes."

For the Sake of the Boy

EX-GOVERNOR FOLK of Missouri gave up smoking lest his example lead some boy to take up the cigarette habit. Another prominent official recently wrote the editor of the INSTRUCTOR that while he used tobacco in a limited way, he was seriously considering whether he did not owe it to the youth of the country to give up even the limited use he makes of it. It is refreshing thus to see the scales dropping from the eyes of men in prominent positions. For herein lies the hope of the solution of the cigarette problem. It is not in legislation nor exhortation, but in example. Many graves have been dug for youthful victims of the tobacco habit, every one of whom had his life blighted because men had set him the example of smoking. A prominent editor of New York City decries the use of the cigarette by boys. This is praiseworthy. But he himself smokes freely. He should not forget that his cigar invites the boys to try the cigarette. Dr. Charles M. Sheldon says:

"In one of the State legislatures last winter, in an atmosphere heavy with smoke, one of the representatives stood pleading for an anti-cigarette bill, while in the hand which eloquently gesticulated for the passage of the bill was a cigar! The bill went through, and became a law. And that legislator and scores of others smoked their cigars and pipes in complacent satisfaction

as they read the papers next morning recording the victory of the anti-cigarette bill. Yet the legislator's boy feels a little queer to think that it is a crime for him to use what 'dad' calls a physical necessity for himself! He does not see the logic of it, and he never will, for there isn't any."

The *Missionary World* puts the following pertinent questions to all such illogical fathers:

"Why beholdest thou the cigarette that is in thy son's mouth, and considerest not the cigar that is in thine own mouth? Or wilt thou say to thy son, 'Let me pull out the cigarette out of thy mouth,' and behold a cigar is in thine own mouth? Thou hypocrite! First cast out the cigar out of thine own mouth, then shalt thou be prepared to cast out the cigarette out of thy son's mouth."

In view of the situation throughout the belligerent world, and in view of the sacrifices of boy life being annually made by the cigarette, it is highly in order for all fathers and brothers who smoke the pipe and cigar, to renounce forever the smoking habit, that their abstinence may count for conservation, and their influence for a healthy, wholesome American boyhood.

CIGARETTE smokers often "lead their class at the foot."

Thoughts for the Thoughtful Lad

(Concluded from page three)

and whose outdoor life and home conditions are such as to offset to a degree the evil effects of the nicotine poisoning, may smoke apparently with much less serious injury. I do not say without injury; for it is impossible for one to be continually taking a strong poison like nicotine into the system without its producing a decidedly ill effect. But it may attack some internal organs which year by year grow less capable of doing their work though they are not entirely disabled, and may not disclose their real condition until in some time of special strain or illness.

The boy who begins smoking considers none of these things. He takes up the habit blindfolded, as it were. When a person is to have a serious operation, the physician tests his heart, kidneys, and other organs to discover whether they are in a condition to be affected unfavorably by the anesthetic. Some persons undergoing a simple operation have died on the operating table because the physician failed to give a thorough examination. The ether or chloroform is no more poisonous at one time than at another; but it proves fatal to one patient, and produces no permanent ill effect upon another, simply because the physical conditions of the two are not the same. Would it not be unwise, even criminal, for a person to insist on taking a strong anesthetic without an examination? Is it not as unwise for a boy to take up smoking without understanding his physical condition and other personal limitations?

One of the most serious phases of the cigarette problem is that it continually tightens its grip upon one, and continually demands more and more of one. Having once made friends with it, it fastens itself like a leech upon one, and will not be shaken off without energetic effort. But the boy who really means to make a place for himself worth while in the world, must be free from any such serious handicap as the "little white slaver."

Happy is the boy who has enough good sense to refuse absolutely to begin a habit that is denounced by states, churches, educators, judges, business men, and business firms. In fact, there is not a man or woman of true worth in all the land who would advise a boy to begin smoking. Then why do half a million boys take up the habit every year? It is only because of ignorance, or because the spirit of evil which is in the world desires the destruction of humanity, and boys do not resist the evil tendency. John B. Gough, one of the world's greatest temperance orators, said: "A man who overcomes an evil habit is a hero." This is true; but we are even more willing to grant the gold medal to the boy who refuses to acquire an evil habit. He is the real hero.

Tobacco Habit Is Expensive

THE men and boys of the United States who smoke, burned up last year more than \$1,200,000,000, more than two thirds of the great war tax first levied by the government in the form of liberty bonds.

The *Wall Street Journal* says that 100,000,000 cigarettes a day is the sales record of the British-American Tobacco Company. This means 36,500,000,000 a year. Every cigarette contains enough poison to kill two bullfrogs. If the tobacco company was using its products for the slaughter of frogs, the world might allow it to prosecute its business unchallenged; but it is using them to slaughter the world's boys.

The *Journal* says further that the company "is unable to fill its orders, notwithstanding its factories encircle the

globe." The sales now are more than five times what they were ten years ago. If the next ten years witness the same phenomenal rate of increase, the coffin lid will have been nailed down for millions of unthinking boys.

Soldiers' Widows and Orphans Helped

A dispatch from Dresden last August says: "The general Committee for the Relief of War Sufferers recently appealed to the smokers of Saxony not to use tobacco for one day, and to contribute the money thus saved to the fund for the support of widows and orphans of soldiers. The committee announced that it had received 290,000 marks, or \$72,500. This amount represents the savings of the smokers in a single day of abstinence. In the city of Dresden alone, \$15,000 was saved." The amount spent in America annually for tobacco would buy every man, woman, and child fifteen dollars' worth of clothing. The *Washington Post* says that the British-American Company received an order from the French government last March for 7,000,000,000 cigarettes, enough, if laid end to end, to encircle the globe almost eight times. And this in time of war! and when the government has to borrow millions of dollars! If the poor man would save what he spends on tobacco, he could with this amount afford the luxury of music, books, travel, games, sports, and other brain-resting and body-building pleasures.

The man who uses only two five-cent cigars a day burns up every twenty-five years nearly \$2,000. The interest on this sum would support continuously an evangelist in any heathen country. Does it pay to smoke?

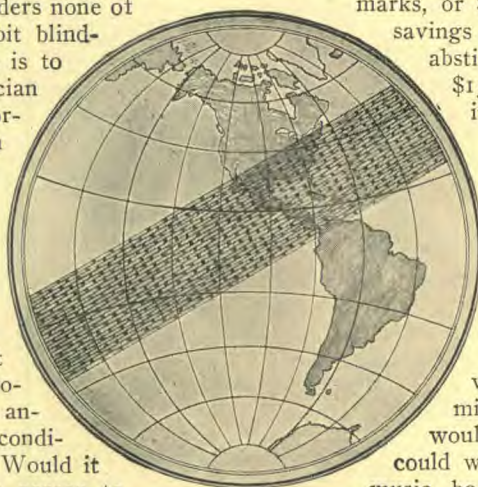
The nation of men spend for tobacco eighty-five times as much as is spent for foreign missions. What will the men say when the Lord of the harvest asks for their sheaves?

A Fire Menace

The cigarette is expensive as a fire menace. Some months ago an automobile fire engine was sent through the streets of New York, displaying a large sign reading, "Throwing away lighted cigars and cigarettes, and so endangering life and property, is now a misdemeanor and will be prosecuted."

The great Equitable fire in New York was due probably, says the *Christian Advocate*, to a cigarette thrown carelessly into a pile of inflammable material. County Fire Marshal Thomas E. Pfarf says that the fire which destroyed the Pittsburgh Union Paper Box Company factory, with its toll of thirteen lives and the arrest of the company's officials on the charge of neglect, was caused by a smoker throwing a lighted cigarette into a pile of straw. According to the police captain, the fire of John A. Roebling's Sons Company, in Trenton, New Jersey, was started by a cigarette carelessly thrown into a pile of hemp. This fire destroyed the wire shop, twenty-nine dwellings on adjacent streets, a barn, and many freight cars. These are a few of the concrete examples of the waste caused by the cigarette.

An average of one fire every minute was our fire record for 1916. The daily property loss caused by these fires was \$600,000; or \$214,530,885 for the entire year. But the loss caused by the tobacco users equals that of six such fires every minute, or \$3,600,000 a day. Surely this does not represent the spirit of conservation that should characterize the present time. The women of the country are endeavoring, by various reforms, to redeem their reputation as wasteful housewives. Should not the men relinquish their extravagant tobacco habit? We think so.



The world's cigarette line for last year would wind around the earth almost seventy times.



Because the Men Smoke

Food Sacrificed for Smoke

ACCORDING to a recent census of the Board of Agriculture, says Dr. Charles M. Sheldon, "there are more than 1,500,000 acres of rich land in the States of Kentucky, North Carolina, Tennessee, Virginia, Wisconsin, Ohio, and Connecticut used for the growing of tobacco. Every acre of this soil will grow useful food, potatoes, wheat, corn, cotton, cereals, grasses, and fruits.

"Suppose a crop of potatoes, at a yield of only one hundred bushels an acre at a price of only one dollar a bushel, to be obtained from this tobacco acreage, there is the tidy sum of \$150,000,000 worth of food for a hungry world. Why should all this land produce nothing but smoke?

In harmony with this suggestion is the action of the Non-Smokers' Protective League of America, which recently, through its president, sent to President Wilson an appeal to preserve the tobacco land for the growing of foodstuffs, that the hungry may be fed and the army protected from the deteriorating influence of tobacco.

Test Yourself

THE pulse of a normal boy who does not smoke will average seventy heartbeats a minute, 4,200 an hour, or 100,800 every twenty-four hours. But a boy of eighteen who smokes from ten to twenty cigarettes a day will probably have a pulse of ninety to one hundred a minute. Thus in a day cigarettes will cause the heart to beat perhaps 43,200 extra times, a gain of more than ten hours' work—more than the law allows a man to do for a day's work. "The reserve power of the heart is thus used up every day; so the boy has no reserve strength to draw upon in case of sickness, no strength to grow old on, no strength to exert himself on." This is why comparatively simple accidents, operations, and acute diseases often prove fatal to smokers.

Now if you smoke, test your pulse and see how it compares with what it should be. If you find it high, you may know that your heart is being overtaxed. Dr. K. Grassman, of Munich, says that nicotine causes a thickening and hardening of the blood vessels. Of fifty cigarette-smoking boys examined at the Kansas Agricultural College, twelve or nearly twenty-five per cent, had the tobacco heart.

Too many men of wide observation and experience have denounced the cigarette as an unmitigated evil, for ambitious, intelligent, well-meaning boys to make friends with it.

You pity the drunkard as he stumbles along on the street or wallows in the gutter; you pity the heathen Chinese who smokes his life away in an opium den; you turn in disgust from the Indian fakir who tortures and mutilates his body because of a mistaken religious idea: but you make friends with the cigarette, which is doing as much as, or more than, any one of the other evils to wreck human life.

Well-informed, intelligent, thoughtful people pity the boy who smokes, just as sincerely and deeply as they pity the habitual drunkard; for they know the little white "coffin nail" wrecks the boy the same as the wine cup and the whisky bottle do the man.

Walking in Heaven, or Chained to the Dead.

ONE day I stood on the site of the old slave market in Washington, and listened to the conversation of a Civil War veteran who had seen hundreds of slaves herded and marketed in this same place. Afterward I had an intense desire to see and talk to one who had been a real old-time slave. Later, in a city of Ohio, such

an opportunity was afforded me. He was a white-haired old Negro who had been freed by the war of the sixties. When I asked him how he had felt on discovery of his emancipation, he showed me scars,—deep, cruel scars,—attesting to the merciless hand of iron that once ruled his black body. "Those wa' ha'd days fo' me," he said as he covered up again those pathetic evidences of former mistreatment. "But," he continued, his face lighting up with reminiscent smiles, "when we became free it wa' jes' like yo' wa' walkin' in he'ben."

This no doubt was a fitting simile to one who had suddenly found himself delivered from a cruel bondage into a glorious liberty, with the world smiling a welcome to his new estate. His had been an involuntary servitude, but how much greater is the ignominy of deliberate, cultivated service to sin! It is probably safe to say that



The world's tobacco bill would go far toward supplying the needs of Europe's homeless and starving millions.

ninety-nine per cent of hurtful habits and wicked practices are cultivated ones. The desire for tobacco and other narcotics is almost invariably the result of deliberate forethought and action in first tasting those things and then acquiring the habit.

I have a friend who for years has been addicted to the use of tobacco. Ten years ago I asked him to leave off the habit. Then he laughed and told me that he could do it with little effort. But he did not, and recently he told me with shamefacedness that it was now impossible for him to give it up. He has serious heart trouble, his whole physical condition is bad, and he expects to die a slave to that abominable thing which he once courted.

This experience—there are innumerable others just like it—is a crying argument against the first use of narcotics and intoxicants. No one who finds himself fettered by any questionable habit or evil acquirement is free to think or believe himself a hopeful candidate for eternal life. The way to heaven is barred except to freemen. Self-imposed slavery never cheers itself in the hour of awakening. Ultimate dejection and ruin stalk at its side until the grave offers it a covering, but never a hope. Far better for the youth never to put himself in the way of entanglement in the meshes of these debasing habits, which always grow, for in the end the sin of years becomes a veritable "body of death" to which he is chained. On the other hand, to know that one is free and in subjection to nothing but the Spirit of Christ, is, in the words of the old ex-slave, "jes' like yo' wa' walkin' in he'ben."

E. F. COLLIER.

The Preacher Talks About Cigarettes

THE boy who smokes cigarettes is a cipher with the rim knocked off." This is the way Mr. Harris, the preacher at the tent which was pitched on the baseball lot, introduced his remarks at the Woodlawn school the morning he gave an anti-cigarette talk. He had been preaching in the tent for about three weeks to large crowds of people, and the school board, learning that he was one of the lecturers of the National Anti-Cigarette

League, invited him to the Woodlawn school to talk to the boys and girls.

This was the school that Donald Hunter attended. He had been going to the meetings in the tent from the first, and had become much interested in the truths which had been preached there, and he was glad that Mr. Harris could visit his school and talk to his school-mates.

The preacher had been introduced by the principal of the school, and without any preliminaries had plunged at once into the heart of the subject by making the above remark, so that the children knew at once where he stood on the question of smoking.

"A cipher with the rim knocked off!" Why, that was a little less than nothing! As Donald looked around, he saw some of the boys flush and look uncomfortable, and he was afraid Mr. Harris was not going to make many friends. But the speaker continued:

"Now, boys, I do not want to make such a statement as that without proving to you that it is true. Boys' minds are just as quick to grasp a point as the minds of those who are grown up; and when a thing is shown to them clearly, they see it just as quickly, and act upon it as readily, as grown folk. So I do not intend to tell what dreadful boys those are who smoke cigarettes, but I shall tell you what an evil thing the cigarette itself is, so that you boys who have common sense and good judgment will understand what a dangerous thing cigarette smoking is. When a boy of good sense understands the real nature of cigarettes, he will not smoke them. *Therefore when you see a boy smoking, you will know that he either lacks good sense or does not know what he is smoking.*

"Who will tell what it is in the cigarette which makes it harmful?"

"There is nicotine, a poison, in the tobacco," said the little fellow to whom the speaker pointed.

"How poisonous is nicotine?"

No one answered for a moment, then a little boy in the back of the room began to shake his hand furiously, even dancing out into the aisle in his eagerness to be called on for the answer. Finally the preacher said:

"Well, my boy, you tell us."

"Why, sir," said the boy, and he was so fearful some one would interrupt him before he got it out that he stammered, "Why, sir, n-n-nicotine is so p-p-poisonous that if you p-p-put one d-d-drop of it on a cat's tail it will k-k-kill a man."

Of course a shout of laughter followed this effort, teachers, parents, and speaker joining in it most heartily, to the confusion of the eager boy. But the speaker made him feel all right by saying:

"Well, son, that isn't exactly the way men get their nicotine, but I know what you mean, and what you mean is all right. If you place one drop of nicotine on the tongue of a cat, it will kill the cat. That's it, isn't it?" And the little fellow nodded his head.

"Yes, and that is true. One drop of this terrible poison that is in all tobacco is enough to take all the nine lives of a cat. But while that is one reason why the cigarette is dangerous, there is something else about the cigarette which makes it even more dangerous.

"Scientists have discovered, in a series of laboratory experiments held in London under the direction of the great scientific paper, the London *Lancet*, that when the cigarette is lighted the burning of the tobacco and the paper produces, or creates, a new element which is set

Why a Young Banker Does Not Smoke

My body is too good for the cigarette, my work too important to allow its interference. The best worker is the one who keeps his body in tune by regular exercise and clean habits. I know that cigarette smoking would hurt my basket ball playing, my track work, yes, and even my swimming. It would shorten and take the keen edge off my business day. It would lessen my power of resistance toward disease, and increase my chances of being vanquished in a fight for life should I become the victim of a sudden accident or be compelled to undergo a serious operation.



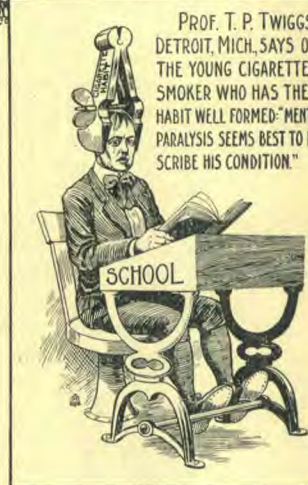
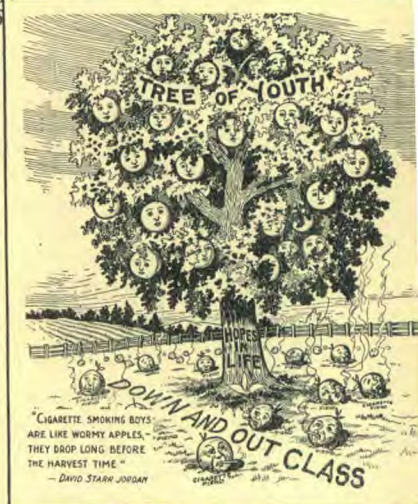
free in the smoke to enter into the body of the boy who smokes it. This new substance which is thus created is furfural, and is the thing which makes raw whisky so poisonous. And these scientists discovered that there is just as much furfural in the smoke of one cigarette as there is in two fluid ounces of crude, raw whisky."

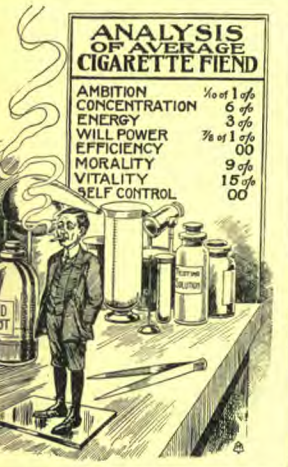
Donald heard the boys all about him catch their breath, and he felt sure that some who had been smoking would stop doing so. The speaker continued:

"Remember, boys, that furfural is not in the cigarette itself, it is not in the paper, or in the tobacco, and it is not put in by the maker; but no boy can smoke a cigarette without getting this into his system, for it is created by burning the cigarette,—by combustion,—and is in the smoke of every cigarette. You will see how fearfully dangerous cigarette smoking is when I tell you that furfural is *fifty times* more poisonous than ordinary alcohol.

"This will show you why it is that a cigarette smoker is likely to be the most backward boy in his class. His mind is being impaired every day by these terrible poisons which he is putting into his body, so he is not able to think quickly, he cannot get his lessons easily, his brain becomes dull and heavy. Finally his lungs are unable to carry off all the poisons he smokes into them, and he gets pulmonary consumption, and soon after is carried away in the hearse and put in the cemetery, all because he would smoke cigarettes.

"Cigarette smoking has as bad an effect upon a boy's morals as it does upon his body. A boy who smokes will soon lie and steal. Even the making of cigarettes seems to break down a man's moral fiber, for in the advertisements appearing in the papers for popular brands of cigarettes, the manufacturers quote from the report of the laboratory experiments of the London *Lancet* which I have mentioned, and say that these scientists declared they found that the cigarette was the least harmful method of using tobacco. This is untrue. The report did say that there





is less nicotine in the tobacco of the cigarette than there is in that used in cigar or pipe, or in chewing tobacco; and therefore a person who smokes a cigarette is getting a smaller amount of nicotine for the tobacco he smokes than he would get in using tobacco in any other form.

"The makers of cigarettes have advertised this fact widely to give the impression that cigarette smoking is the least harmful method of using tobacco. But in doing so they have dishonestly suppressed the additional facts of the report in the *Lancet* from which they have quoted, and have carefully refrained from quoting those portions of the report which show that their statement that cigarette smoking is less harmful than any other method of using tobacco, is a deliberate falsehood. The report, by showing the production of furfural in the smoke, makes it plain that there is no more harmful or dangerous way of using tobacco than by smoking cigarettes."

In closing his talk, the minister urged the boys all to sign the anti-cigarette pledge, a copy of which he read. Many of the boys followed

this counsel, much to the gratification of parents and teachers.

Honor Roll—Tobacco Abstainers

- | | |
|---|--|
| President Wilson | Theodore Roosevelt |
| William H. Taft | William J. Bryan |
| Charles E. Hughes | Josephus Daniels, Sec. of Navy |
| P. P. Claxton, Commissioner of Education | Lynn J. Frazier, governor of North Dakota |
| Arthur Capper, governor of Kansas | J. Frank Hanly, ex-governor of Indiana |
| Ben B. Lindsey, judge of Juvenile Court, Denver | Luther Burbank, the plant wizard |
| Timothy Cole, wood engraver | Charles A. Pollock, a judge in North Dakota |
| John Burroughs, naturalist and writer | Gunder Olson, North Dakota |
| Hiram Hadley, president of the New Mexico Anti-Tobacco League | M. E. Poland, M. D., president of the No-Tobacco League of America |

- | | |
|--|--|
| Oliver Stuart, ex-member Illinois Legislature | Howard A. Kelly, M. D., Johns Hopkins University |
| Charles H. Mayo, surgeon, Rochester, Minnesota | H. F. Emery, mayor, Fargo, North Dakota |
| William J. Mayo, surgeon, Rochester, Minnesota | Henry C. King, president Oberlin College |

Members of U. S. Supreme Court

- | | |
|-------------------|---------------------|
| Louis D. Brandeis | James C. McReynolds |
|-------------------|---------------------|

United States Senators

- | | |
|----------------------------------|-------------------------------------|
| William E. Borah, Idaho | John D. Works, California |
| W. P. Dillingham, Vermont | William H. Thompson, Kansas |
| P. J. McCumber, N. Dakota | Thomas P. Gore, Oklahoma |
| Henry F. Hollis, New Hampshire | W. L. Jones, Washington |
| Francis E. Warren, Wyoming | Morris Sheppard, Texas |
| Henry L. Myers, Montana | Benjamin R. Tillman, South Carolina |
| Thomas S. Martin, Virginia | Atlee Pomerene, Ohio |
| Charles S. Thomas, Colorado | Reed Smoot, Utah |
| Joseph E. Ransdell, Louisiana | William H. King, Utah |
| Thomas J. Walsh, Montana | William M. Calder, New York |
| Howard Sutherland, West Virginia | J. H. Gallinger, New Hampshire |
| Bert M. Fernald, Maine | John F. Shafroth, Colorado |
| Charles Curtis, Kansas | William F. Kirby, Arkansas |

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- | | |
|--|--|
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| Daniel A. Poling, LL. D., associate president and citizenship superintendent | Ira Landrith, editor afield, <i>Christian Endeavor World</i> |
| William Shaw, LL. D., general secretary | A. J. Shartle, treasurer |
| | Karl Lehmann, Southern States secretary |

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- Burt G. Wilder, B. S., M. D., Emeritus Professor of Neurology and Vertebrate Zoology, Cornell University, Ithaca, New York.
- Harvey W. Wiley, A. B., A. M., M. D., B. S., Ph. D., LL. D., President of American Therapeutical Society, Washington, D. C.
- Jenkin Lloyd Jones, LL. D., pastor of All Souls' Church, Chicago, Illinois.
- David Starr Jordan, M. S., M. D., Ph. D., LL. D., Chancellor, Leland Stanford Junior University, California.
- Winfield S. Hall, Ph. D., M. D., Professor of Physiology in Northwestern University, Chicago, Illinois.
- William A. McKeever, M. A., Ph. M., Professor of Child Welfare, the University of Kansas.
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- Thomas B. Stowell, A. M., Ph. D., Dean, and Professor in Department of Education, University of Southern California.
- Stephen F. Peckham, A. M., consulting chemist for the City of New York.
- Hon. William H. Douglas, New York City.
- William B. Chapman, New York City.
- Asa Francis Smith, member of the New York Bar.
- Alphonse Major, New York City.
- George A. Rutherford, New York City.
- Arthur C. Lasswell, A. B., Pe. B., assistant in Biology, Manual Training High School, Brooklyn, New York.
- Charles H. Valentine, member of the New York Bar.
- Frederick W. Roman, A. M., Ph. D., Syracuse University, Syracuse, New York.
- J. H. Kellogg, M. D., superintendent Battle Creek Sanitarium.
- Walter H. Bond, member of the New York Bar.
- R. S. Rutherford, member of the New York Bar.
- Nelson Smith, member of the New York Bar.
- Charles Elihu Slocum, M. D., Ph. D., LL. D., member Toledo Local, Ohio State and American Medical Association.
- Prof. Henry Montgomery, A. B., A. M., B. S., Ph. D., University of Toronto, Canada.
- Robert K. Walton, member of the New York Bar.

TOBACCO leaf placed on the tongue of a boy who has never used tobacco causes nausea, vomiting, and serious heart and circulatory disturbances. Death has resulted from placing tobacco upon sores and cuts in children.

Mr. Edison's View of Acrolein

Acrolein is one of the most terrible drugs in its effect on the human body. The burning of ordinary cigarette paper always produces acrolein. That is what makes the smoke so irritating. I believe that it often makes boys insane. We sometimes develop acrolein in this laboratory in our experiments with glycerin. One whiff of it from the oven drove one of my assistants out of the building. I can hardly exaggerate the dangerous nature of acrolein, and yet that is what a man or a boy is dealing with every time he smokes an ordinary cigarette.

Luther Burbank, the Plant Wizard

MR. BURBANK is to the plant world what Mr. Edison is to the electric world. His wand can give to the calla lily the fragrance of violets or of water lilies, and to the plum the fragrance and flavor of the Bartlett pear. Seedless oranges, stoneless plums, white blackberries, and a long list of new varieties of fruits and flowers are products of his wizardry. Out of a black walnut tree and a California walnut he has produced a new tree that grows twice as rapidly as the combined growth of both parents. The ordinary chestnut tree of the woods requires from ten to fifteen years to pass from seedling stage to nut bearing; but Mr. Burbank has made a chestnut tree six months old bear nuts. The pineapple quince, a luscious fruit, which combines the characteristic qualities of each of the parents; the Burbank potato, known throughout the country; and the spineless cactus, which because of its economic value is regarded by some as his greatest achievement, are all products of Mr. Burbank's skill. He has produced the Australian star flower, which retains permanently its perfume and color; the scarlet poppy, yellow calla lily, new and hardy varieties of the tea rose; and besides these he has combined the field daisy with Japanese and European varieties, producing the exquisite Shasta daisy, a prince among flowers. All this has Mr. Burbank done, and much more. But there is one thing he has not done. I have asked him to tell you himself. He says:



Luther Burbank

"I have never used tobacco in any form, and, being of a nervous temperament, I am entirely satisfied that I should not have survived if I had. Many of my young friends are now in their graves, undoubtedly from cigarette smoking alone. I have never met any person who thought that cigarettes were beneficial to any one, under any circumstances. Why do people use them? That is too much for me, for the effect of them on boys is exactly like that of sand in a watch."

Mr. Burbank absolutely refuses to employ cigarette users in his gardens, for he says that tobacco destroys the delicacy of touch necessary in his budding work. So our wonder-working plant wizard of America says, both by example and precept, that boys who wish to do things worth while must not touch the filthy weed, tobacco.

What a \$1,200,000,000 Tobacco Investment Brings the Smokers

(Concluded from page one)

The Life Extension Institute says:

"Tobacco used freely causes inflammation of the throat, and invites the attack of germs."

Phipps Institute showed by a series of observations that smokers are twice as likely to have tuberculosis as non-smokers.

The founders of the Spencerian Business College, after thirty years of observation of young people, say:

"The effects of this narcotic are premature age, shattered nerves, mental weakness, stunted growth, and general physical and moral degeneracy; and therefore we decline to receive into our institution any who use this noxious weed."

It is very rare for a smoker to take high honors in his class. In some colleges such a thing has not happened in fifty years, although the smokers are many and the abstainers few.

Nine tenths of army rejections are said to be due to tobacco heart. It has been proved that the excessive use of tobacco —

Checks growth
Causes tobacco heart

Seriously interferes with circulation and respiration

Promotes cancers
Injures eyesight, frequently causing blindness
Impairs intellect
Lowers scholarship
Injures nerves
Destroys sensitiveness of taste
Predisposes to tuberculosis
Impairs work of kidneys

Weakens morals
Excludes religion
Offends society
Makes criminals
Lessens business efficiency
Unfits for athletic sports
Creates craving oftentimes for liquor
Poisons family

Not all tobacco users suffer from all of these afflictions; yet one may be assured that if the use of tobacco is begun early in youth and continued to manhood, the majority of these ills will manifest themselves. To a regular but moderate user who did not begin until years of manhood were reached, the ill effects are not so grave, but any one of the most serious results is likely to manifest itself in an unexpected moment, and demand the death toll.

Undeceive the Boys

ARE the boys altogether to be censured for considering smoking as an element of manliness, when every movie hero sports a cigar or cigarette; when nearly all clothing illustrations show boys or men smoking; when high-class magazine illustrations represent the hero of the story with his cigar; when great advertising billboards show the men with pipe, cigar, or cigarette; when the daily newspapers devote whole pages to advertising matter setting forth the pleasure of the smoking habit; and when every street car has one or more signs telling of the delights of some kind of tobacco?

All this is but part of a nation-wide campaign to catch the boys as cigarette buyers, that the coffers of the American Tobacco Company may overflow with dollars from the destruction of the souls and bodies of our boys.

A duel is to be fought. The great tobacco trust is on one side, the great army of American boys on the other. One of these will succumb. Which it shall be depends upon you and me, and all the rest of those who love and believe in the boys.

It is evident that boys will be misled by the strenuous effort on the part of the tobacco trust to make them think that smoking and manliness go together. It is our part to undeceive them, and let them know that the highest manhood is divorced from the tobacco evil. It is for men to show them by total abstinence that true manhood eschews the weed. When will men sense the responsibility

that rests upon them in this fight to free the boys from the cigarette curse? Right example is better for boys than sermons.



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Hudson Maxim

An Inventor's Word

HUDSON MAXIM, the inventor of the multi-perforated smokeless powder grain; inventor of maxinite, the first high explosive to be fired from a cannon with powder through armor plate; the inventor of motorite, a material which by self-combustion drives the torpedo

through the water at from forty-five to sixty miles an hour; and of many other important inventions, speaks in no undertone about the evil effect of tobacco when he says: "Tobacco is a maker of invalids, criminals, and fools!" His latest word on the subject comes as a personal word to the readers of this issue. He says:

"No, I do not smoke. Tobacco is one of the greatest evils of the modern world. It is one of the great degenerators of the race.

"None of my direct ancestry, as far back as I am able to trace, ever used tobacco, consequently tobacco is unusually poisonous to me through lack of immunity. Up to the time I was thirty-five years old I found the use of tobacco by others an insufferable nuisance. Frequently I would become so poisoned by tobacco smoke as to be ill for days. One time in London while attending a dinner I was made sick for six weeks."

Efficiency Destroyers

BOYS know that rum and whisky are efficiency destroyers. They look with disgust or pity upon the drunkard, the man who has voluntarily destroyed his efficiency by drinking liquor. But the boy who smokes is walking in the same path that the drunkard took. To the growing boy the cigarette is as great an evil as rum is to the man. When the man takes his first drink, and the boy smokes his first cigarette, the two start on the efficiency - destroying path; for as the first glass of whisky usually in time leads to the gutter, so the first cigarette usually leads to the inefficiency and debility of the cigarette fiend. A cigarette-smoking boy is a fifty-per-cent loss to every good cause. It has been scientifically proved that smoking produces grave effects on mind, body, and soul. Dr. A. E. Gilson, of the United States Navy, cites the following list of evils resulting from the habitual use of the harmful weed:

- "It leads to impaired nutrition of the nerve centers.
- "It is a fertile cause of neuralgia, vertigo, and indigestion.
- "It irritates the mouth and throat, and thus destroys the purity of the voice.
- "By excitation of the optic nerves it provokes amaurosis and other defects of vision.
- "It causes a tremulous hand and an intermittent pulse.
- "One of its conspicuous effects is to develop irritability of the heart.
- "It retards the cell change upon which the development of the adolescent depends."
- "It will be remembered that when the Boer War broke out, 11,000 volunteered for service in the Manchester District alone; 8,000 of whom were at once rejected as physically unfit, and only 1,200 finally passed the doctors. The chief cause of unfitness was proved to be smoking by boys and young men."

To the sensible boy the strongest testimony against the cigarette is the fact that so many of life's business doors are closed to cigarette users.

Signing the Pledge

HELLO, Walter! what is that you find so interesting that you nearly stumble over a fellow?"

"An anti-cigarette pledge Tom Brown just handed me. Perhaps you've seen it."

"Yes, indeed; James and I both signed it long ago; and of course you intend to."

"Not much. It is unmanly. Only weak men sign pledges."

"So you call a pledge unmanly?"

"Certainly, and hundreds of men say the same thing."

"If you won't sign a pledge, you will have to go to some desert island and live all by yourself, for in our country the pledge is the basis of social and business life. You can never witness in a legal suit."

"If my testimony was needed to aid right and secure justice, I should be willing to serve as a witness."

"But you would have to pledge yourself to tell nothing but the truth. I suppose that would be unmanly."

"No, that is different."

"If you go into business, you will have to be unmanly enough to sign a good many pledges, or you cannot lease a house, sign a note or any kind of contract, for they are all pledges. And you cannot be President of the United States, for you would have to take the pledge of office. And you cannot get married when you grow up, for then you would have to take a pledge."

"I guess you have the best of it, James. I never thought of it in this light before. But an anti-cigarette pledge is a different thing. I don't smoke and never intend to. I don't need to sign any pledge."

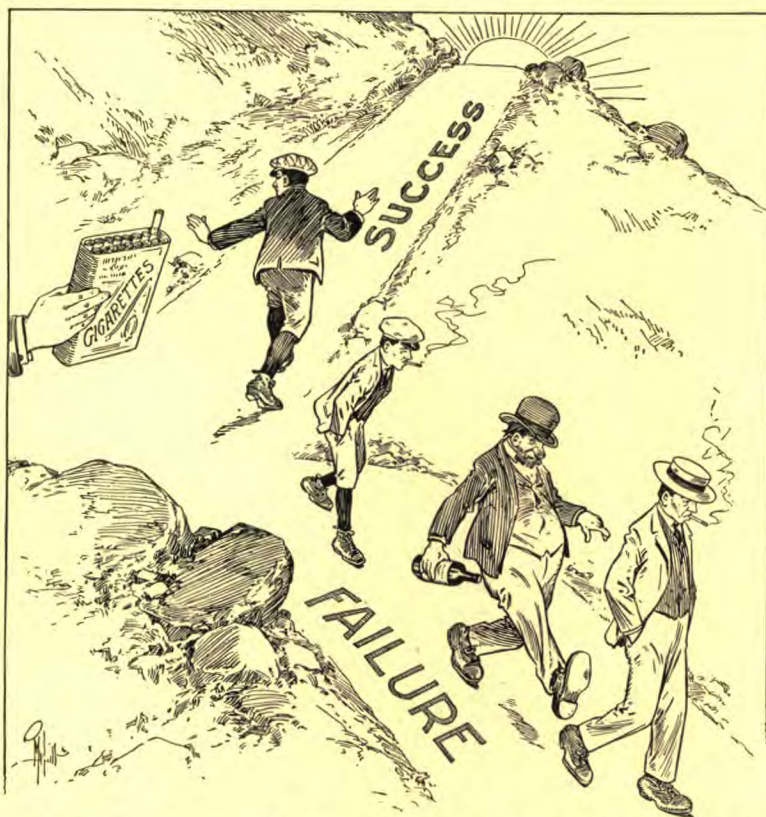
"How about your influence over the fellows who do need it? If we are free from evil, we set a good example for the smaller boys; and if we sign the pledge, it is easier for others to do so. That's right, Walter."

"I suppose that is true," admitted Walter.

"Of course it is. Come and help us

along," urged both boys of their comrade.

"All right. Where's a pencil?"—*Adapted from Boys' Companion.*



Anti-Tobacco Pledge

For Christ and Home and Country, I hereby promise to abstain, with divine help, from the use of tobacco in all forms, and to encourage others to do likewise.

Date _____ Name _____

Do It

If you have any interest in the American boy, do something at once to save him from the cigarette habit. In lots of fifty or more this paper can be had for 4 cents a copy. Will you not place it in the hands of at least fifty boys?

JUDGE LINDSEY says: "I know of no habit more responsible for the troubles of boys than the vile cigarette habit. No pure-minded, honest, manly boy will smoke cigarettes."

The Youth's Instructor

ISSUED TUESDAYS BY THE

REVIEW AND HERALD PUBLISHING ASSN.

TAKOMA PARK STATION, WASHINGTON, D. C.

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

LXV

AUGUST 28, 1917

No. 35

Entered as second-class matter, August 14, 1903, at the post office at Washington, D. C., under the act of Congress of March 3, 1879.



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U. & U.,
N.Y.

WHY DO PEOPLE SMOKE ?

It certainly is not for beauty, health, wealth, or morals.

The untutored American Indian first smoked. From him the white man took up the habit, before scientists had discovered the nature of tobacco.

Tobacco was first introduced into Europe in 1559. When the habit of smoking gave indications of becoming permanently established in European countries, the use of tobacco was prohibited by political and ecclesiastical authorities, and most vehement measures were taken to suppress it. But it was too late. Human nature is prone to resist that which is for its own good.

Finally, Greed, seeing the money value of the smoking habit, so organized his forces that the slogan for a large part of the world, if not for all of it, became: "A cigarette or cigar in the hand of every man, woman, and child." Through his machinations the world is being narcotized and destroyed.

The Filipinos, as shown by the accompanying picture, have surrendered to the tobacco trust. China is fast submitting, while Europe and America are not far behind the Orient. Men set the example for our boys, hundreds of thousands of whom have become slaves to the tobacco habit. Finally, many of our women and girls are selling life's best for a puff of smoke. Shall America, too, surrender? We say, No! Instead, let her arouse herself, and through education and legislation demand the elimination of the narcotic.



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