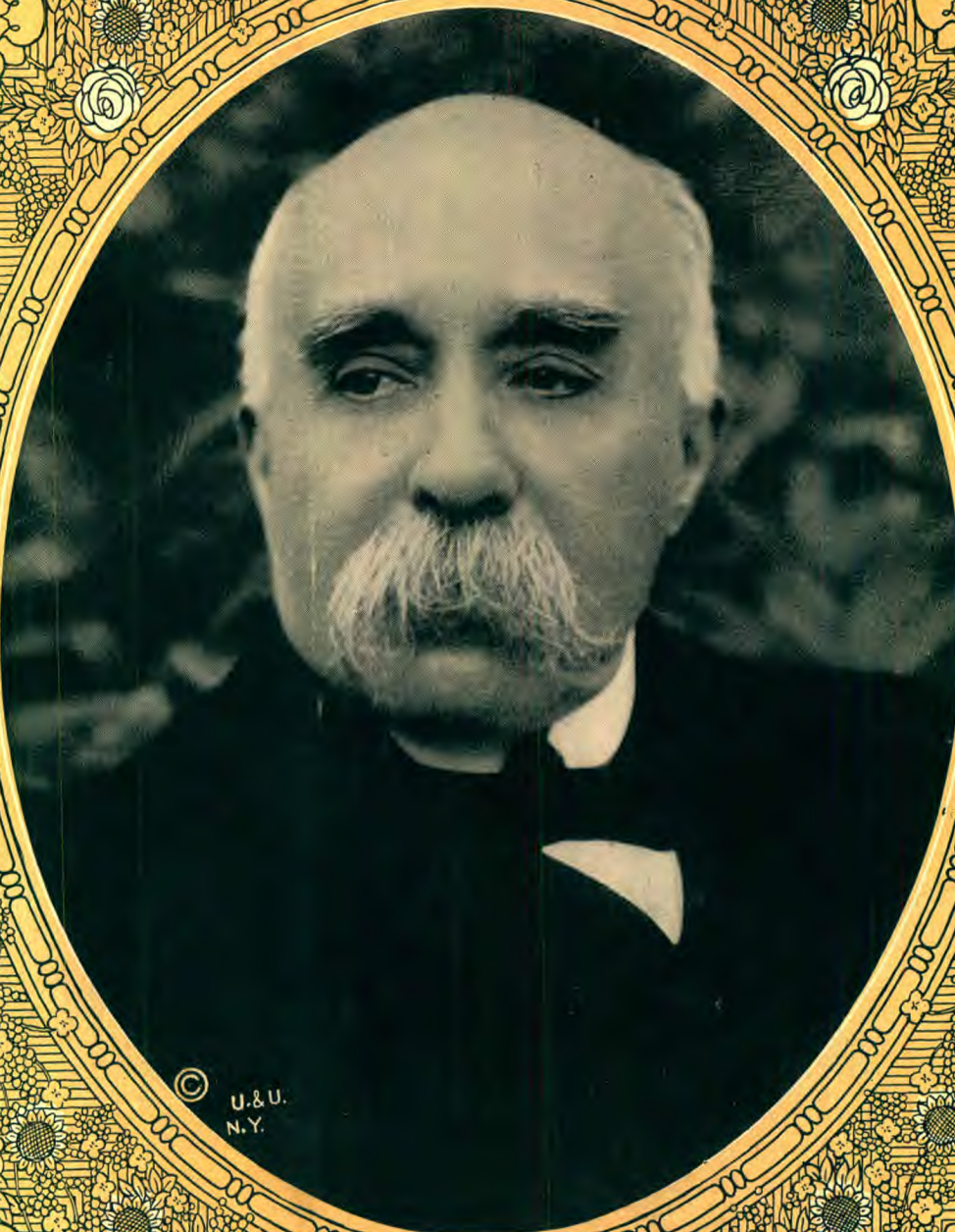


THE YOUTH INSTRUCTOR

ANTI-TOBACCO ANNUAL

1919



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N. Y.

Georges Clemenceau
Premier of France

He stands with President Wilson
in refusing to use tobacco

It is scarcely possible to cure a syphilitic sore or unite a fractured bone in a devoted smoker.—*Dr. Harris, of the New York City Dispensary.*

The idea that tobacco prevents disease is an error. A tobacco user's chances of recovery from malignant disease are lessened fifty per cent.—*Dr. O. M. Stone, of Boston.*

Branch Rickey, manager of the St. Louis Cardinals of the National League, is a total abstainer. Mr. Rickey says: "I have never used profane language; neither do I smoke, chew, or drink."

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, and nearly twice what is spent for education.

The Christian has no more right to carry a cigar or quid of tobacco in his mouth than he has to carry a deck of cards in his pocket. They are both the paraphernalia of the saloon, the gambling-room, the brothel, and the den of thieves.—*The No-Tobacco Journal.*

At a meeting of the Cigar Makers' Union No. 92 of Worcester, Massachusetts, it was voted to fine any member smoking a cigarette five dollars for each offense. The rule is said, by the Anti-Cigarette League of that State, to have been made solely to protect the Sick and Death Benefit funds, as it was found that the cigarette smokers drew more than their share of the Sick Benefits and more Death Claims were paid to their families.

Mr. Wald, professor of Latin in Trinity College, says of tobacco: "While we must continue our work of trying to save those who have become victims of the evil, and of persuading others from coming under its bondage, yet the ultimate aim must be finally to secure prohibitive legislation. To save a hundred boys by pledging them to abstain is well, but to remove the temptation from thousands of them is better."

"A young man in college refused to room with a tobacco user. That is the kind of stand every young man should take who wants to keep himself clean from tobacco and reach the highest standard of efficiency." If a young man will refuse to room with a tobacco user, should a young woman allow a smoker to be her escort and perhaps her husband?

The Rev. T. J. Ogburn says that he has had several hundred conversions under his preaching during fifty years, and while he has preached to hundreds of boy smokers, he has never known one to become a Christian. If the boys are to be saved to Christ, they *must* be kept from the cigarette.

An average of one fire every minute was our fire record for 1916. The property loss caused by fires during a recent year was \$214,530,885. But the loss caused by the tobacco users equals six times this amount, or more than \$3,000,000 a day.

The women of the country should demand that the tobacco companies refrain from featuring women in the advertisements of their wares. It is an insult to womanhood.

A New Kind of Cigarette Papers

MR. HOMER RODEHEAVER, Mr. Sunday's musical director, has had printed a booklet of cigarette papers that he offers in the place of the usual papers. Those who will use this substitute will find a personal message from the singer on each paper. Some of these messages are:

The Cigarette and Physical Strength

"Dr. Sims Woodhead, professor of pathology in Cambridge University, says that cigarette smoking in the case of boys, partially paralyzes the nerve cells at the base of the brain, and this interferes with the breathing or heart action. It also interferes with the functions of the eye, of the heart, and of the kidneys. Tobacco smoking interferes with the development of the boy."

"Cigarettes weaken physical strength and undermine future health. They sap the energy of nerve and brain cells. That is why athletes under training are not allowed to use them."

"One prominent paper makes the following statement: 'Tobacco is the admitted cause of upward of eighty diseases, including blindness, and cancers of the lower lip and tongue, and is credited with killing 20,000 in our land every year.'"

"Dr. Seaver, physical director of Yale, found the lungs of the average nonsmoker could hold five cubic inches more air than the lungs of the smoker; also the average height of the nonsmoker was about one third of an inch more than that of the smoker, though they were younger and should have averaged a trifle shorter."

The Cigarette and Mental Power

"Cigarettes weaken mental strength and hinder clear and concentrated thinking. Dr. Forbes Winslow says: 'Cigarette smoking is one of the chief causes of insanity.'"

"You may see a cigarette smoker who is active, alert, competent, quick to see an opportunity, appreciative, sympathetic, and kind. But when you see such a one, he is in his prime; he is sure to degenerate, his future lies behind him."

"Prof. W. A. McKeever, of Lawrence, Kansas, found by means of tests with a sphygmograph that cigarette smoking had direct and immediate effect on the heart action, and has been known to cause serious heart trouble."

"Every boy should be proud of his mental ability. Cigarettes affect your mind. Professor McKeever, investigating the records of 2,336 boys who smoked cigarettes, found only six who were first-class in their studies; only ten were average; all the rest were poor or worthless students."



The nurse here depicted is more aggressive than nurses are generally; but not more so than many patients would like them to be.

The Youth's Instructor

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The INSTRUCTOR

Takoma Park

Anti-Tobacco Annual

Washington, D. C.

Tobacco and Health

BRUCE FINK

Professor of Botany in Miami University, Oxford, Ohio

TOBACCO contains nicotine, pyridine, picoline, lutidine, and other alkaloids, some of which are among the most violent poisons known. Besides these, the aldehydes, furfural and acrolein, are often developed as a by-product of smoking. Furfural is said to be 50 times as poisonous as alcohol, and is regarded a frequent cause of pulmonary tuberculosis. Acrolein is very irritating to human tissue, and is supposed to be a frequent cause of destruction of nerve cells.

On account of these poisonous elements in the composition of tobacco, we have the problem of the relation of this drug to health. In the strenuous campaign ahead of us, the tobacco interests will, in all probability, resort to many plausible schemes to distort truth and hinder the progress of education concerning the effects of the tobacco habit. We may expect to be told repeatedly that the data regarding the injurious effects of the drug are not, after all, convincing, and that the tobacco addict escapes, in some way or other, all the poisonous consequences of using the weed. Nothing but carefully tested, scientific data will offset the statements that will doubtless multiply and flood the country as the anti-tobacco campaign waxes hot.

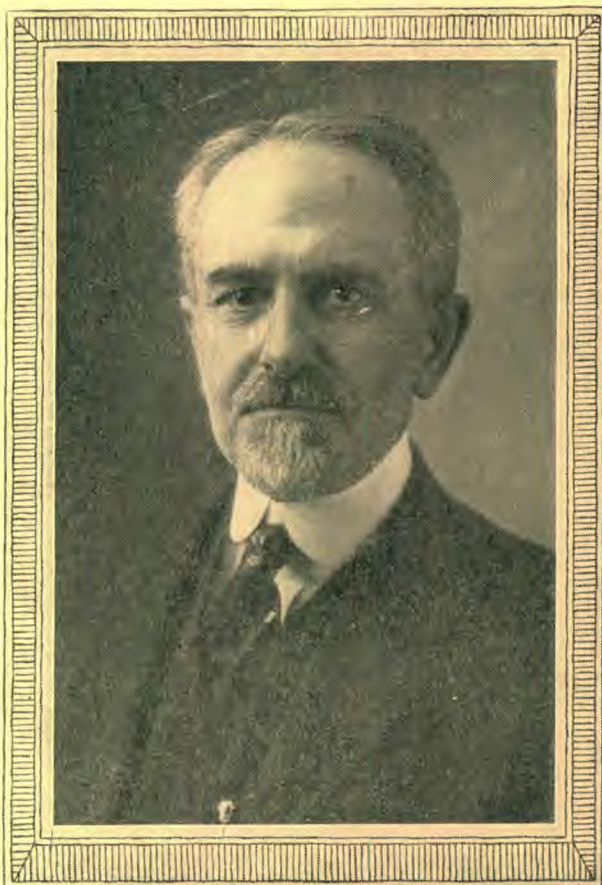
I shall introduce, first, data recently secured from some students. In November, 1918, I received answers, from 45 men of the Students' Army Training Corps who were taking work in bacteriology with me, to a questionnaire on the effects of using tobacco. Of the 45 men, 31 were smokers and 14 were non-smokers. Of the 31 smokers, 19 used tobacco habitually, and 12 indulged only occasionally. The habitual smokers had used tobacco for three and one-half years on an average, at the average rate of six smokes a day. Forty-four of the men regarded tobacco injurious in one or more of the following ways: to the body in general, to the mind, to the lungs, the nerves, the heart, the digestion,

the throat, the eyes, and the teeth. One man professed not to know whether tobacco was injurious or not; but not one of the 45 men defended the use of the drug, except under the peculiar conditions of war. Twenty-six of the users regarded tobacco injurious to themselves in one or more of the ways enumerated above, and the five who did not know that their habit was injuring them-

selves personally were occasional users or men who smoked about once a day. In brief, every moderate or large user of tobacco knew that he was being injured by his drug addiction. The number of men questioned was not large enough for final conclusions; but the fact that 44 of 45 men believed tobacco to be injurious in general, while all of the moderate and heavy users admitted that they were being injured personally, is quite significant as testimony against tobacco.

For the remainder of the discussion, the data are taken from published studies, and the names of the authors appear in the footnote. In a study of 400 schoolboys, half smokers and half nonsmokers, carried on for several months, it was found that about 14 times as many smokers as nonsmokers were deficient in such points as hearing, memory, manners, deportment, steadiness of nerves, physical condition, mental power, moral force, application, neatness, and truthfulness. Also 40 times as many smokers as non-

smokers failed of promotion. Essentially like conditions were reported from the study of boys from another school, and both series of experiments showed that the smokers were surprisingly deficient in all points of the comparative tests. In measurements of 40 boys, chosen by lot from the latter school, it was found that the smokers were about 1.5 years older for their grades than the nonsmokers. In another school, 950 boys were compared, and it was found that the smokers were 1.15 years older for their grades, and that 29 per cent of the



Professor Fink, who is a member of the "Committee of Fifty" scientific men appointed to study the tobacco habit.

smokers failed in their studies to 10 per cent of the nonsmokers. In one of the schools, measurements of height were taken; and it was found that the smokers

DR. J. N. Hurty, State health commissioner of Indiana, says that he can tell which boys will be injured by smoking and which ones will not be. He says those boys will not be hurt by tobacco who never learn to use it; and that is the only safe way to escape injury.

Dr. Hurty further says: "Happy is the boy who has enough good sense and a courteous regard for the comfort of others to refuse to begin a habit outlawed by States, courts, churches, and business houses."

were three inches shorter for their ages than the nonsmokers, and were seven pounds lighter in weight. No one who has studied carefully the relation of tobacco to health supposes that the boys who succumb to the tobacco addiction are, before beginning the habit, equal, as a whole, to those who refrain; but abundant evidence to follow is good proof that a very considerable part of the deficiency is due directly to their drug habit. More study is desirable to strengthen the evidence and to bring the facts to as many schools as possible; but no boy should begin to use tobacco in face of the above data.

Smoking Decreased Lung and Mus- cular Capacity

Far more convincing are the data from studies of college and university students. In studies for several years of men entering Yale University, it was found that smokers were 15 months older than nonsmokers, yet only 15 kilos heavier, and 0.7 cm. shorter, and 80 cm. less in lung capacity. They gained 10 per cent less in weight, 24 per cent less in height, 26 per cent less in chest girth, and 77 per cent less in lung capacity after entering. In similar studies at Amherst College, it was found that the smokers gained 24 per cent less in weight than the nonsmokers, 37 per cent less in height, 42 per cent less in chest girth, and 75 per cent less in lung capacity. At the University of Michigan, tests of strength showed that smoking five cigars a day decreased the power of doing muscular work by about 41 per cent. Investigations of football candidates in six of our leading universities in 1912 showed that half as large a per cent of smokers as nonsmokers made the teams, while the smokers were 22.6 per cent lower in lung capacity. A series of unusually

Our main sources of information used herein are Elmer Berry, Franz Boos, George J. Fisher, H. D. Hervey, Edward Hitchcock, W. P. Lombard, P. L. Lord, F. J. Pack, J. W. Seaver, H. L. Smith, and some of my own studies of S. A. T. C. men, recently published in pamphlet form. Most of the literature by the above authors is cited and discussed more fully in my book entitled "Tobacco." The painstaking and important results by Fisher and Berry may be found in a book of 200 pages, entitled "The Physical Effects of Smoking."

careful studies of men at the Y. M. C. A. College at Springfield, Massachusetts, proves that smoking one cigar causes a loss of 11.2 per cent in accuracy of target shooting and 21 per cent in accuracy of pitching a baseball. Accompanying this is a loss in muscular precision and an increase in pulse rate and blood pressure.

Heavy Smokers Refused by Life Insurance Companies

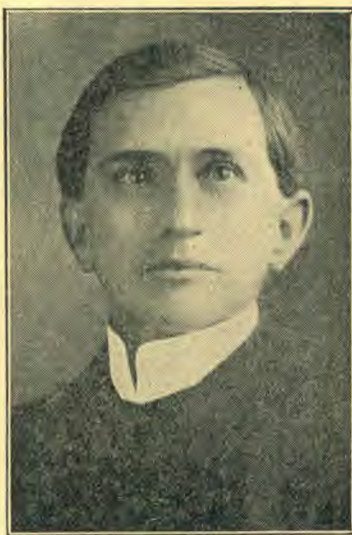
Life insurance companies are finding the mortality rate to increase in about the same proportion for users of tobacco as for those given to strong drink, and are refusing heavy smokers as risks. Tobacco is said to decrease longevity by about seven or eight years as an average. Few poisons are as deadly as some of those found in tobacco or developed in smoking, and the body of the user

is weakened to such an extent that he falls prey to diseases more often and recovers less often than the non-user. Moreover, tobacco is known to cause several diseases directly. Data on these points are piled high and are well known to the medical profession. Yet many persons are deceived into believing that tobacco is helpful, because its deadening or narcotic effect diminishes uneasiness and discomfort and causes a stupor which is often mistaken for strength. But one of the real results is a decrease in resistance, vitality, and longevity. Thousands of persons have been studied with respect to the effects of the tobacco habit, and the investigators of recent years have all advised against its use. We have considered but a small portion of the evidence in this brief paper, and the data will increase rapidly in the near future. Boys and young men prize health and strength, and it is important that all young persons should be instructed regarding the relation of tobacco to health by systematic and progressive edu-

Willamette University and Tobacco

BECOMING the president of a college in 1907, I have had opportunity to observe the effects of the use of tobacco on the youth of college age, and the conviction increases that it is wholly harmful. In athletics, in scholarship, and in moral fiber, the tobacco user suffers an appreciable loss.

This is so apparent that Willamette University



President Doney

has adopted the policy of not retaining any student who uses cigarettes, of allowing no one to use tobacco in any form upon the campus, of awarding no scholarships to tobacco users, and of discouraging the use of tobacco anywhere. It is thought that the university can best devote all resources to students who carry no such voluntary handicap. The result is that our students maintain a high standard in those things for which a real college stands; and a further result is that not 5 per cent of the students use tobacco at all. I have seen enough to cause me seriously to urge young people who wish to achieve high purposes not to use tobacco in any form.

While in France I attended a large army field meet at St. Aignan. A defeated soldier, in speaking to his comrades, said, "It's the cigarette that knocked us out. The fellows who don't smoke 'em have got the wind and the punch."

CARL G. DONEY.

cation extending throughout our whole educational system.

IN a booklet that won a \$1,000 prize offered by the Metropolitan Life Insurance Company, Dr. Donald B. Armstrong says: "Why any boy who wants to develop strength of mind, muscle, and nerve and who is trying to keep himself in best condition, will run the risk of spoiling all his efforts by the use of tobacco before he has his growth, is hard to understand. Perhaps it is because, like the girl who wears foolish clothing, he cannot see the bad effects in the beginning, and he has not sense enough to look ahead."

A SIGN, "No smoking," was recently posted in an Eastern city at a dog show where fancy stock was on exhibition. It might hurt the dogs, you know. About the "humans" there seemed less concern.—*Presbyterian Board of Temperance.*

The Cigarette in China

O. B. KUHN

THE British and American tobacco companies operating in China have for their slogan, "A cigarette in every Chinese mouth." These companies are making rapid progress toward their aim. I have been surprised when itinerating in the interior, far from the main routes of travel, to find in the smallest villages stores selling cigarettes.

The agents of the tobacco companies are expert advertisers. The boxes containing the cigarettes are very attractive. Some have a picture of New York, a landscape, or a marine scene; others have a picture of airships, painted with a variety of colors. The stores often hang out a fine silk flag with the picture of a box of cigarettes painted upon it. The Chinese characters advertising the cigarettes are made of velvet and sewed on the flag. One sees the advertisements on walls, roofs, stones, and billboards. The newspapers also are extensively used. Sample cigarettes and beautiful pictures are given to the public free. No time, money, or thought is spared in the work of advertising.

A box of cigarettes in Hunan costs twenty coppers. There are one hundred fifty coppers in a Chinese silver dollar, and it requires one dollar fifteen cents Chinese money to exchange for one dollar gold. I have often wondered how so many persons of the lower class can afford to buy cigarettes, but many deny themselves of necessities in food and clothes, and other articles, in order to purchase them. The habit is growing at an alarming rate. All classes—men, women, and children—are becoming slaves to this habit. The official class, soldiers, and young business men, are especially addicted to the cigarette.

Recently while traveling I observed a mother of the well-to-do class urge her twelve-year-old daughter to smoke a cigarette. The mother was smoking one, and she told her little girl that she must learn to smoke if she wished to be in style. The girl would take a puff, then object, saying that it tasted bad and made her feel sick. The mother insisted that she smoke. The daughter picked up the soft, pliable skin of a mandarin orange that had been thrown on the floor, and made a holder or mouth-piece for the cigarette. Taking a few whiffs, she said that the taste and perfume of the orange skin helped her get accustomed to the unpleasantness of the cigarette.

Thus to China's already too great a load of ills is added that of the Western cigarette. Poor old China has enough misery without this. American brewers, being thrown out of business at home, are also establishing their dreadful trade here. China having just been delivered from the awful opium habit, can hardly survive the alcoholic and cigarette habits following so closely after. China has been handicapped for centuries with the superstitions of her heathen religion. It is a pity that she must now wrestle with other imported evils, the opium misery having been inflicted upon her by England. China

has not had half a chance, and it is to be feared that modern vices from the West will make the battle seem almost hopeless.

Medical Aspects of the Tobacco Habit

IN a paper read before the Association of Health Officers of Nova Scotia, D. Fraser Harris, professor of physiology in Dalhousie University, gives a résumé of the medical aspects of the tobacco habit:

1. The substances in tobacco smoke which are injurious are probably oxidation products of nicotine and other alkaloids.

2. The smoking of tobacco is the more injurious the younger the person, hence young recruits suffer more readily from "tobacco heart" than older men.

3. The chewing of tobacco is much more injurious than the smoking of it, and should be discouraged.

4. Since what is injurious in tobacco

smoke is absorbed more readily by inhaling than by smoking without inhaling, inhaling ought to be discouraged.

5. There is a marked idiosyncrasy toward tobacco in respect of the substances which raise the blood pressure, cause irregularity of the heart, and give rise to gastric acidity.

6. Those who have this idiosyncrasy should never use tobacco.—*The World's Almanac for 1919.*

It is my opinion that no boy who smokes or chews tobacco will ever make as good a man physically, morally, or mentally as he would have made if he had let tobacco alone; and in ninety-nine cases out of a hundred the victims of this habit are complete failures as men.—*Testimony of Superintendent of Oregon Training School.*



There's No Smoker in Our Family, and There Never Will Be

Nine in a Row

IN a never-to-be-forgotten clinic I once conducted in a remote part of Ireland, where nearly all the old women smoked, I saw one morning nine of them in a row, each with the lower lip partially eaten away, two with the bone of the chin exposed through the suppurating flesh, as a consequence of the use of tobacco. Somewhat similar sights, but of men, and perhaps not so many at a time, may be witnessed at the general surgical clinics of our own large cities. But the perverted judgment and moral obliquity engendered by tobacco, more than the diseases caused by its use, make it a menace to the coming generation.—*Matthew Woods, M. D.*



Tobacco Did It

AMERE baby was he when some ignorant, misguided relative placed tobacco in his mouth; and this was repeated until the child acquired the tobacco habit. As a result, when this youth was seventeen years old, he suffered a stroke of partial paralysis of the right side. In middle life he was an object of extreme pity. He walked only as he grasped a long stick with both hands. He had convulsions, cramping horribly, his under jaw being drawn so far to one side that it seemed impossible for it ever to return to its place. His mind was also affected, and his tongue was very difficult to control in talking.



Hearing a lecture on the evil effects of tobacco, he had manhood enough left to give up the tobacco habit.

Within three years he was far removed from his former condition. He had only one convulsion after giving up tobacco. His tongue regained its normal condition, and his lameness so far left him that he could do considerable work.

There is no doubt that, had tobacco not been used so early in life, he would have been in normal condition at the time he was so pathetically crippled. The early use of tobacco by a boy never fails to make some grave inroads upon health and character. Therefore, boys, if you have any desire to be at your best in adult life, let tobacco alone, absolutely alone.

The Chagrined Ministers

AMINISTER of the gospel was seeking to persuade a young girl of twelve to perform some self-sacrificing service during Lent. Imagine his chagrin when she answered his plea with the impulsive outburst:

"Pshaw, don't preach self-denial to me when you have your mouth full of nasty tobacco!"

The merited rebuke wrought an immediate reformation, for the offending quid was removed, and no other ever took its place.

Every Christian who uses tobacco, if his ear were acute enough, could hear thousands of protests as stinging as that of the young girl, coming from men, women, and children all about him. And how much more severe must be Heaven's condemnation!

A minister of Rochester, New York, was walking up the street one day with a lighted cigar in his mouth, when he was met by an acquaintance, who was an avowed infidel. The latter laughed outright as he greeted the minister, and being pressed to tell what so pleased him, said: "Oh, I was just thinking how you



would look going up to meet the Lord amid wreaths of tobacco smoke, with that cigar in your mouth!"

The minister very wisely abandoned the tobacco habit.

It was estimated by the late Rev. Josiah Strong that the tobacco bill of church members is more than four times that spent for mission work. Think of it!

What changes could be wrought in heathen lands through the use of nearly \$200,000,000 each year for missions. Now the whole Protestant world is said to spend less than \$25,000,000 a year on foreign mission work.

Will not the Judge of all the earth some day demand a reckoning of ministers and laymen?

Magnificent Leaves

TOBACCO grown in gardens does not have the immense leaves that the plant does when grown in the tobacco fields of France. The explanation for this, as given by a French peasant tobacco grower, is this: "In the gardens the plant is allowed to grow freely. It shoots up a tall stalk and the leaves remain comparatively small. We, on the contrary, extirpate the heart of the plant; we lessen its upward growth, and the sap turns back into the leaves and they become magnificent."



There is an anomalous sequel to the farmer's custom of extirpating the heart from the tobacco plant; for later the tobacco, as if in revenge, extirpates the heart, the life, from the boy who uses it. This statement needs no proof, except what can be gained from observation of the excessive user of tobacco.

Profoundly Grateful

IN a meeting of the New York Liquor Dealers' Association the following resolution was adopted:

"Resolved, That we appreciate the opposition to prohibition measures, and feel especially grateful to the Cigar Dealers' International Union of America for its support, and we pledge ourselves to purchase and dispense exclusively only those brands of



domestic cigars manufactured by the union bearing the label of the association; and we do further insist that each local affiliated with the organization throughout the State take appropriate steps to carry out this resolution in letter as well as in spirit by penalizing those members who fail to live up to the intent and purpose of this resolution."

Tobacco and liquor are bosom friends. Their goal is the same—the filling of their coffers at the expense of the bodies and souls of mankind. Now that the liquor traffic has been outlawed, why not let his boon companion go with him?

'Tis true that the tobacco victim is not so pugnacious as the victim of the liquor traffic; but why retain a recognized evil simply because it does not bear all the characteristics of some other intolerable evil?

Boys, a Pointer!

THE largest cigar manufacturer in Philadelphia has offered his boy \$500 if he will not smoke before he is twenty-one years of age.

The Rudeness of Smokers

A SHORT time ago a refined woman sat in one of the best cafeterias in the national capital. At her left sat two young men eating. As soon as they had finished their meal, they lighted cigarettes. The odor of tobacco smoke was so offensive to the woman that she immediately arose and walked over to an open window. The men divined the cause of the change, but only laughed, and puffed perhaps even more vigorously.

If a nonsmoker goes to an out-of-door game, the clouds of ill-smelling tobacco smoke will soon begin to float around, vitiating the air. He changes his seat, only to encounter the same discomfort.

The dean of the College of Agriculture of the University of Illinois, Prof. Eugene Davenport, LL. D., was brave enough to write several intimate smoker friends and ask them why it was that smokers were so oblivious of the rights of others. The questions were:

"1. Do smokers understand that, in general, tobacco smoke is probably as offensive to the people who do not smoke as it is satisfying to the smoker?"

"2. How can we justify the fact that smokers have taken possession of practically all public places, such as hotel lobbies and dining-rooms, smoking freely even in elevators, ladies' parlors, and observation cars?"

Professor Davenport's Comment on Answers

"Quite to my surprise no light was thrown upon either proposition by any of the answers made, except to cite the fact that others than smokers also intrude upon their neighbors' rights—as witness noisy boys and girls, and mothers with crying babies.



I am coming to feel that one of the most serious effects of the narcotic is to blind the sensibilities of the smoker to others' rights.—Henry C. King, President of Oberlin College.

"The writer cannot, of course, defend the noisy youngster, the rude boy, or the giggling girl in public places; but the mother has a right to her baby even when she travels, and babies too small to be spanked will sometimes cry. But, if the smoker who makes a nuisance of himself should encounter frowns as promptly and as vigorously as do mothers of crying babies, they would soon be as scarce as the offending infant.

"One friend in reply frankly confessed that there is no satisfactory answer to either question. Another said it was all a piece of male intolerance. Still another admitted that his observations led to the conclusion that the smoking habit tends powerfully to the selfish overriding of the rights of others.

"One correspondent said that smokers are deceived because nonsmokers so often profess to like the odor of a good cigar, and that hotels permit smoking in lobbies and dining-rooms because the vast majority of patrons are smokers. Neither of these answers will suffice, because the nonsmokers who like the odor are mostly women, and because the habit of asking whether smoking is offensive has well-nigh disappeared. When observed at all it is as a kind of aside while preparations are in progress, and of course if one's neighbor already has his cigar in his hand with match suspended, most men will yield with the best grace possible to what seems to be a superior demand.

"Even in hotel dining-rooms it is a very small minority that indulges the habit. This minority, however, becomes little short of a public nuisance to many guests, and makes the use of the dining-room impossible for some who have a perfect right to its service. The writer's mother, for example, positively cannot eat with the odor of tobacco smoke; yet who would deny her the right to the dining-room? So thoroughly have the smokers taken possession of things in the last decade that I know of no first-class hotel in the United States where I could entertain my mother at meals except in her private room. Is this gallant? Is it right? Can it last?"

Robert E. Speer's Viewpoint

THOUSANDS of good men smoke. Either through association or for other reasons, the idea of sociability and good fellowship has become identified with the smoking habit, and many times the man who does not use tobacco will be lonesome in his habit of abstinence in the midst of smokers on every side. Yet, from the point of view of unselfishness and of perfect cleanliness and freedom, it is a habit for which young men can find no adequate defense, and there are things to be said about it which make it hard to see how any young man can acquire and retain the habit as a confessed indulgence or concession to weakness.

An Unclean Habit

For, first of all, the tobacco habit is an unclean habit. It is impossible for a man to use tobacco without being sometimes at least contaminated by its odor. After a little, of course, his senses become hardened, so that he does not notice this; but all who do not use tobacco notice it, and it is especially distasteful to women.

A Coarsening Habit

The tobacco habit is a distinctly coarsening habit. It dulls the senses of taste and smell, and often of hearing, and it blunts the sensibilities of many men. The New York Sun once reported an incident on a trolley car which keenly illustrates this:

"Both platforms were crowded, as well as the interior of the car, and this fellow stood at the rear door and smoked cheap cigarettes incessantly. The smoke blew in upon the men and women who were packed together on the seats and in the aisles, and their complaints to the conductor resulted in nothing. The conductor remonstrated with the man, as did a trained nurse who was returning home after a night's vigil in a patient's room, and who was made ill by the smell of the poor tobacco. All was in vain; the man defied the passengers and the conductor and dared the latter

to put him off the car. He was standing on the rear platform, and the law allowed him to smoke there, he contended. And, as there were more women than men on the platform, he smoked several cigarettes in their faces, seemingly to his own satisfaction. The most surprising part of the performance was that the man was well clad, and but for his conduct might have been taken for an ordinary person of respectability."

An Injurious Habit

Tobacco using is also injurious to health. Dr. Seaver, the director of physical culture at Yale, who "has made careful experiments in the study of the effects of tobacco, as based on the examination and comparison of thousands of students, in a series of years, has found that while only about 5 per cent of the students of highest scholarship in that university use tobacco in any form, more than 60 per cent of those who get no appointment, as a result of their standing in their studies, are tobacco users."

There Are Better Things

Surely men have better things to do in life than to acquire habits against which such an arraignment can be brought as against tobacco. We cannot believe that Christ would acquire the habit were he here, or that it pleases God to see his sons saturating their bodies, which he has taught them to regard as temples of the Holy Ghost, with stale odors, or tainting them, however slightly, with poison.—Sunday School Times.

Will You Not Do It?

PLACE at least twenty-five copies of this number in the hands of those who would not otherwise receive it. The cost to you will be one dollar; but the paper may be worth thousands of dollars to some one who receives it. Is not the effort worth while?

John Barleycorn's Last Stand

CALVIN P. BOLLMAN

JOHN BARLEYCORN, with his back to the wall of his last defense, is making his last stand, fighting in sheer desperation his last battle with the forces of civilization and progress.

John, it seems, did not take national prohibition as seriously as he now wishes he had, and the Eighteenth Amendment to the Federal Constitution was adopted by forty-five of the forty-eight States of the Union in little more than a year after it was submitted by Congress. Now that it has become a part of the Constitution, John Barleycorn, the outlawed criminal, the destroyer of more homes and more lives the world over than any other one evil, is in terror. His kingdom is menaced. His business of making drunkards, of orphaning children, and of widowing wives, is in grave danger, and John, who has never cared a straw for anybody's right, who has destroyed property and robbed most ruthlessly whole families of their patrimony, is pleading for his "rights" and for protection against the "confiscation" and "destruction" of his property. His "vested rights" are "invaded," he shouts. His heavy investments in vineyards, breweries, and distilleries are being swept away.

And the thing is true! It is not persecution, however, not wrong, but righteous retribution. Long, too long, was the liquor traffic permitted to rob the laborer of his hard-earned wage, the wife of her living, the child of his heritage. Long, too long, municipalities, States, and even the nation itself accepted a share of John Barleycorn's blood money, "tainted" coin, and permitted the iniquitous traffic to continue. Men might perish, women might die broken-hearted, children might starve, but so long as the State received its license money, its share of the ill-gotten gains of that great enemy of civilization, the legalized liquor traffic, no officer might lay his hand upon the archcriminal, no court could pronounce sentence of condemnation for the ruin wrought, the lives blasted, the murders committed.

But now all this is changed, or is speedily to be changed, by the Eighteenth Amendment, and by the statutes enacted under it. From the sixteenth day of January, 1920, John Barleycorn will be recognized only as the outlaw legally he has always been morally. Any officer may arrest him and hale him before a court of competent jurisdiction. Any judge of any criminal court may not only mulct him and his guilty henchmen in ruinous fines, but may send them to prison, there to atone in some small measure for the terrible wrongs they have in the name of liberty inflicted upon manhood, womanhood, and childhood.

"The mills of the gods grind slowly,
But they grind exceeding small."

It seems that in addition to being put out of business, John Barleycorn must be destroyed; for casting off the cloak of eminent respectability he was formerly wont to wear, he now stands forth the anarchist he has long been known to be by those who could see through his thin disguise in which he was accustomed to parade on an equality with every legitimate interest. Of old, John was professedly one of the most loyal and law-abiding of citizens, now he is a Bolshevik of the most pronounced type. The people by their representatives have by an overwhelming majority outlawed the liquor traffic in all its parts and all its forms, but its henchmen, a small minority of the whole population, replies, "No beer, no work," and the proposal is seriously and unblushingly made to tie up the industries of the country unless the beer drinkers are allowed to have their way.

But it will not succeed. The growler, the symbol of depraved appetite, is not yet superior to the policeman's club, the symbol of civil authority. The people have spoken, and that in a matter they have a right to decide, and a small part of the people must yield.

Violation of the prohibition laws there will be, just as there is every day violation of other righteous, civil provisions, just as every day men kill and steal and swear falsely; but prohibition will not be repealed, and its violaters will not go unpunished more frequently than do the violaters of other laws. So far as the individual is concerned the fight has been won. The saloon keeper can no longer snap his fingers in the face of the poor woman who begs him to refuse liquor to her husband, and demand of her, "What are you going to do about it?" The minion of John Barleycorn can no longer sweep into his own coffers the wages that ought to feed the wan wife and the thin-faced children, and rudely thrust from his door that wife and those children when they demand that which is merely their own. No,

after a few short months, John Barleycorn must retire into inglorious hiding, and the brewer, the distiller, the wholesaler, and the saloon keeper must, like other men, either do honest work or go hungry. All hail the day!

But there remains yet more work to be done to roll away from modern civilization the reproach of the toleration and even approval of the use of habit-forming drugs. The open saloon is an outlaw. The entire liquor traffic is doomed; but that traffic has long had an active ally in tobacco, a powerful narcotic that has done and is doing every day an amount of evil that is little suspected, even by its victims.

Like the liquor traffic the business of raising, manufacturing, and selling tobacco thrives only on the ills of

(Concluded on page 16)



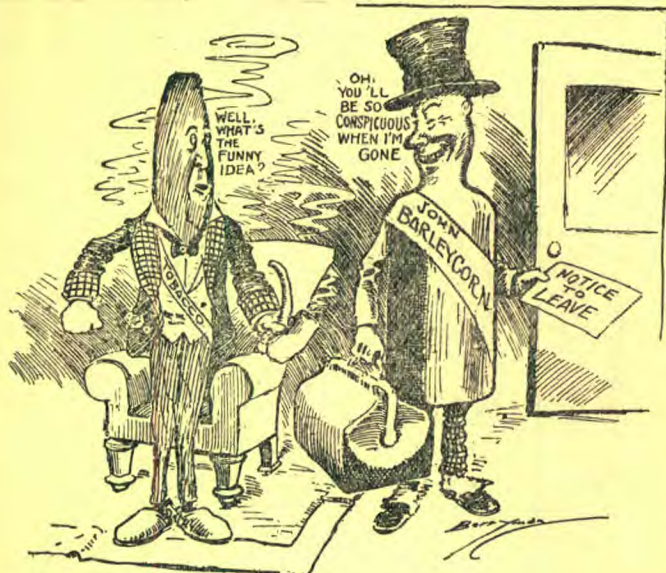
Why should not the cigarette manufacturer be included with the other undesirables?

Going Over the Same Ground Again

THE evils of alcoholic beverages have long been recognized. For fifty years men and women went up and down the land crying out against this evil; but men still drank, and governments still licensed the sale.

Scientific investigators multiplied proofs of the evil effect upon brain, heart, and muscle. Still men drank, and governments licensed the sale.

Athletes forbade its use by men in training, since it



The Washington Star

And He Ought to Be!

was proved to lessen endurance, quickness of perception, and accuracy of effort. Men drank on, and governments still licensed its sale.

Big business denounced it as the chief cause of inefficiency. Still men drank.

Medical science pronounced it of no medicinal value; but doctors and hospitals continued its use, even administering it when it had been shown to predispose to the very trouble it was given to cure.

Civil statistics proved it to be the greatest known cause of crime, poverty, insanity, and domestic trouble. Still men drank, and governments licensed the sale.

Drinking men themselves acknowledged drink to have robbed them of friends, position, and fortune. Still they drank because the government licensed the sale.

But men and women continued to preach, write, and vote against the liquor traffic. Billions of pages of literature setting forth the evils of alcoholic beverages were scattered broadcast. Millions of dollars were consecrated to the campaign opposing the demon Rum.

At last, though men still drank and governments licensed the saloon, some of the smaller political units ventured to outlaw the great body-and-soul destroyer. Their experience as a civil measure proved more than satisfactory. Other units followed suit. Larger units became emboldened, then States outlawed the traffic by statutory prohibition. Everywhere untold benefits resulted.

Finally, continued prayer and work, with the ballot, won the battle for national prohibition. Perverse men still drank, but governments did not license the sale. So thousands of boys and girls have been saved to a life of sobriety and usefulness, and great happiness and prosperity will result to the country.

Tobacco Is a Twin Evil

of the diabolical liquor traffic that has long cursed the earth. Tobacco has not yet made so evil a record as has liquor; but it has slain its thousands while liquor was de-

stroying its tens of thousands. Shall we then stand by and allow this evil to increase in power until our whole country, men, women, and children, are steeped in nicotine? If the present rate of increase in the use of tobacco were to continue for a score of years, this would be the situation, and there would be a very general and marked deterioration in our race mentally, physically, and morally.

The tobacco habit is growing among boys at an alarming rate, and we blush to say that many girls are following in the trail of the boys.

If drastic measures are not taken to enlighten the people, and to counteract the present tendency, the habit will be as common among girls at the end of twenty years as it now is among boys. According to the *No-Tobacco Journal*, college girls are smoking, and the girl who leads an ultrafashionable life quickly takes up the habit. A cigarette dealer in Philadelphia declares that he sells 150,000 cigarettes a month to women. Most of them call for them in their automobiles and carriages. Shall we sit by and allow this evil habit to intrench itself thus strongly upon our civilization? We are glad that there are many far-seeing men and women who are determined to devote their means and energy to the prevention of such a calamitous condition.

This victory could be won in short time and with small effort were it not for man's selfishness and greed. If the Big Brothers, the men and fathers of the nation, would arise and take their stand against the tobacco habit because it is a personal injury to themselves, a far greater detriment to their boys, a growing menace to their wives and daughters, and a handicap to individual and national prosperity, the victory for right could soon be won.

Men, will you not do it?

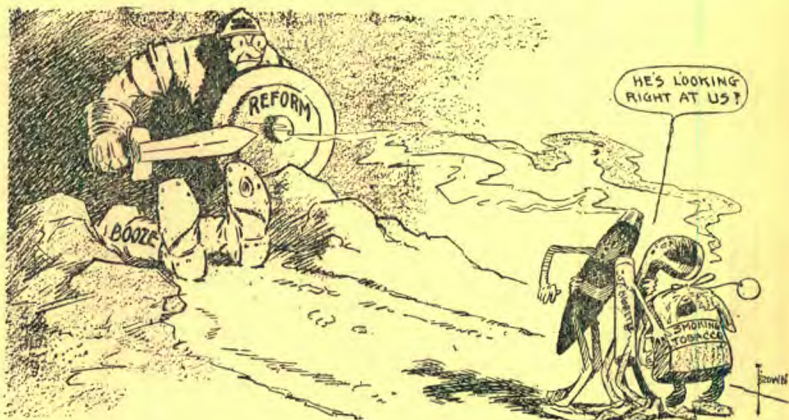
F. D. C.

The Rising Cloud

THE moment that nation-wide prohibition is signed, sealed, and delivered, the lid will be off and the real anti-tobacco crusade will begin. Keep your eye on the little pea and be ready."

Thus does the *American Tobacco Leaf*, one of the leading trade journals, seek to forewarn and forearm the members of the trade of a coming no-tobacco campaign.

There is a general expectation in this country that a no-tobacco campaign will follow prohibition of the



Why Not?

The Chicago Daily News

liquor traffic. Why should there not be such a campaign?

Some of the leaders of the Anti-Saloon League, however, proclaim loudly that such will not be the case; but the W. C. T. U. says: "After liquor, tobacco." And so say we.

The effort of the anti-tobaccoists is directed chiefly to the saving of the younger portion of this and future generations from the unwholesome tobacco habit. Abstinent fathers are needed to direct in the campaign.

HEATHEN customs and religions are built upon superstitions. All generations of all lands have been handicapped more or less by superstitious belief. But as a nation gains in scientific knowledge, errors and superstitions melt away. The old idea that an eclipsed sun foreboded great calamities, disappeared when the telescope with its keen eye searched the heavens for truth. The idea that a frog could cure one of scarlet fever, measles, and canker rash by absorbing the poison in the patient's exhaled breath melted away in the face of true medical knowledge. So the more modern idea, that alcohol was a remedial agent to be prescribed by the physician, has also been relegated to the darkness of superstition's domain by the clear light of scientific truth.

Now the cutting vision of scientific men is being focused on the tobacco habit, and it seems safe to predict that the result of their observations will dissipate the common idea that the use of tobacco is harmless to the majority of men.

A series of experiments has been conducted at the Y. M. C. A. College at Springfield, Massachusetts, under the supervision of Dr. George J. Fisher, M. D., M. P. E., and Prof. Elmer Berry, B. S., M. P. E.

These experiments were made to ascertain the effect of smoking upon: (1) the heart rate and blood pressure; (2) upon the time required for the heart rate to become normal after exercise; (3) upon neuromuscular precision; (4) upon accuracy in baseball pitching.

They were made not upon boys or young men in their teens, who it is generally admitted are injured by the use of tobacco, but upon "an exceptional group of young men, mostly physical directors in more than the average physical condition and between the ages generally of twenty-one and twenty-five years," and who were only moderate smokers or else nonsmokers. Of course, all smoked in these experiments.

The First Series

Ten young men were tested before and after smoking one strong cigar. The result of the 119 experiments disclosed the fact that the control of the heart is seriously impaired by smoking, that the smoking of only one cigar under the most favorable circumstances tends to increase heart rate and blood pressure.

The heart is the life. The heart normally is daily compelled to do an immense amount of work, an amount

equal to what would be required to lift 240,000 pounds one foot from the ground, and smoking greatly increases its work. The average normal heart rate for the *nonsmokers* was 78.6 beats a minute, while for the *smoker* it was 81.5 beats a minute. This increase unduly taxes the heart, and in time of illness when special demands are made upon this organ, it is likely to fail its possessor.

The Second Series

These experiments were conducted to show what effect smoking would have upon the ability of the heart to assume its normal condition after having been caused to render extra service, while the men were jumping over a bar eighteen inches high at the rate of eighty jumps a minute.

The results of these experiments upon fifteen men revealed the fact that after the exercising ceased the heart resumed its normal condition in five minutes in the case of *nonsmokers* who did not smoke before the experiment, and in 5.2 minutes in the case of *smokers* who did not smoke before exercising.



SMOKING AFFECTS ENDURANCE

In careful tests made upon a group of men who rode a bicycle, after smoking one cigar or three cigarettes, it was found that smoking decreased endurance 9 per cent. and increased the heart beats ten per minute more than when smoking was not included in.



PHYSICAL EFF

But in the case of both *smokers* and *nonsmokers* who smoked just before the experiment, the average time required for the return of the heart to its normal condition was 12.9 minutes, but in the case of 74 experiments out of 118 the heart had not returned to normal in fifteen minutes, the end of the time accorded to the experiment.

These two sets of experiments show conclusively that the smoker does not become habituated to tobacco. His heart rate is higher, he is more disturbed by exercise than is the nonsmoker, and the heart resumes its normal state more slowly.

The Third Series

The third series of experiments were made upon fourteen men, and two cigars were used. Tests were taken before and after smoking. These experiments were to discover the effect of smoking on one's efficiency or neuromuscular precision.

The subject was required to draw in seventeen seconds a line between the two lines in the diagram at bottom of page, and every time he touched either line he was credited with an error. He was also required to make five thrusts at a target in true fencing style.

The results as summed up by Dr. Fisher are interesting: (1) All showed a loss in physical precision or accuracy immediately after smoking; (2) *smokers* showed a greater lack of neuromuscular control after exercise than *nonsmokers*.

The Fourth Series

This series of experiments was conducted to ascertain the effect of smoking on one's accuracy in baseball pitching. Twelve men were chosen, smokers and nonsmokers, all of them ball players. They were to throw a league baseball at a padded block sixty feet distant. Fast straight balls were required. The accuracy of all was recorded before smoking. They were then given thirty minutes in which to smoke a cigar, after which another record was taken.

The conclusions reached by the first set of experiments in which only one cigar was smoked are thus recorded:

(1) The *smokers* showed a loss of 11 per cent in accuracy when pitching a baseball, after smoking. (2) The *nonsmokers* showed a loss of 13 per cent.

In the next set of experiments the men smoked two cigars, and the average loss in accuracy after smoking for both *smokers* and *nonsmokers* was two and one-half per cent more than when only one cigar was smoked.

In the third set of experiments in this fourth and last series both the smokers and nonsmokers rested for a half hour after the first record, but did not smoke as usual during the thirty minutes. In the record then taken, (1) the *smokers* showed an increase in accuracy of 9 per cent; (2) the *nonsmokers* showed an increase of 10 per cent.

Now in the previous experiment the average loss was 14½ per cent,



SMOKING AFFECTS CONTROL

CAREFUL tests of a group of baseball pitchers, both smokers and non-smokers, indicated a loss of twelve per cent. in accuracy in pitching a baseball at a target after smoking one cigar. This advanced to fourteen and a half per cent. after two cigars.

When the men did not smoke they increased in accuracy nine per cent.



TEST A

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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The solid line, while the dashed line after smoking



TS of SMOKING

making the two cigars responsible for a difference of 24 per cent in the smoking and nonsmoking records.

These experiments, though conservative, point an accusing finger at the smoking habit; and they urge the intelligent man, and the man who feels it imperative that he keep his body and mind in the best possible working condition, to keep himself free from the narcotic habit. F. D. C.

[These experiments with the results are given in detail in the book, "The Physical Effects of Smoking," by Dr. George J. Fisher and Prof. Elmer Berry. The price of the book is \$1. It can be obtained from the Review and Herald Publishing Association, Takoma Park, D. C.]



SMOKING AFFECTS PRECISION

CAREFULLY supervised tests of a group of athletes, both smokers and non-smokers, indicated a loss in precision in lunging with a fencing foil at a target after smoking two cigars.

The men gained in accuracy when they did not smoke.



on good security,' he said gravely. The little fellow explained that he had a chance 'to buy out a boy that's cryin' papers.' He had half the money required, but he needed to borrow the other fifteen cents.

"What security can you offer?" asked the lawyer.

"The boy's brown hand sought his pocket and drew out a paper carefully folded in a bit of calico. It was a cheaply printed pledge against the use of intoxicating liquors and tobacco. As respectfully as if it had been the deed to a farm the lawyer examined it, accepted it, and handed over the required sum."

The lawyer said that he knew the boy had been under good influences or he would not have signed the pledge.

He knew too that he did not value it lightly or he would not have preserved it so carefully. And he agreed that such a pledge given and kept in good faith was a fitting guaranty of reliability.

Every boy should be prepared to give just such a guaranty. Are you?

Watch the Enemy

THE tobacco interests are well aware that an anti-tobacco campaign has been begun; and the success of the prohibition campaign has stirred them to begin at once an organized and far-reaching work of opposition to this campaign. They say: "It is to prevent the spread of this insidious movement that we intend to fight — and fight we shall with every ounce of our energy! We don't intend to make the same mistake that the brewers and distillers made. We are not going to overlook our antagonists merely because they are numerically small and widely scattered."

They have already conducted investigations in many of the large cities to determine the strength and methods of the opposition; and they

are laying their plans, as they boldly declare, to counteract the efforts of the no-tobaccoists while they are small in number.

We must not slacken our effort. Right is stronger than wrong, and in the end will prevail, if each person who knows the truth does his duty.

If —, You Will Not

IF you love your neighbor as yourself, you will not use tobacco.

If you want to be at your best physically, mentally, and spiritually, you will not use tobacco.

If you have the best physical interests of your wife and children at heart, you will not smoke. Nicotine-laden air is poison to them.

If you love life and health, you will not use tobacco.

If you have a proper sense of your responsibility to the growing boys of the land, you will not use tobacco.

If you are a real Christian, you will not use it.

Testimony of a Soldier

WHEN I enlisted I wondered what kind of soldier I would make if I didn't smoke. I was willing to be convinced, and ready to take my first smoke if any one would offer a good reason why I should start. To my surprise, I didn't find any one who would even offer me a cigarette the second time. Every fellow wished he was as lucky and had never begun smoking. I have asked a thousand or more men during my time here what they think about smoking, and have the first one to find who doesn't say that he wished he had never started.

"Why not put aside all personal prejudice and consider the question for what it really amounts to? If tobacco is good, let's all use it; if not, let's keep still and not try to make an excuse for its existence."



SMOKING AFFECTS MARKSMANSHIP

CAREFUL tests made of a group of men, both smokers and non-smokers, in shooting on a regular rifle range, they lost 4.8 per cent. in their score after smoking one cigar, and 6 per cent. after smoking two cigars. The men gained 13.2 per cent. in their score when they did not smoke.



Y. M. C. A. Not for Tobacco

SOME have the idea that the Y. M. C. A. sanction the use of cigarettes, since their European canteens provided the soldiers with tobacco.

According to the Y. M. C. A. director of army training camps in this country, the cigarette was not sold in a single association hut; but only in those across the water where the canteen was combined with the association hut. They were not recommended then, only the association acquiesced in the questionable request of the Government to provide tobacco along with the rest of their supplies.

The Y. M. C. A. are now waging an educational campaign against the cigarette, as the accompanying cuts show.

A Call from the "Christian Endeavor World"

AS the curse of alcohol subsides, the curse of tobacco emerges into a prominence and power that it never had before. Each year sees it strengthen its hold upon men's minds and bodies and souls. Let us now bring to bear upon it the same weapons of reason and of consecrated will that have won the victory against alcohol."

TEST C

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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before smoking
the scoring



What the Books Say to Bright Boys

Tobacco Stunts Growth

GEORGE W. WINGATE, president of the Public Schools Athletic League, says: "You cannot expect the highest success in life, however well you may be educated, unless you have a sound body. Above all, you must not smoke cigarettes. It stunts your development, injures your heart, and spoils your 'wind.'"

Tobacco Causes Blindness and Hardening of Arteries

Herbert Wescott Fisher, in "Making Life Worth While," says: "Among those who work in tobacco factories, color blindness is common, and many employees have to be discharged because of failing ability to classify the tobacco rightly according to color. Girls who work in tobacco are especially susceptible to tuberculosis. According to Dr. Jacobi, many of them are carried off by that disease between the ages of fifteen and twenty-five. . . . Catarrh is a common consequence of the use of the narcotic. That tobacco stunts growth is illustrated not alone by precocious criminals, but even by reputable college youth who do not smoke excessively. The smoking of a single cigar raises the blood pressure markedly; and tobacco, more decidedly than alcohol, promotes that insidious disease, the hardening of the arteries." Men suffer from this disease (arteriosclerosis) much more than women.

Weakens the Muscles

Prof. John W. Ritchie, in his book "Primer of Physiology," says: "Professor Lombard of the University of Michigan tested the strength and endurance of his finger muscles on four days on which he smoked five cigars daily; then on four days on which he abstained from smoking; then again on four days when he smoked as on the first days. He found that on the days he smoked, his muscles had lost on an average 41 per cent of their working power.

"The fact that tobacco softens and slackens the muscles was so well known before the days of chloroform that patients were prepared for certain surgical operations by giving them tobacco to bring about a relaxed condition of the muscles. At the present time, it is well known among athletes that smoking lowers the strength, and athletes who are in training are not allowed to indulge in tobacco. Cigarettes will surely kill the baseball pitcher's speed; they shorten the flight of the football player's punt; and the tobacco user's muscles weaken and fail when the crowning effort of the race comes.

"The trembling that may be seen in the hands of almost any one who smokes cigarettes to excess shows in a very marked way how tobacco interferes with the con-

trol of the muscles. Because of this effect, tobacco users are not good marksmen with the rifle, and many of them are unable to do delicate work."

Tobacco Injures Throat and Lungs

The "Primer of Physiology" says further: "Smoking also has a bad effect on the air passages, the hot ammonia and other compounds in the smoke frequently causing 'smoker's sore throat,' and cancer of the tongue and throat being more common among smokers than among nonsmokers. Besides all these effects on separate organs of the body, the nicotine has a depressing and weakening effect on the body as a whole."

Cigarettes Hinder Business Efficiency

"The tobacco habit grows upon one with amazing rapidity. One hardly realizes that he is in the toils of the habit until he attempts to stop it. It is expensive, and is positively obnoxious to many people. The smoker tends to grow selfish and irritable, and thoughtless of the comfort of others. "Cigarette smoking, though considered 'the thing' in some quarters, is positively inexcusable. The business world is dropping the fellow who habitually smokes cigarettes. They are detrimental to growing boys in many ways.

Opposed to Purity

"The use of the cigarette as well as any other forms of tobacco by boys, lowers vitality, lessens bodily vigor, unfits the victim for concentrated study, and is often associated with low morals and with the practice of self-abuse and other vices.

"The youth that is on the quest for purity and is in dead earnest about it, should not stop short of accomplishment, and that means nothing less than that he must avoid every known sexual irri-

tant. With these obstacles removed, he may much more easily attain his cherished goal."

General Conclusions

"The superintendent of the reform school at Westboro, Massachusetts, says: 'All boys sent here have been users of tobacco.' The chief probation officer of the juvenile court of Washington, D. C., says: 'In dealing with more than 16,000 delinquent children of this city during the last eight years, I find as a rule that the user of cigarettes is a stunt, a weakling in body, mind, and morals.' In Chicago, of 2,402 cigarette smokers in the grades below the high school, only 6 per cent were doing their school work well enough to pass.

"These are the effects of tobacco when used to excess or when used by the young, and persons who have experience with cases of this kind naturally regard tobacco as one of the worst enemies of mankind. Others who

Testimony of Superintendent of Wisconsin Industrial School

MOST of the men who do not use tobacco are dead. It is of little avail for any man who is himself a user of tobacco to try to bring up his son, or to influence the sons of his neighbors, to abstinence from the filthy habit. There never will be any improvement until men who have formed the habit are willing to give it up for the sake of their sons and the sons of their neighbors. If they are not willing to give it up, they may deceive themselves into thinking that they are trying to save their sons from the bad habit, but

they can never deceive the boy. The boy will do what the father does, but not what the father says. I never knew a boy so stupid as to believe in the precepts of his father against his father's example. The boy says in his heart, "Father, if you believed what you are telling me, you would quit the filthy habit yourself;" and the boy is absolutely right.

The most hopeless thing about the whole situation is the fact that so many good men — ministers, teachers, lawyers, and doctors, and the men to whom the boys naturally look up — are users of tobacco. No man can save his son in this respect, or in any other respect, unless he first saves himself. We have mothers, a good many of them, who have character and influence enough over their sons to keep them pure and clean in spite of the bad example of their fathers. If the women get to using tobacco, then God help us!

A. J. HUTTON.

see men all about them smoking and yet attending to their work day by day, often take the view that after all the tobacco habit is of little consequence. The truth is that some men are born with more health, strength, ambition, and intelligence than others, and that one of these strong men, even after using tobacco for a long time, may still have more strength and brain power than the man who lacked these qualities from his birth.

The Real Question

"The question is not, however, whether the strongest tobacco user has more strength than the weakest man who does not use tobacco. The question is whether the strong man is able to use tobacco and at the same time realize the full strength of his body and of his mind. Everything that we know about the effect of nicotine indicates that it is not possible to do this; that it is a violent poison to the cells; that if taken into the body in large amounts, it will cause death; that if constantly taken during the growing years, it has a very disastrous effect on development; that in any amount whatsoever it has a narcotic effect on the muscles and on the delicate cells of the brain; and that any one who uses it will be damaged by it."

How Would You Like --

TO see your daughter walking the street smoking a cigarette?

To see your wife smoking cigarettes while she cares for your infant son or hears your little daughter's evening prayer?

To see your cook industriously smoking cigarettes while she prepares food for the family?

To see a group of your best lady friends seated about the dining table at home or in public, all smoking cigarettes?

To see the young woman who teaches your children in school, smoking cigarettes on her way to and from school and hastening to "light up" during intermission?

To see the nurse to whom you commit the care of your loved ones during illness, always smoking a cigarette?

To hold in your memory the picture of your precious mother smoking a cigarette?

If you would not like all your women to be cigarette users, why tolerate the cigarette for your sons, your brothers, or any one? If the cigarette is good for man and boy, why not for woman and girl? — *Margaret B. Platt, in Union Signal.*

A New Order of Recommendation

WHY be content with the old order if there is a better way? The following are offered as examples of a suggested new order of advertisements and recommendations:

"This boy, I am sure, will give you good help, for he smokes sixty cigarettes a day."

"I know you would like our minister. He is an inveterate smoker."

"Now, Miss Thoughtful, Mr. Adams is a fine young man. He smokes all the time."

"The boys are going to like the new college president. He always has a pipe in his mouth."

"You will find our Ladies' Seminary, madam, one to which you can safely send your daughter. All the faculty smoke cigarettes."

"There is no ban on smoking in any of our restaurants or cafés. Come and see for yourselves, ladies."

"Our school offers every advantage to boys. Cigarette smoking is encouraged by our faculty."

"Boy wanted. None but cigarette users need apply."

"Our excursion boats, stations, and trains desire your patronage. We offer you the best. Tobacco smoke fills everything."

The foregoing recommendations are unusual, I grant; but are they not in keeping with the flaring tobacco advertisements appearing in the newspapers and magazines that we admit into our homes, and with the glaring advertisements of the billboards?

If smoking is a respectable and noninjurious habit, why not change our methods of recommending people, and use those here suggested? Why not?

Because

smokers as well as abstainers deplore the widespread use of the cigarette by the growing boy, for its deleterious, degrading effect is acknowledged by every thoughtful, intelligent observer.

Because to one half of our citizenship the smoking habit is a public nuisance and a positive evil.

Because though four men out of five smoke, the majority of them know it is disagreeable to many with whom they are brought in contact, and they know it is seriously injurious to themselves and to their families who have to live in the poison-laden atmosphere, and they know their influence upon the boys of the country is altogether evil.

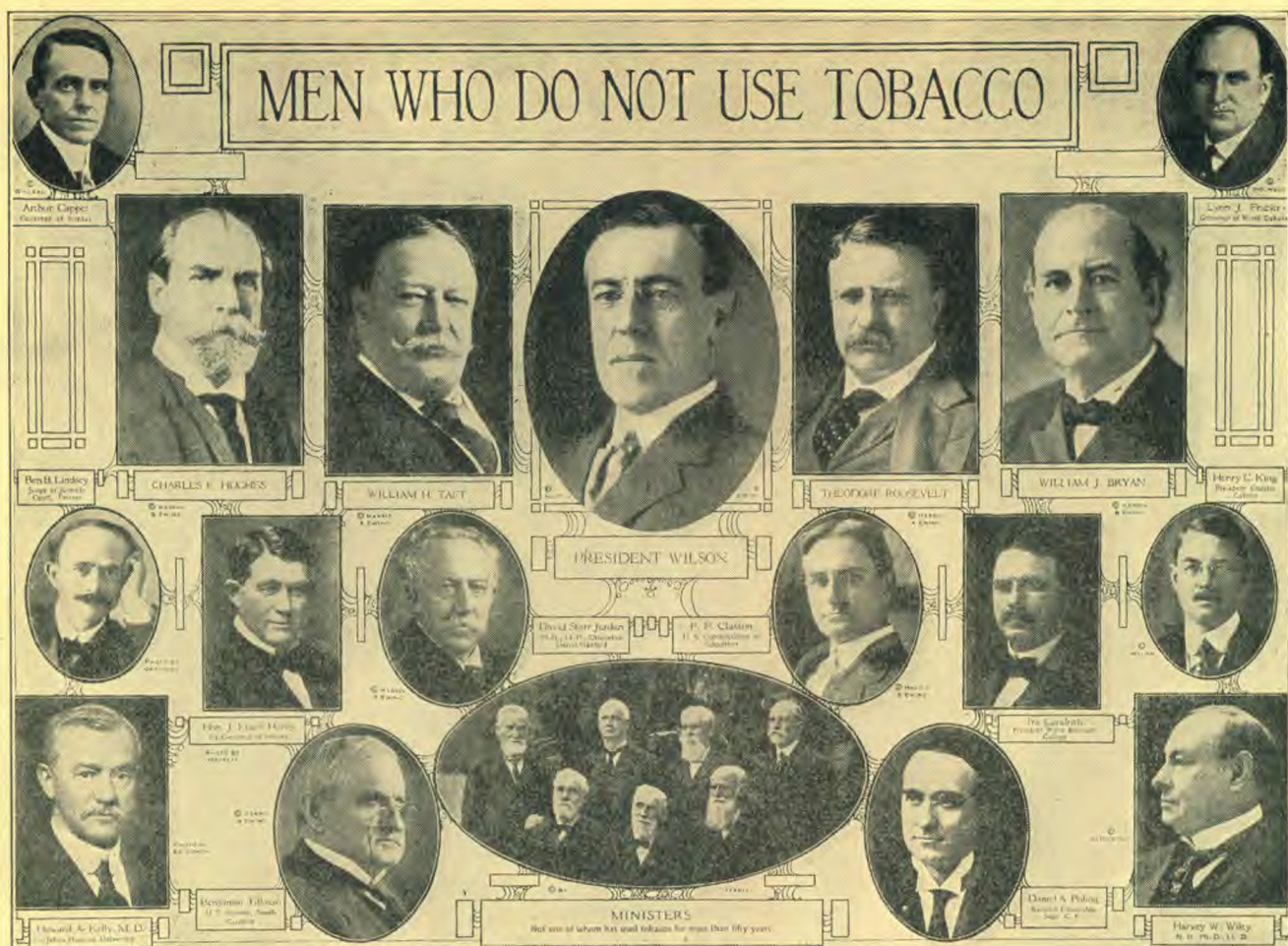
Still the men smoke — and some women! F. D. C.

Better Terms of Insurance

THE birdman who smokes should be charged a higher rate of premium for life insurance than are those who do not smoke, said Dr. L. Stamm recently before members of the Institute of Actuaries, for "almost the whole strain of flying falls upon the nervous system, and tobacco acts deleteriously on the nervous system."

Mr. A. D. Besant said at the same convention: "Clearly the teetotal and nonsmoking pilot should be given better terms of insurance than the drinking and smoking pilot."

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, and then shalt thou be prepared to cast out the cigarette out of thy son's mouth. — *The Missionary World.*



The Tobacco Evil

DANIEL H. KRESS, M. D.

TOBACCO is today one of the worst evils of civilization. There are few substances that destroy life more rapidly than nicotine. Professor Oxfila, president of the Medical and Scientific Academy of Paris, once said: "Tobacco contains the most deadly and subtle poison known to the chemists, except prussic acid." We all know that a few puffs of tobacco smoke will immediately destroy insects on plants. One drop of nicotine placed on the tongue of a cat, will cause death in less than four minutes. Two drops will kill a good-sized dog, and eight drops is sufficient to kill a horse. In every cigar of moderate strength there is sufficient nicotine to kill two or three men. Fortunate it is for the smoker, that all the nicotine is not absorbed by him. Most of it is thrown into the air, to be inhaled by his friends.

Dulls Vision and Gives Color Blindness

Tobacco lessens the acuteness of vision and causes color blindness. These changes in the optic nerves are brought about gradually and insidiously, and for this reason many do not realize the damage wrought until too late. The injury done to the nerves of sight indicates the injury done to the whole nervous system.

"Tobacco Heart" Is Common

The mortality from heart failure is each year increasing. Men who smoke before they go on the running track or in the gymnasium quickly get out of breath. They never excel as athletes. Many of the young in the army who are smokers of cigarettes are found to have unsound hearts which disable them for active service on the field of battle where continuous exertion

is needed. This condition is spoken of as "soldiers' heart."

In civilized lands it is difficult to find male adult residents more than forty years of age with perfectly normal heart or kidneys. Tobacco strikes a direct blow at these vital organs. The rapid increase in deaths from heart and kidney diseases the past forty or fifty years, finds a partial explanation here.

Cigarettes Against Good Scholarship

The boy who begins the use of cigarettes at ten to twelve years of age seldom passes his entrance examinations into high school. He is likely to be a failure in any profession he may take up later in life. Morally he is inferior to the boy who abstains from cigarettes.

Poisons Air for Others

Not only is the user injured by the smoke he inhales, but by the exhalation through his lungs and skin, the air about him is poisoned, and all who are compelled to be near him suffer. On several occasions, in making physical examinations of patients addicted to smoking, I have experienced nausea and palpitation of the heart. Once I found it necessary to abandon the examination for a time and step out of my office into the open air.

Babies Poisoned

Many infants are being slowly poisoned by sleeping in rooms or beds with tobacco-using fathers; yet because of the prevalent use of tobacco, when sickness enters such families, this cause is never thought of. If the child dies, parents wonder at the mysterious providence that has so cruelly afflicted them.



Pulse Weakened by Smoking

It would be considered a crime for a man to go through the country contaminating or poisoning the water supply of our cities. Why should men be permitted to go about poisoning the air which others are compelled to breathe, the purity of which is as essential as that of water?

Women Learning to Smoke

The tobacco habit is becoming more prevalent among women, not in public, for public sentiment fortunately is against it. Let public sentiment change, and it would be but a short time before we should see women smoking in public places the same as men.

Only two hundred years ago public sentiment was as much against the use of tobacco in public by men as it now is against its use by women; in fact, more so, for those who were found thus using it were punished as criminals. The woman has an equal right with the man to use tobacco. If tobacco is a blessing to men, let us encourage its use by women. And why should not the children use it?

The practice is discouraged among women because it is bad for women to smoke. It is discouraged among children because it is bad for children to smoke. Should women and children smoke as do the men, an inferior race would be the sure result. Physical, moral, and mental degeneracy would rapidly follow. No sane person, could he have his choice, would be the product of a father and mother who smoke. Tobacco in all its forms is an evil.



Thousands of Babies are Poisoned by Tobacco Smoke

2,000,000,000 cigarettes a year were made in the United States. Last year 39,000,000,000 were made. It is estimated that about 1,500 boys begin the cigarette habit each day.

This makes the tobacco problem a Sunday school problem, for the Sunday school has no greater enemy than tobacco. Most pupils do not drink intoxicating liquors, but thousands of them use tobacco at a very early age. It is for us, as children of God and disciples of Jesus, to be doubly armed against this enemy.

Every statement made in this program rests upon unquestioned authorities, many of them physicians of world-wide repute.

Dialogue — Superintendent and Pupils

What does the Bible say about tobacco?

Nothing, because tobacco was unknown till centuries after the Bible was completed.

It is true that tobacco is not mentioned in the Bible, but there are many places in which it teaches us not to use anything harmful to the growth of body, mind, character, or soul, or to encourage bad habits in others. What are some of these passages?

All that teach the evil of strong drink, which is due to a narcotic drug, alcohol, may be taken as our guide in considering the use of another narcotic drug, tobacco.

Are there any other scriptures that teach the same thing?

Yes, all those which demand purity, cleanliness, temperance, and abstinence as preparation for the highest service to man and to God.

Tobacco and Health

How does tobacco affect the health of the user?

It causes insanity, deafness, blindness, cancer, heart failure, dyspepsia, loss of memory, hardening of the arteries, epilepsy, apoplexy, and paralysis.

What other unfavorable effects does it produce?

The tobacco user becomes sick sooner, stays sick longer, and is more liable to die, than the nonuser.

Program for Anti-Narcotic Sunday

[This program was prepared by Rev. Harry Adams Hersey to be used by the Sunday School Association of the Universalist Church.]

Statement by the Superintendent

THIS day is called anti-narcotic or anti-cigarette Sunday, because the temperance lesson is devoted to teaching the truth about tobacco in general and the cigarette in particular. This is necessary because there has been an appalling increase in the use of tobacco in recent years, especially the use of tobacco by very young boys, and in its worst form. A few years ago only

General Baden-Powell, originator of the British Boy Scout movement, does not smoke, and he says: "A boy smokes, not because he likes it, but because he wants to look like a man. Instead, he simply looks like a little fool, and when he smokes for fear of other fellows' laughing at him, he shows that he is a coward as well." The general is right; and well would it be if every boy in the land thought so seriously of what this leader of boys says that he would pledge himself not to smoke, knowing that it will do him great mental, physical, and moral harm, and merit for him that undesirable title, "little fool."



HARRY HAWKER GREETING COM. READ

Mr. Hawker attempted the first nonstop flight across the Atlantic, and Com. Read was the first to accomplish the flight, though he made two stops on the way. Mr. Hawker is a man of marvelous physical endurance. The London "Times" says of him: "He flies high on cold days without extra clothing, and has attained an altitude record of 25,000 feet without the use of oxygen. Most pilots would without oxygen have become insensible long before they reached that height." Mr. Hawker is a lifelong teetotaler and nonsmoker.

Perhaps no man had a more thrilling experience during the war than Lieut. Pat O'Brien. He was shot down behind the German lines and captured; but escaped by jumping from a train while being carried into the interior. During his perilous four-hundred-mile journey on foot to get from German territory into neutral, he endured almost inconceivable hardships. This intrepid soldier says of his experience: "It was a fortunate thing for me that I was not a smoker. I have never used tobacco in any form, and I was now fully repaid as a result of my habits in that particular."

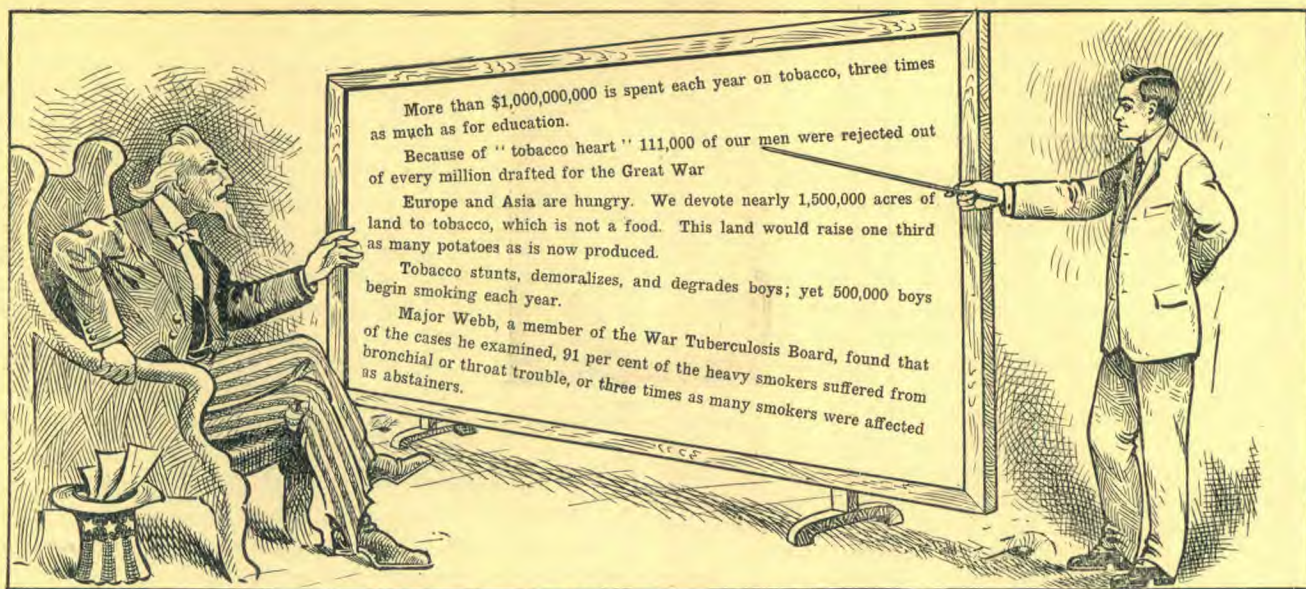


GENERAL BADEN-POWELL



LIEUT. PAT O'BRIEN

Photos copyrighted by Underwood & Underwood, N. Y.



Uncle Sam Begins to See the Seriousness of the Tobacco Problem

What do life insurance records show about tobacco?

Where one hundred deaths were expected, of persons who did not use tobacco, only fifty-nine died. Of persons who used tobacco but little, seventy-one died. Of persons who used tobacco temperately, eighty-four died. Of persons who used tobacco moderately, ninety-three died.

What do these figures prove?

That those who do not use tobacco at all live longest, and that those who use it most die earliest, other conditions being the same.

Tobacco and Waste

What is one of the great wastes caused by tobacco?

The waste of the land on which it is raised.

Why is this wasteful?

Because more than a million and a quarter acres of land are used for tobacco and the soil thus used is exhausted.

What could be done with this soil if tobacco was not raised?

One third of all the potatoes or one sixth of all the vegetables raised in this country, could be raised on it. The tobacco does all its consumers injury. The vegetables do all their consumers good.

Why is smoking a much greater evil today than in former times?

Because the average age of beginners today is only eleven years, and they begin with the cigarette; whereas seventy years ago the average age of the beginners was twenty-two, and they began with less harmful forms.

Why is it any worse for a boy to use tobacco than for a man?

Because when used by the young, tobacco dwarfs and checks growth in every direction, and especially affects the mind and the character. It is also worse because the boy usually smokes the most harmful form, the cigarette.

Why is the cigarette the worst form?

Chiefly because the smoke is inhaled, increasing its harmfulness many times. The cigarette, more than any other form, creates cravings which it cannot satisfy. Because of its cheapness and mildness, it leads boys to smoke years before they could or would smoke a pipe or cigar.

What did one of America's noted physicians once say?

"Western civilization is gradually but surely drifting into degeneracy. Out of our degenerates come the vicious, criminal, and insane. Mankind is becoming alcohol and tobacco mad. The nervous system is crumbling, because saturated with alcohol and nicotine."

What is the money cost of tobacco?

We spend almost fifty dollars a second for tobacco, twice as much as for bread.

What is one of the worst features of the use of tobacco today?

The great increase of women smokers. Three out of every hundred smokers are women. Hundreds of otherwise respectable young women are now smoking cigarettes and making the practice "fashionable."

What can we do to check this great evil?

We can get our legislature to prohibit the cigarette as some legislatures have done already. We can use our influence and our example against this evil.

No Smoking at Vassar College

THERE are always in every community a few girls in their teens who, lacking force of character and good sense, are easily led to take up with any fad

that comes along, whether it is physically injurious or even morally wrong. The Students' Association, the self-governing body of Vassar College, has put itself on record as opposing any of its members' taking up the very questionable habit of

cigarette smoking, which is now assuming unpleasing proportions as a modern fad in certain circles. The motion passed reads:

"No Vassar student shall smoke while under the jurisdiction of the college at Vassar; this rule to be enforced under the honor system."

This means enforced by the student body, and not by the faculty. All hail to the student body of Vassar College! May it never lower its standard of social ethics, and may every other woman's college follow.

GIVE of your means, talent, and time for the education of the people in regard to the harmfulness of tobacco. Circulate anti-tobacco literature.

IS THE
YOUNG WOMAN
WHO SMOKES
CIGARETTES
IN DEMAND AS

A Sunday School Teacher?
A Y. W. C. A. President?
A Leader in Christian Work?
An Ideal Public School Teacher?
A Sweetheart or a Wife?
A Chum for Your Sister?
One Whom All Respect?

Presbyterian Board of Temperance Poster

Two Rivers of Gold

AT a liquor dealers' convention one speaker, in referring to the revenue from the liquor traffic, said: "The river of gold flowing into the Treasury of the United States points to its place in the finances of this country and justifies its function and existence." This river of gold annually totaled hundreds of millions of dollars; but the people of the country said: Nay, Mr. Liquor Dealer, you are wrong. There are some things our nation values more than gold, and these are the prosperity, health, and happiness of its people. Your river of gold is contaminated. It spreads disease, crime, insanity, pauperism, sorrow, and death everywhere; so we shall destroy it by Constitutional amendment. And they did.

There is another questionable river of gold still flowing into the United States Treasury, a river bearing its millions from the tobacco traffic. This too has been tested by expert scientists, and it is the general opinion of observers and experts that this river is unwholesome, that it is corrupting and disintegrating the future strength of the nation through its contamination of the boys. Should not Uncle Sam take a similar measure toward its elimination?

Why Some Boys Do Not Smoke

AMULTITUDE of boys smoke. Every day there are other boys who take up the habit. Why do not all boys smoke?

Every wise person, whether in business matters or spiritual things, counts the cost before making any especially new change in his business or religious life. Some boys therefore count the cost to themselves and to others when confronted with the question whether they shall smoke.

First, they consider, not what they in their brief life have observed of the effect of smoking upon their companions and acquaintances, but what men of experience and long observation say comes in time as the sure result of cigarette smoking.

They study what chemists and physicians say is the effect of smoking upon every part of the human body. They find their universal testimony is that cigarette smoking injures the young cells of the heart, nerves, brain, and muscles. It stunts, dulls, and demoralizes the whole body.

They consider what educational authorities say of cigarette smoking by boys. Here again they find the universal testimony that students who smoke do not make nearly so good records in school as nonsmokers, other things being equal.

They ask the courts, and they find an equally strong testimony against the cigarette, morally and civilly.

Now the wise lad, when confronted by the tempting cigarette, is ready to put to it the following pertinent questions, suggested by the Presbyterian Board of Temperance:

What will you give me that will help me?
Will you give me better health?
Will you give me helpful friends?
Will you help me learn lessons of thrift?
Will you teach me lessons of cleanliness?
Will you make me one of whom my mother can be proud?
Will you open up the way to business advancement for me?
Will you surround me with good influences?
Will you give me nobler ideals?
Will you give me a greater interest in things good?

Will you make me more respected?
Will you make me more efficient?
Will you make me regardful of the rights of others?
Will you make me alert, keen, quick to see and act?
Will you make me a better man, a better citizen, a better member of society, more respected, honored, and worthy of trust?

The cigarette has to admit that it can do none of these things for a boy. The bright lad therefore at once determines that if the cigarette can give him no help in gaining these worth-while things, it can have no place in his life. Were he to give it place, he would simply be like the drinking man, paying out his money for what is worse than nothing.

He therefore decides upon total abstinence from tobacco and is not ashamed to say so.

F. D. C.

All Honor to the Michigan Boys

THE recent Older Boys' (of the Y. M. C. A.) Conference of the State of Michigan, held during the Thanksgiving recess, according to the *American Youth*, gave attention to the matter of cigarette smoking, and one of the older boys present spontaneously took the floor and offered the following resolution:

"First. Scientists and physicians by careful experiment have shown that the cigarette undermines good health and impairs the mental faculties.

"Second. Big forward-looking business men of the nation have found that the cigarette destroys precision of action and affects the spirit of industry and enterprise.

"For these reasons, therefore, let us, the older boys of the State of Michigan in the 1918 conference assembled, declare unto our fellows throughout this great State our conviction that the cigarette must be abolished from the life of every boy and young man."

The officers of the conference submitted the resolution to a ballot by the entire conference, and, when the votes were counted, it was found that 817 had voted in favor of the resolution and only two had voted against it.

Let every boy who wishes to join the Michigan boys in their action sign the pledge below, and send his name or the signed pledge to the editor of this paper.

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.

Name _____

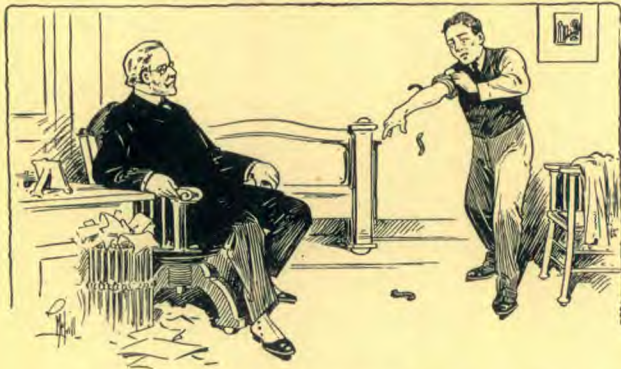
Address _____

LIEUT. ROSS WHITTIER, tactical instructor at the Harvard Reserve Officers' Training Camp, must have well understood that smoking affected unfavorably one's power of physical endurance, for he told the men that "on days when the march was hard or when the duties of war were severe they would do well to do little or no smoking."

Prof. Frederick Roman, of the Syracuse University, says that it was "a matter of common knowledge among the men that smoking lessened their efficiency in bayonet practice, grenade throwing, in the obstacle race, and on the march."

A Surprised Youth

A CERTAIN boy who thought he knew more than his elders, and who thought he could smoke cigarettes without harm, had so injured his health by his cigarette smoking that he consulted a physician, who told him plainly he must give up the use of tobacco if



he would regain his health. But the lad was wiser in his own estimation than the physician; so he felt that the doctor did not diagnose his case correctly. He therefore kept on smoking.

One day on calling at the doctor's office he was given convincing proof of the fact that his body was saturated with the nicotine poisoning. The physician placed three leeches upon the arm of the young man, and told him to watch them. They buried their noses eagerly in the flesh above the elbow, and began sucking his blood. But after only a few moments one of them dropped off to the floor; soon another followed suit; then finally the last one fell to the floor.

"What's the matter with these fellows, Doctor?" asked the astonished youth.

"They are dying, killed by the nicotine in your blood," gravely answered the physician.

"Well," said the boy, seriously thoughtful at last, "if I am as much of a leech killer as that, cigarettes must have got me pretty bad."

"Yes, they have; and you will soon be as these leeches if you do not take my advice, and be done with the cigarette."

"Forgive me, Doctor," said the young man as he picked up the dead leeches from the floor. "I have been too wise in my own conceit to take advice, but now I assure you my leech-killing days are over."

In time, with effective eliminative and curative treatment the young man's general health was restored; but had he waited much longer he would have dug his own grave with the cigarette.

Boys, if you are still free from the health-destroying cigarette habit, remain so. If you have unwisely followed in the footsteps of other boys and become a cigarette smoker, discard the tobacco habit at once; for if you do not, you are certain to be seriously injured, physically, mentally, and morally.

Women Smokers

THEY have as much right to smoke in the dining-room as men have," explained a heavy-jawed, slow-minded waiter in a leading New York hotel; "but," he added, in the universal language of the candid male of the species, "it does not look right, does it?"

Indeed, "it does not look right" to any man who cannot imagine himself pleased and proud to see his own mother or wife or sister or sweetheart puffing away in public—or in private—at a morally deadening, if not physically deadly, "coffin tack." Until all self-respecting men, whether they smoke cigarettes or not,—and nobody should smoke cigarettes,—are glad to have the girls and women of their homes thus indulge in "smokers," the cigarette-smoking woman's habits will continue to lower her in the respect and esteem of even the men with whom she smokes.

And, alas! who speaks for unborn generations?—*Texan, in the Christian Endeavor World.*

The Boy Scout Campaign

IN the recent campaign to raise money for the Boy Scout work, there were displayed on the front of street cars in the national capital large signs bearing the words:

"Build Manhood —
Help Boy Scouts."

These were all right; but we do not hesitate to say that the best way men can help Boy Scouts in their work of building manhood, is by setting an example of clean, strong manhood.

A smoking chimney will not meet this requirement.

Shall Literature Go Dry?

WHY not? Who wants to read frequent favorable allusions to that which is accounted the greatest of world curses? If the nation prohibits, let the publishers censor references that would seem to uphold that which the nation's laws denounce.

Let the same be true of tobacco. Why must every short story, novel, or illustration feature the pipe, cigar, or cigarette? That which destroys life and demoralizes character should not be presented in an attractive light in almost everything offered the reader. We are assured that the tobacco people pay leading artists to put a cigar, cigarette, or pipe in the mouth of their chief figures.

Let literature be a total abstainer from both liquor and tobacco, and it will be cleaner and better for its pledge signing.

John Barleycorn's Last Stand

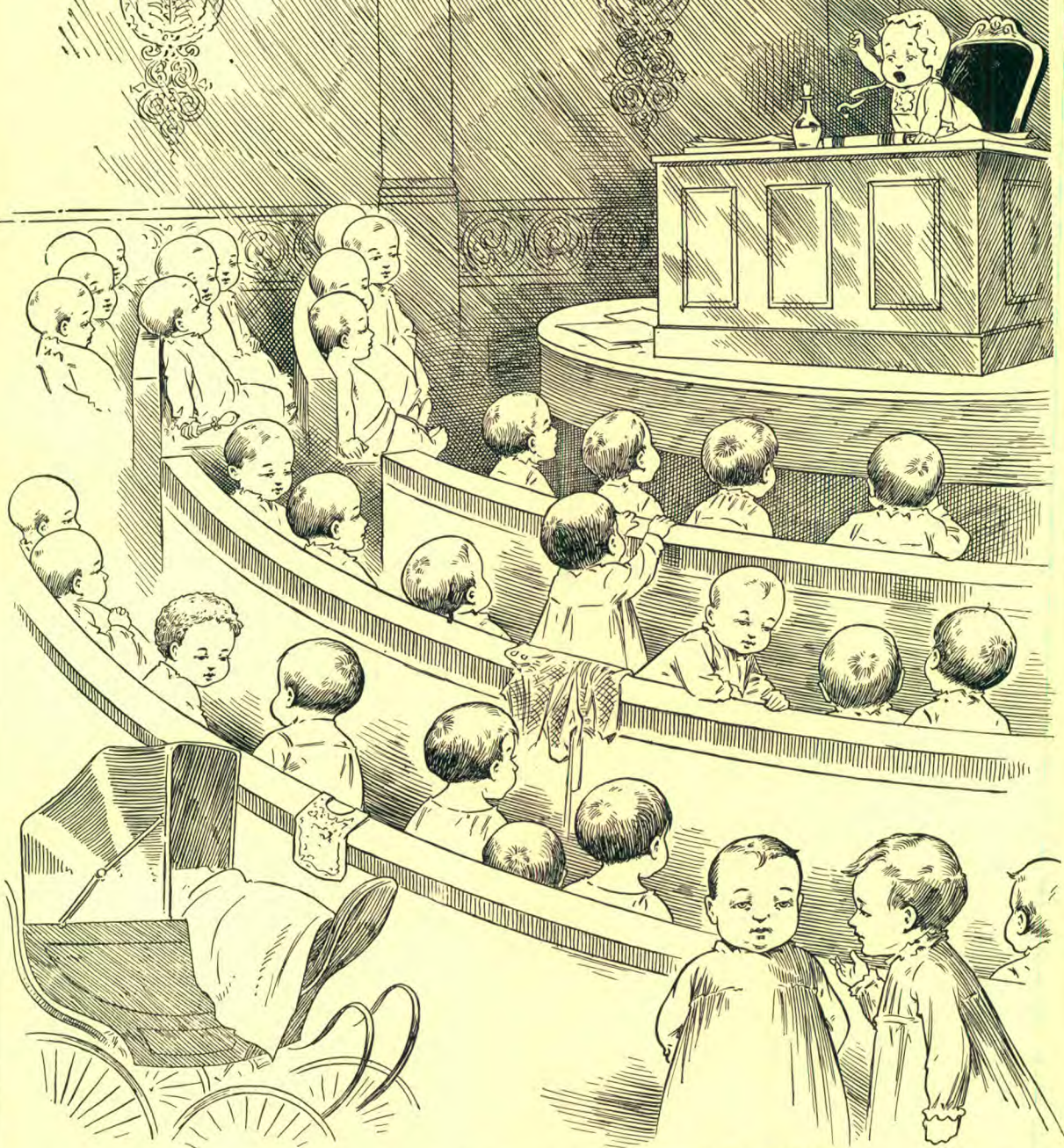
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humanity. There are habits that are expensive but that do

not undermine the health of their devotees. But tobacco fouls the air for everybody, ruins the health of hundreds of thousands, and is directly responsible every year for hundreds of premature deaths in every considerable center of population, and of many even in rural communities. It is encouraging to know that some of the forces at least that fought and conquered the saloon are now turning their attention to King Tobacco. The first move should be to forbid attractive tobacco advertisements that are a snare to the young. Let the tobacco fiend be speedily driven from the haunts of modern civilization to join his old friend John Barleycorn in bewailing a just fate, too long delayed, but which the righteous indignation of an awakened humanity is now visiting upon alcohol, and is ere long to visit upon his twin offender, nicotine.



My papa says he thinks too much of his boy to smoke.



MASS MEETING OF BABIES DEMANDING PURE AIR, AIR FREE FROM NICOTINE POISONING

ADAPTED FROM HARPER'S WEEKLY

The babies, the children of Middle Europe, suffered most during our recent terrible war tragedy. They were neglected, orphaned, starved, and maltreated in unmentionable ways. Yet they had no way of redress. They could not remonstrate nor fight. It was theirs to suffer in quietness and wonder, to endure though they could not understand.

In a less tragic way it is the babies and young children of our own land of charming babies that suffer most from our wrong customs and habits. They have long been victims of the nefarious liquor traffic; they have suffered from wrong industrial conditions; they have suffered and continue to suffer, thousands of them, from their smoking fathers. They are made anemic, nervous, and frail physically, some even dying from the useless and unwise smoking habit. What a tragedy for a father to poison to death his own sweet child! Were he to administer one death-dealing dose of nicotine to his baby, he would spend years in the penitentiary; but since he only poisons the air his child breathes, nothing is said to him, even by the child's own mother, though this daily dose of nicotine in time occasions the baby's death.

Adults are often nauseated and given a severe headache from the nicotine-poisoned air they are compelled to breathe. Do you think for a moment that the tender cells of the baby's organism are unaffected by that same atmosphere? Scientists have found that tobacco smoke will kill baby guinea pigs. Why not human babies? More than this, it has been found that the sturdy guinea-pig mother if made to breathe strong tobacco smoke, will poison to death or noticeably stunt her unborn baby pigs.

Therefore through the lovers of humanity the babies of the nation appeal to you to liberate them from the nicotine-poisoned atmosphere of home, street, and cars.

F. D. C.

The University of Chicago and Tobacco



PROF. A. A. STAGG, director of the Department of Physical Culture and Athletics of the University of Chicago, by request gives for this number of the INSTRUCTOR, the following word concerning the tobacco habit:

"The use of tobacco by athletes in training is almost universally regarded as harmful by coaches and trainers of athletic teams. I have never known of any coach of university crews to permit the least infraction of this rule. I have never known any football coach of any big teams to allow the use of tobacco by his men. I have, however, known of some liberty being allowed individuals on the baseball and track teams of some colleges. This privilege, however, was not extended to certain individuals because the trainer or coach thought it was for the well-being of his athletes, but because usually he did not have the courage to enforce discipline in what he believed to be for the best development and training of his men.

"At the University of Chicago the athletic department has been unalterably opposed, from the beginning, to the use of tobacco and intoxicating liquors by her athletes when in training. A few years ago two of our prominent athletes were dropped from the baseball and the track team on the day of our most important contests with the University of Michigan, for smoking cigarettes on the sly. I felt at the time that it would probably mean the loss of the game, and it turned out as I feared. Michigan won by one run, and two of their runs could be directly charged to the substitute who had to be called upon to fill this position, which he was not prepared to play. However, I have never regretted my action in the matter, although it was the captain's own brother whom I had to drop from the team.

"Only this spring I threw off the baseball team a young man whom I caught smoking. He has since twice deeply apologized to me, and says that he has 'learned his lesson.'"