

# *The* <sup>YOUTH</sup> INSTRUCTOR

ANTI-TOBACCO ANNUAL



"CHILD OF MINE, GOD KEEP THEE PURE AS ANGEL'S PRAYER!"



The New England Mutual Insurance Company found in sixty years' experience with 180,000 policy holders, that where 100 deaths were expected, only 59 nonsmokers died, while 93 moderate smokers died. No doubt the full 100 per cent of heavy smokers passed off the stage of action. In view of this data, can a man say that tobacco is not harmful even to the adult user?

One of the first impulses of the opponents of national prohibition was to organize "liberty" parades throughout the country, as a popular demonstration against prohibition; but an old Kentucky distiller said: "No, no, if the public ever saw you fellows together in a bunch, that would be the end of it." This advice must have been considered sound, for the parade idea was abandoned.

The Allied Tobacco League of America, with headquarters in Cincinnati, includes tobacco growers, dealers, warehouse men, manufacturers, and jobbers. The one object of the league is to oppose those who are seeking to conserve the manhood and womanhood of the nation through the limitation or destruction of the tobacco habit, and they are sparing neither means nor effort to accomplish this end.

The Detroit Free Press recently gave an account of sixteen firemen being "overcome while fighting a blaze in a cigar factory. The men were overcome by inhaling tobacco fumes, and three of them are in a serious condition." If one daily inhales the fumes of tobacco slowly, one's system is as surely poisoned as were the firemen, though the effect may not be noticeable for years.

There is a town in Guatemala, called Nahuala, with a population of nearly ten thousand, inhabited by pure Indians. These people pay to the government a tax about equal to the amount of income which might be expected from the sale of liquor in the town, and then do not allow intoxicants to be sold. No drunken person is allowed in the place under severe penalty. Are they not wiser than many communities calling themselves more civilized?

The Women's City Club of Washington, D. C., has a smoking-room luxuriantly fitted up in their new headquarters building. The demand for such a room came from the so-called leisure class rather than from the professional and working women. It would be better for all concerned, then, if the women with an oversupply of leisure should join the professional or working classes. They would be both happier and healthier, and their influence would be more wholesome.

Ex-Chief Edward F. Croker, of New York's fire department, says:

"Though we think of fire losses in terms of factories, hotels, and other large buildings, the majority of fires occur in private homes. Here are the principle causes of fire, the figures covering a period of ten years in Greater New York; the proportion would be about the same anywhere:

Careless use of matches .....	1,629
Careless use of cigars, cigarettes, pipes...	1,272
Bonfires, brush fires, rubbish fires .....	849
Stoves, boilers, ranges—hot ashes falling from them, and overheated pipes .....	844
Defective flues .....	784
Children playing with matches or fire ....	657"

Can nothing be done to prevent the unnecessary waste of property and life occasioned by the first two items, evidently closely related?

Bible Reasons for Not Using Tobacco

- It is not for the glory of God.  
"Ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:20.
- It brings on disease of the heart and cancer of the tongue.  
"If any man defile the temple of God, him shall God destroy." 1 Cor. 3:17.
- It is expensive and the money is wasted.  
"Wherefore do ye spend money for that which is not bread?" Isa. 55:2.
- It infringes on the rights of others by contact with them in the nauseous, sickening odor.  
"Thou shalt love thy neighbor as thyself." Gal. 5:14.
- It is a wrong example to set before the young.  
"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matt. 5:16.

It is a filthy habit.  
"Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 7:1.—The Gideon, December, 1918.

A Sure Test for Non-Angels

A MINISTER tramping through the country, was caught out at night without a place to stay. He called at a farmhouse and begged permission to remain overnight. The housewife refused his request. In a last hope of touching the obdurate heart, the minister referred to the Biblical counsel, "Be not forgetful to entertain strangers: for thereby some have entertained angels unawares." The woman assured him that the text had no application in the present instance because angels do not smoke or chew tobacco, as he was doing.

Does It Pay?

THE Forbes Magazine for March 6 makes the following statement regarding the expensiveness of the smoking habit:

"Two seven-cent cigars a day only, will in thirty years cost \$4,269, compounding annually at six per cent. What would the sum named buy? A good home. A superb private library. Four journeys around the world. Capital sufficient to start a business."

The postmaster of the city of Chicago, states that it is a standing rule of the office that special delivery messengers shall not be permitted to smoke cigarettes either while on duty or at any time when in uniform. Transgressors of this rule are severely disciplined.

The Youth's Instructor

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# The INSTRUCTOR

Takoma Park

Anti-Tobacco Annual

Washington, D. C.

## The Mother's Prayer

E. F. COLLIER

Dimpled cheek of beauty, eyes of azure blue,  
Lips like rosebuds moistened fresh with Eden's dew.  
Child of earth and heaven, heart divinely pure,  
Will your baby graces through the years endure?

Will your lips be stainless? Will your days of youth  
Only paint in larger pictures all the truth  
Of today's sweet rapture, charm, and tender grace?  
Will the prayers of mother vision in your face?

God, I pray no evil serpent may encoil  
In the life of this my darling to despoil.  
And may never any foul, unhuman taste  
Interpose to lay his youthful powers waste.

Child of mine, God keep thee pure as angel's prayer!  
White, white wings of mercy guard thee everywhere.  
Could a loving mother have a greater joy  
Than that God should keep her precious baby boy?

## The Tobacco Situation

J. H. DICKASON, A. M.

AS we have gained in the great fight against drink, we have lost in the contest against its twin evil, tobacco, and especially in the field of the cigarette. This condition of affairs can bring delight only to the commercialized tobacco industry. No true mother or father can find any satisfaction in the situation when they see how small a chance the boy of their home and the delight of their hearts has to escape the temptations that would make him a user of the weed in some form or other. Tobacco journals claim eighty out of every one hundred young men and boys as users of tobacco, and as one sees the growing prevalence of this pernicious habit, it sometimes seem that the ratio is even larger.

Comparing usage five years ago with what we see today is not conducive to satisfaction. Then, for men to smoke in any but the car set aside for their use on the train was almost an unknown thing. Today the infringement upon the rights of people to whom tobacco smoke is not only distasteful, but even sickening, is all too common; and this violation is especially noticeable on the part of young men who think more of their own selfish gratification than they do of the comfort of those around them. Some conductors seem to be afraid of offending the smokers, but do not manifest the same feeling concerning those who are annoyed by the smoke, even though the latter may be women,

The tobacco interests never made a better financial move than when they saw to it that their wares were made a part of the "essentials" for the young men in service. The interests knew that for every man in uniform that would be won to a tobacco régime there would be two little "brothers" back home. Their expectations have been more than realized. The example of those who served their country has been potent, and today all over the land there is seen a great increase in the use of cigarettes, especially among schoolboys.

### Boys Caught by the Scheme of Tobacco Interests

In one town recently visited, and it was a town in the midst of a rich farming community in Ohio noted for its general intelligence, the writer found 25 per cent of the boys in the first and second grades smoking like veterans; in the third and fourth grades 50 per cent were users of tobacco; in the next two grades 63 per cent confessed that they had added cigarettes to their scholastic equipment; while in the grammar grades 69 frankly admitted that they were close friends with this white-clad foe that was robbing them of the very things which young men and boys should prize.

In the high school in this same town 35 per cent of the boys were helping swell the income of the tobacco companies, but they had the distinction of furnishing 56 per cent of all the failures found in the high school. There



Photo by O. B. Kuhn, Changsha, China

"American tobacco interests say, 'A cigarette for every man, woman, and child in China.' We are in China, but there'll be no cigarettes for us! nor for our papa either."



might have been some satisfaction in that for the chagrin that certainly must have been theirs and the mortification that must have come to parents and friends over their failure to make their passing grades.

The sorry part of the situation is that this is not an isolated case, but is only one of many that can be found not only all over Ohio, but in every State in the Union where cigarette selling is not forbidden to minors.

#### Billions of Cigarettes Smoked

The consumption of cigarettes in this country last year was 46,500,000,000, not including the hand-wrapped article nor those sent to our men in uniform, nor the ten billions or more manufactured by the American-British Tobacco Company. That is a gain of nearly 7,000,000,000 over the preceding year, and enough to frighten every patriotic citizen in the land.

The greatest tobacco salesman in this country recently said that it was a burning shame that a great nation like ours used only 46,500,000,000 cigarettes; that we ought to be using 100,000,000,000 every year instead.

It will be apparent that if we increase for five years more at the same rate, we will have reached the goal he has set. That will give us an increase over our present consumption, of 115 per cent; but our increase for the past five years has been 185 per cent. There is no ground for congratulation from that fact.

"*Gallia est omnis divisa in partem*" ("All Gaul is divided into three parts"), said Cæsar of old. Tobacco and cigarettes attack the boy from three sides, and the man as well. Though the latter may be able to withstand the assaults for a longer time, it is only because he has a larger reserve force of vitality upon which to draw, and not that he, too, is not "paying the fare."

#### What the Cigarette Does for the Boy

The boy suffers, first in his body; he is under weight for his years; his lung expansion is not so great as in the boy of the same age, and it is easy to see that his nerves are shattered; his wind is short; his heart palpitates from exertion that ought not to affect him; his recuperative power from disease is lessened by at least one half; his head aches; his digestion is not good; his appetite is capricious; his whole physical being is impaired. He belongs to the losing team, if, indeed, he has enough ambition to "make" any kind of team. In some schools there is not material enough that is nonsmoking to make a team, so victory comes now and then, simply because there is no competition except against teams just as weak; but carry this contest into the winning college teams, and there is a monotonous regularity concerning the cigarette smoker, and his failure ought to be convincing to every boy whose mind is clear enough to recognize the truth when he sees it. Not a coach in the country who has a winning team,



EX-PRESIDENT WILLIAM HOWARD TAFT

Mr. Taft doesn't seem especially "anemic, attenuated, or pessimistic," does he? Yet he opposes tobacco sufficiently to be an abstainer. Such opposition is the most effective kind. (See tobacco posters on following page.)

football, basketball, or baseball, but will tell you that cigarettes and victories are absolute strangers to each other.

Tobacco attacks the mental side of the boy's life just as surely as it does the physical. Why should it not? "A sound mind in a sound body," might just as well have been cast into the form that a sound mind cannot live in a rotten body. Nicotine, the most harmful ingredient found in tobacco, is surpassed by but one other poison in its deadly character, prussic acid, and while not much poison may be taken into the body from one cigar or cigarette or pipe, all science shows that there is bound to be some ill absorbed, and this evil is cumulative in effect. Like body, like mind. Only those who do not know, deny this great rule. Weakened memory, inability to concentrate, lack of reasoning power, weakened will, all these are inevitable effects soon manifest in the boy who uses tobacco, and the more youthful he is when he begins, the quicker and more definite are the results produced. The boy in the grades is a year and a half behind his grade; he probably drops out before high school, or flunks out soon after, even if he does make the start. Turn back to the figures shown for the Ohio town just mentioned. Only 35 per cent of the high school boys used cigarettes as against 69 per cent in the seventh and eighth grades. Why this



great improvement? It is very apparent. Half of the smokers dropped out of school at this point. That is not an unusual experience at all, and when our country comes to a consumption of a hundred billions a year, as our tobacco salesman hopes for, we might about as well close our high schools so far as the general run of boys is concerned, and conduct them only for girls and the few boys who survive.

#### The Public Throwing Away Money on Boys

The public is now wasting money in purchasing educational opportunities for boys who by their use of cigarettes render themselves unfit to reap any real advantages from opportunities provided by the taxpayers. We venture to say that not one cigarette-smoking boy in six in the high school passes on strict merit or with credit to himself or his school. Such a boy can go through four years of high school, but four good years of high school cannot go through him, and that is the thing sought for. We believe the time has come when every board of education should give the boy his choice between tobacco on the one hand and his education on the other, and if he does not value the latter highly enough to eschew the former, let him make his choice. Instructors have their hands tied because of this habit in their pupils; other students are held back and robbed of their rights.

Drastic? Yes, but is it not fair? The patient places himself in the hands of his physician for treatment. The doctor prohibits absolutely the thing that is harmful, and places his patient under strict orders as to what he is to eat and drink. Otherwise he is a fool to undertake the case. Is not a teacher as good as a doctor, and has he not some rights that his pupil-patient is bound to respect?

Then the cigarette attacks the moral nature of the boy. The commercialized dance hall in the town mentioned was better patronized than the Sunday school by these young smokers. The poolroom had precedence over the church. Their conversation was as foul and profane as the air they breathed. They did not care for things worth while. Their ideals did not reach the stars, scarcely mounted as high as a telephone pole. They did not read good books; home did not appeal to them; they were not thrifty; they did not look forward to their tomorrow. Their aims were no credit to them. The cigarette was pulling down everything in their natures that was pure and good. It was not lifting anything up that was worth while.

Tobacco never lifts up. It never makes better.

It has dragged many down.

It has harmed untold numbers. No good — much harm. Is not that a terrible arraignment?

#### Tobacco Posters

THE following are sample posters placed by tobacco salesmen in drug stores, candy shops, and wherever tobacco is sold. Thus is it hoped to offset the educational campaign that is being made to enlighten boys and girls, young men and women, as to the evil effect of tobacco.

"GOOD, strong, healthy men like tobacco. Anemic, attenuated pessimists oppose it. If you enjoy tobacco, help to fight the anti-tobacco blue laws that are being proposed."

"IT was once illegal to kiss your wife on Sunday. They are trying to make it illegal to smoke a cigar at any time. Help to fight the issue. Don't let the anti-tobacs get the jump on you. Don't vote for a man for any office until he declares his position on the tobacco question."

#### One Man's Gift

ON Thanksgiving Day, 1917, my wife and I were guests of the owner and physician in chief of a sanatorium which is located in our home city. After the meal was finished, cigars and cigarettes were passed. Those who smoked took their favorite "brands" and fell to explaining the reasons for their preferences. One of the doctors of the sanatorium staff smoked a much-advertised brand of low-priced cigarettes, explaining that these were as good(?) as higher priced ones if kept in a humidor.

At the table were two members of the highest legislative body in the land, and at the mention of the word "humidor," one took up the conversation and said, "Speaking of humidors, I was in New York City recently and I learned that when — [he named one of the world's greatest financiers] died, he left in the large underground humidor which he had prepared, \$150,000 worth of cigars."

Think of it, one hundred fifty thousand dollars to be deliberately turned into ashes! One hundred fifty thousand dollars to gratify a hurtful appetite! One hundred fifty thousand dollars for purely selfish indulgence! And this was but one man's contribution to the goddess Nicotine. I might properly say it was a single gift of one man to the goddess, for this does not take into account the tremendous expenditures of the years of a reasonably long life. Surely it is time for men to turn from this costly habit — costly in money, in health, and in influence.

HEBER H. VOTAW.



Photo, Underwood & Underwood, N. Y.

EDMUND HARRIS, OF HIGH WYCOMBE, ENGLAND

Mr. Harris is one hundred years old, and has never used tobacco or liquor.



# What Makes the Difference?

DANIEL H. KRESS, M. D.

A SHORT time ago I was asked to give a talk at a well-known business college. I was surprised to find four girls to every boy present. "Where," I asked myself, "are the young men?" I went to a large insurance office, where many persons were employed, and I found that the proportion of young women to young men even exceeded the proportion in this business college. Again I said, "Where are the *young men*?" I visited another large concern where several thousand men and women are employed. In passing through one department where about four hundred women were working, the one conducting me said, "In this department the work is of such a delicate nature that we can make use of women only in doing the work." "Why," I asked, "cannot the young men do it?" "I don't know," he replied.

"I do," I then said. "It is because your young men smoke cigarettes. Cigarette smokers cannot do work requiring excessive mental concentration and delicacy of touch. Smoking unfits them for such work. Mr. Burbank, the plant wizard of California, made this discovery years ago. He found that men who smoked even one cigar daily could not be trusted to do the delicate budding work. He said that while these men could do the rough work on the farm, when it came to budding, they called it 'puttering,' and had to give it up. They lacked the requisite delicacy of touch and concentration of mind."

## Nonsmokers Not on Scrap Heap

It is a fact that work today requiring speed, accuracy, and efficiency is being done more and more by young women. The young men are dropping behind, and out of the game. The departments in which these women are employed are still headed by men, not because they are more efficient or more reliable, for in many instances they are not, but because it is an established custom to have departments headed by men. Efficiency, and not custom or sex, will in the future determine one's fitness for positions of responsibility. It will not be long until not merely the *old man*, but the modern *young man*, will be consigned to the scrap heap, and the world's work requiring efficiency will be done by women and nonsmokers.

Abraham Lincoln, that great and good man, the man whom all the world reveres, would never have been heard of had he early in life taken up the use of cigarettes, as a large per cent of the boys of today do. In his early life he had few educational advantages. His mother could neither write nor read, and his father was illiterate. Lincoln was recognized as a young man "of no vices." He was temperate in all his habits. This kept his young brain cells in a normal condition, and he found himself able, in later life, to apply himself to hard mental problems with ease. This, and this alone, was the secret of his success.

## Good Men Smoke, but —

There are good men and great men who smoke. They are, however, exceptions to the rule. Even these *good men* and *great men* would have been *better men* and *greater men* had they never smoked. The boy who begins to smoke cigarettes at the age of ten, twelve, or fourteen

years, will in all probability be neither a good man nor a great man. He will remain in obscurity, and live out only half his allotted span of life.

## Tobacco and the Boy

That tobacco using injures the brain cells of the boy is no longer a matter of dispute or controversy. It is well understood by principals and teachers of our schools, as well as by the parents of these youthful smokers.

In order to ascertain when a boy in school begins to smoke, it is not necessary for the teacher to smell his breath or to go through his pockets. All she needs to do is to consult her records of his class work. When the boy begins to smoke, he begins to drop behind in his studies. He develops nervous symptoms, and soon he will look upon study as Burbank's smokers regarded budding, and will call it "puttering." These boys drop behind in their class records, and in time they will drop out of school.

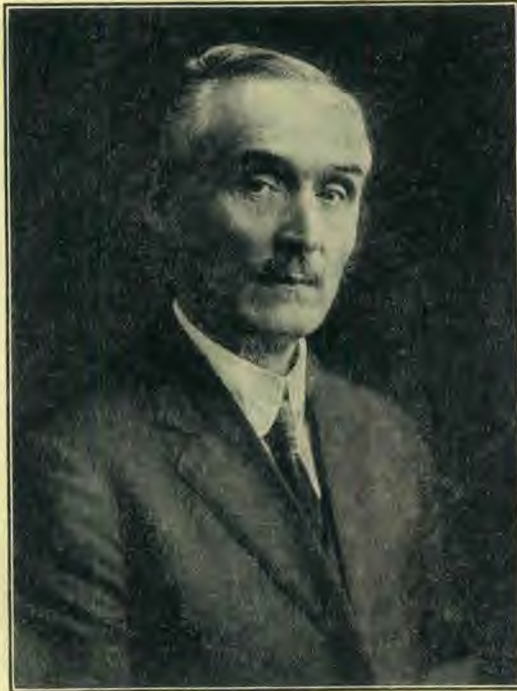
What becomes of the boys who drop out of school? They are just as poorly fitted for work requiring application and accuracy as they are for study. This is recognized by employers, and they are not in demand. Many of the business concerns have so high a standard of efficiency that young smokers are excluded. They must in some manner obtain a living. Their life study is how to

do this without working. They associate with their kind, for "birds of a feather" still "flock together." This leads to the poolroom, and gambling; and failing in this,—for they make even poor gamblers,—they turn to theft and robbery. In this realm the young men predominate and excel. There are, it is safe to say, forty young men to every young woman in our criminal courts, and most of the young women found there are cigarette fiends. The cigarette is a maker of criminals, idiots, and fools. As the habit becomes more prevalent among our boys, we may expect and look for a larger crop of these degenerates and criminals.

In our city schools there are more boys than girls up to the eighth grade. After this the girls begin to take the lead, and by the time high school is reached, there are two, and, in many instances, even three girls to every boy. In business colleges the percentage is even higher, and in business offices still higher. Only in juvenile courts, reform schools, and penitentiaries do we find the proportion reversed. Is it not time for us to say this evil must cease? We are surprised now that we have suffered the traffic in alcohol so long. Tobacco and liquor have been coworkers all these years. Let them not be separated in death.

## Cigar Makers' Union Taboos the Cigarette

"At a meeting held on January 4, 1906, of the Cigar Makers' Union No. 92 of Worcester, it was voted to fine any member smoking a cigarette \$5 for each offence. This rule was 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."



Dr. D. H. Kress



## The Young Smoker

**T**HIS little smoker is a Filipino boy. He doesn't know any better than to smoke. The people of his country haven't made a study of the effects of tobacco upon the brain, lungs, and heart of a boy as our American scientists and doctors have.

There is now a committee of fifty of the leading men of this country who have been appointed to study carefully for three years the effects of tobacco on the young and growing cells of the human body. Besides these many others are making a special study of the subject.

Some of these men belonging to the committee of fifty have already given considerable study to the question, and are firmly convinced that the tobacco habit is exceedingly harmful to young persons, often completely wrecking them, sending them to the asylum, the penitentiary, or the grave.

Tobacco does no grown man any good, but does many of them great harm. Those who do not begin the use of tobacco until twenty-five or thirty years of age, do not receive the injury that comes to those who begin much earlier, unless their system is especially sensitive to the poison.

But boys do not seem to think that age has anything to do with the question. They reason that they should be allowed to smoke the same as the men. But age has very much to do with the matter. Just as a dose of morphine that a strong man might take without any special harm, would kill a baby; so the nicotine that the full-grown body might tolerate under certain conditions, would stunt and destroy certain delicate cells in the young boy's body. That is why so many cigarette fiends are found in our insane asylums.

If boys would study the question as they should, they would know that tobacco poisons their whole body, and that they can never have so good brain, heart, or lungs as they would have had if they had never used tobacco.

The boy who begins to smoke, begins very soon to fail in his studies and in his deportment. Tobacco never won a medal or prize for any boy; but it has kept these from many who would otherwise have gained them.

Boys, wake up, and save yourselves from those who would destroy you for your money. Just as the saloon keeper wrecked human lives and homes to fill his coffers with his victims' coins, so the tobacco trade is willing to make criminals and dullards out of our bright

American boys simply to get a few more dollars into their coffers. Does the person who urges you not to smoke add to his bank account thereby? No, personally he gains nothing from the effort; yet you pass his instruction and entreaties by and take those of the man who is after your money at the peril of body and soul. Surely, boys, this is not wise.

F. D. C.

## Hard to Follow

I do wish somebody would tell me  
Why I am so misunderstood,  
Or why I can't understand others  
The way it's supposed that I should.  
I try to discern like my elders,  
But often I feel quite confused;  
Sometimes they ignore me completely,  
And sometimes they're greatly amused.

Now in mother's beautiful garden  
Is many and many a rose,  
And when she finds one that is blooming,  
Why, mother remarks that it "blows."  
I know what she means in the garden,  
But whenever I see a red nose,  
She laughs as if it were funny  
To hear me observe that it *blows*.

Once I saw a man who was chewing  
On something, and, my! how he spit;  
My mother said it was tobacco,  
And she didn't like it a bit.  
I told her that she mustn't mind it,  
Because that I certainly knew  
If my mouth were dirty as his mouth,  
I surely would be spitting too.

So over and over and over  
The things that I say seem awry,  
And things that I do are not perfect,

No matter how much I may try.

It isn't so easy to follow

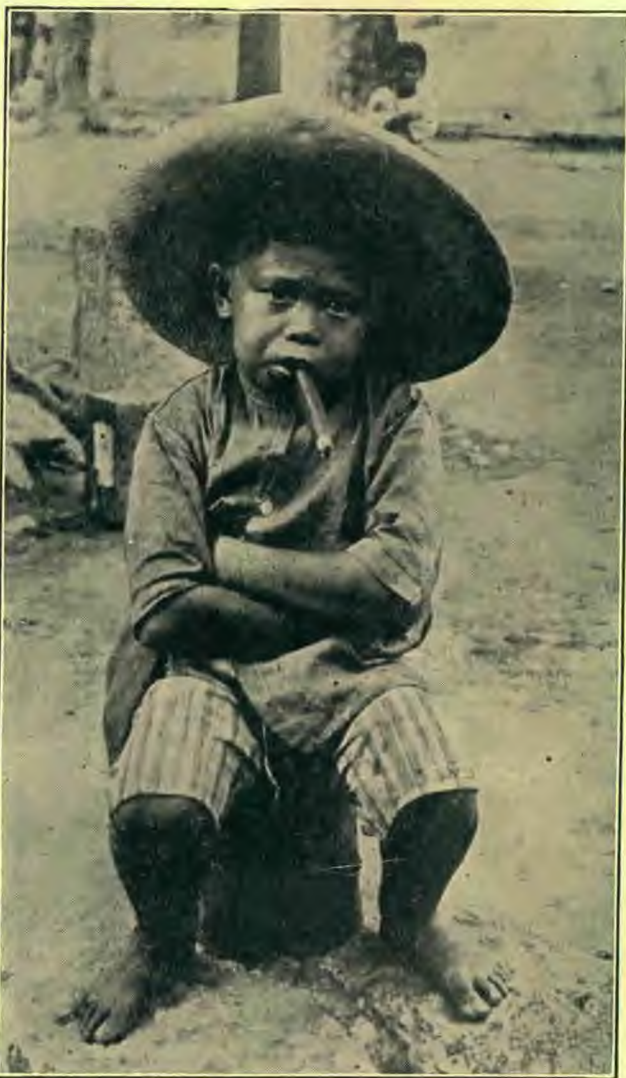
The grown-ups in all that they

say,

But I s'pose if I look and I listen

Sometime I will see things their way.

E. F. COLLIER.



© Kadel &amp; Herbert, N. Y.

**He Knows No Better**

eral Pershing, solidly for the abolition of all intoxicants as beverages. The great army leader says:

"Banish the entire liquor industry from the United States; close every saloon, every brewery; suppress drinking by severe punishment and the nation will suddenly find itself amazed at its efficiency, and startled at the increase in its labor supply."

F. D. C.

## Misjudging Others

**W**E know that Mr. Gompers wants his beer; and we know that he thinks every other man wants his. But Mr. Gompers is mistaken in his judgment of others. The *Literary Digest*, desiring to know for a certainty how the workingmen of the country feel regarding prohibition, wrote to hundreds of labor leaders for the laboring man's ideas of the dry régime. Among the 526 replies received were some from every State in the Union, and prohibition was pronounced an unqualified benefit to the workingmen by 345, or more than two thirds of the union leaders.

Some thought prohibition had not been given a fair trial; and it has not. If it had, we venture to say that 100 per cent would have given prohibition their enthusiastic approval.

The real labor leaders take their stand, like Gen-



# Slaves to the Nicotine Habit

**S**LAVERY is not a pleasing word to the free-born, nor is it to the slave-born. Human slavery has been denounced by the world, and the fetters that have bound men in the darkest lands have been loosed, and the black man the world over is free.

But the white man has been enslaved, enslaved to the evil habits of liquor drinking and tobacco using.

The following instances cited by Mr. Sivad in the *No-*

can't quit it. I'd gladly give \$10 a day to be free from the habit.'

"I thought, 'What a pity, a man, one of the wealthiest men in his town, the president of a bank, should confess his serfdom to such a hard master as Slaver Nicotine.'

## Manhood Taken Away

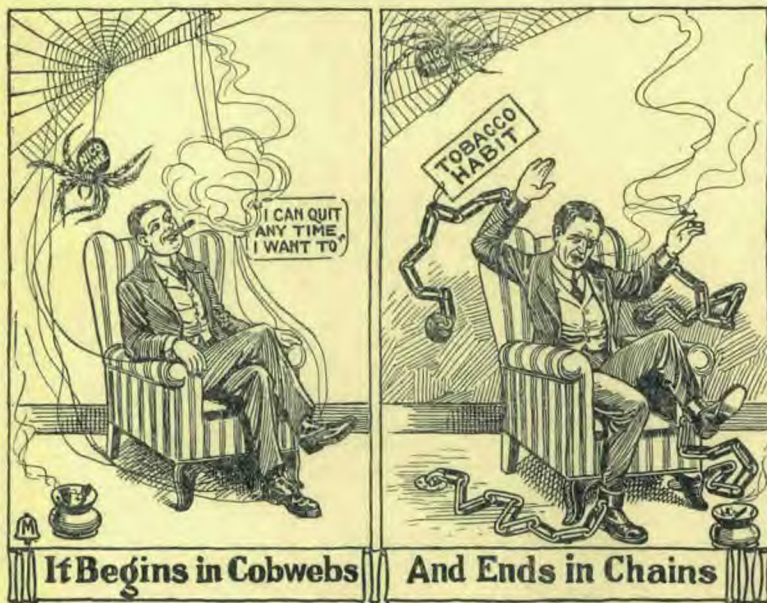
"In Enid, Oklahoma, I met the proprietor of a hotel.

He said, 'I'd gladly put \$500 on the table and make you a present of it, if you would in some way cause me to quit using tobacco. I eat it like fodder. I know it has already taken ten years from my life. I just can't quit it. I might as well tell you the truth, I haven't manhood enough to quit it.'

## Still Held as Slaves

"In Lancaster, Pennsylvania, there lives a fine man. When he became a church member, he quit booze and he quit smoking. A few years later he said to me, 'I am having a struggle. I couldn't sleep last night. I am trying to quit chewing tobacco.' I replied, 'I did not know you chewed.' He answered: 'I've chewed since I was a mere boy, but I've decided to come clean all the way and I must quit chewing. I'll quit if it kills me.' His determination was heroic. I admired his grit, and we shook hands on his resolution. Six months later I saw him and said, 'Do you still hanker for tobacco?' He replied, 'Do you know, I didn't quit? I just couldn't quit it. O,

I don't think there is any harm in it! If I didn't use it, I believe I'd start in.' A year or so later he came to me and said, 'I have resolved to cut out chewing tobacco.' I wished him Godspeed. We parted. A year later we met. He said, 'I couldn't quit it all at once, so I am tapering off. I am now using but two cents' worth a week.' Some two years after this I met him again. He was still struggling to free himself from the terrible fetters of Slaver Nicotine. The abstainer is saved such struggles.



**If Begins in Cobwebs**

**And Ends in Chains**

*Tobacco Journal*, show the strength of the fetters of the tobacco habit. He says:

"I met in Boston a man who seemed by natural inheritance to be much above the average; a man who, had he kept himself free from fetters, could fill a very high position in the business world. He said:

"I used to smoke cigarettes. The habit grew and the number I smoked increased until I smoked one hundred or more a day. I lost all self-respect so far as tobacco goes. I came home to find my wife entertaining her women friends, but I did not refrain from smoking even in the presence of a houseful of women visitors. My cigarette stubs were to be found everywhere strewn about my home. Sometimes I would fall in a faint on the floor of my home.

"Finally my family physician told me that unless I quit smoking I would not live six months. It was a question of divorcing the weed or filling a casket. I resolved to quit tobacco. I went to the hospital where for three weeks I used no tobacco. I went home and for three weeks longer smoked not at all. Then one night, importuned by a 'friend,' I smoked half a cigarette. It made me deathly ill, and I decided to quit, and quit I did.

"Later on I engaged in business in New York City, and purchased a box of fifteen-cent cigars to have on hand to treat men who came to my office to see me on business. I smoked with them. Later I smoked when my prospective customers were absent, till it dawned on me that I smoked up most of the cigars I had bought for treating purposes. In time I became as impotent as when I quit cigarettes. It was a question of life and death with me, and I decided to quit smoking tobacco. The last week I smoked I spent \$22 for tobacco, and I had been spending some \$20 a week for the weed for several years. I quit smoking a year ago. I had to."

## A Bank President Fettered

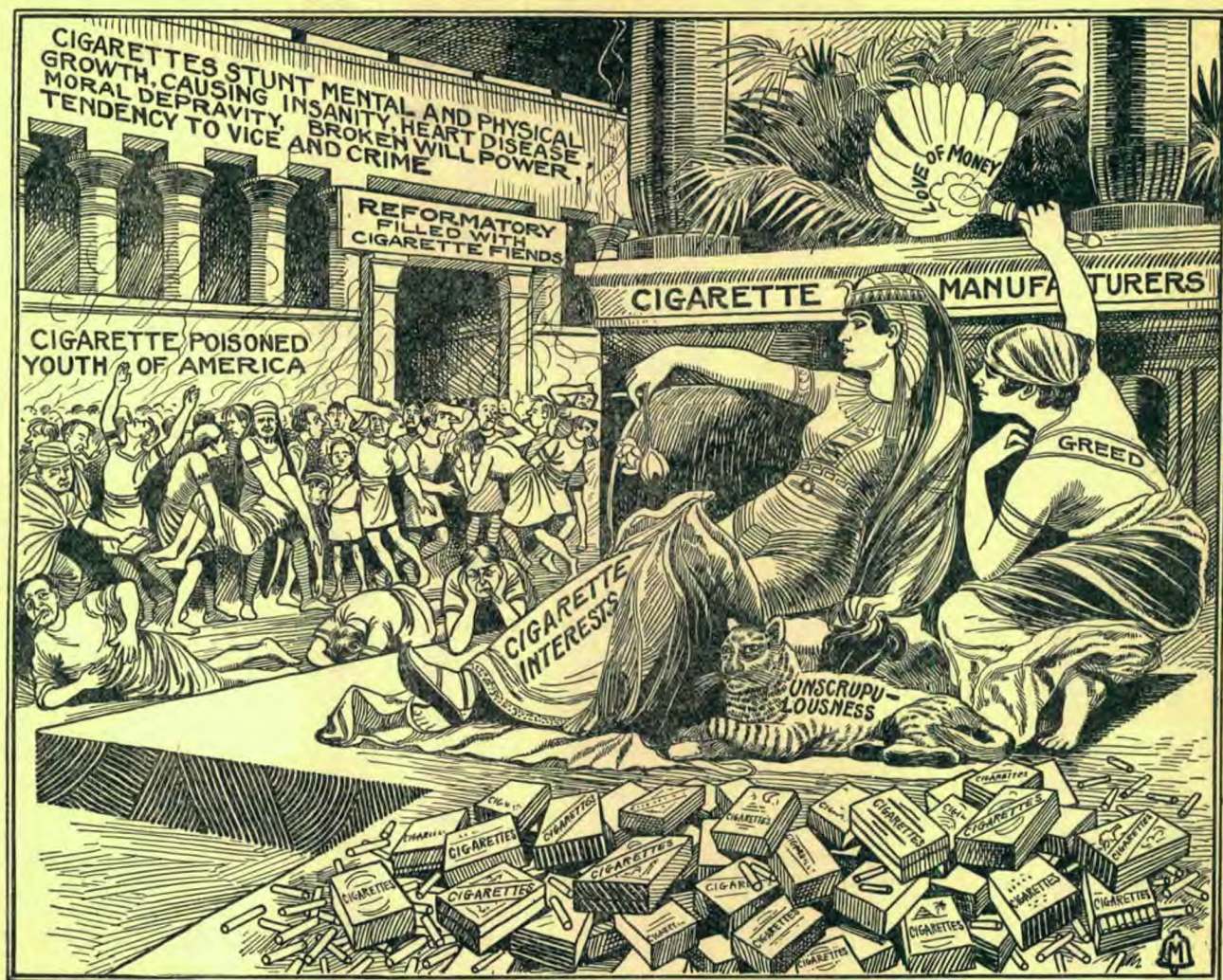
Mr. Sivad cites another instance of a bank president who said to him: "'I would to God every cigar I smoke would make me deathly sick!' I said, 'Why do you wish that?' He replied, 'Maybe if it did, I could quit it.' I said, 'Do you want to quit it?' He replied, 'Yes, but I



**THE NICOTINE IXION**

Like the character in the Greek fable, the cigarette fiend is bound to a revolving wheel, in the infernal regions of the tobacco habit.





**THE MODERN CLEOPATRA POISONING HER SLAVES**

The Egyptian queen tested her poison on a few slaves, but the cigarette Cleopatra is poisoning the youth of whole nations.

"A short time ago a fourteen-year-old messenger boy in Chicago, getting \$67 a month, said to me, 'I have used tobacco since I was five years old. I know it hurts me. I have a pain right here,' pointing to his abdomen. 'I know it is injuring me, but I can't quit it. I did quit it once for two weeks, but I had such a strong desire for it I had to go back to it. I can't quit it.' I said to myself, 'Another bond servant of Slaver Nick's.'"

"A policeman in Richmond, Virginia, said in my presence, 'If I could afford it, I'd give \$10 a day to be free from tobacco.'"

"These are some of many who have acknowledged their weakness, or, perhaps I would better say, the strength of fetters used by Slaver Nicotine as he adroitly binds the one animal made in the image of God."

#### Fetters Can Be Broken

But we are not without hope. There is a way of quickly snapping asunder the shackles that bind the veriest slave.

Dr. D. H. Kress reveals this method as tested by his own experience:

"I was myself a heavy smoker up to the time of my conversion. Immediately following this, I said to Mrs. Kress, 'I do not see how I can be a Christian and smoke.' She said, 'Give it up;' and I said I would. I soon discovered that this was easier said than done. I had a tremendous struggle. Finally I said, 'I must have just one smoke.' Mrs. Kress said: 'No; come with me.' We went to our sleeping-room, and there together we bowed on our knees before God. I made the vow not to smoke. I determined that rather than continue to smoke, I would die in the effort to quit. I did not die. From that moment, I began to live. God gave me the victory, and freed me from this habit. Since then, I have had the satisfaction,

in my medical practice, of seeing many who were addicted to alcohol, tobacco, morphine, and cocaine, freed in the same manner."

If you are a slave to the habit that is ruining your health, give it up, and be a free man, and a well man.

If you are a slave to the habit that is ruining the youth of the nation, by the grace of God give it up, and by your example lead them to conserve their mental, physical, and moral strength.

#### What Shall the Harvest Be?

SMOKING the weed by the daylight fair,  
Smoking the weed by the noonday glare;  
Smoking the weed by the fading light,  
Smoking the weed in the solemn night;  
Oh, what shall the harvest be?  
Oh, what shall the harvest be?

#### CHORUS:

Sowing the seed of a poisoned brain,  
Sowing and reaping both palsy and pain,  
Forging the chains of your slavery;  
Sure, ah! sure will the harvest be.

Chewing the weed by the morning light,  
Chewing all day and into the night,  
Defiling all places—the high and the low,  
The stairway, the carpet, the beautiful snow;  
Oh, what shall the harvest be?  
Oh, what shall the harvest be?

Smoking and chewing by day and by night,  
Regardless of others, and reckless of right,  
Filling the hearts of your friends with pain,  
Resolving to quit, then yielding again;  
Oh, what shall the harvest be?  
Oh, what shall the harvest be?

—Adapted.



# Why Presbyterians Oppose Tobacco

CHARLES SCANLON

**T**HE Presbyterian Church advises against the use of tobacco, publishes literature, and sends out lectures to combat this evil, because —

1. It is a filthy, injurious, expensive, offensive habit.  
2. Because the trade brazenly boasts its purpose to endeavor to put a cigarette in the mouth of every individual, man and woman, young and old, at home and abroad, so far as it is able to do so.

3. Because the use of tobacco does no good to any one, is positively injurious, according to science, to most, if not all, people; promotes selfishness, disregard of the rights and comforts of others, and by its false and alluring advertisements seeks to induce children of the tenderest years to acquire the habit, in spite of the fact that not a scientist, medical man, or any other person whose opinion is worthy of respect, will deny that the use of tobacco in every form is highly injurious to such children.

4. Its special effort to induce girls and women to contract the habit, is so reprehensible that even the trade itself will not attempt to defend such diabolical conduct and is ashamed openly to defend what they seek to accomplish in this line.

5. Every effort at restriction and regulation, or any attempt whatever to induce the traffic to observe the dictates of common sense or legal restraint has failed as completely in the case of tobacco as in the case of liquor, and there is nothing left for self-respecting, patriotic, intelligent people to do but to oppose it by every means at their command as they did the liquor traffic.

6. Every argument about "personal liberty," "vested interests," "giving employment to labor," is as false and unwarranted with reference to tobacco as it is with reference to alcoholic liquors. The fact that the Government derives revenue from this evil, is no more a defense or excuse for its toleration than in the case of alcohol, drugs, or imported obscene pictures or books.

7. Every instinct of humanity, regard for the race, love of country, respect for children, the desire to promote health, efficiency, morality, and religion, demand that the church shall be open, active, vigorous, determined, and persistent in its opposition to this evil.

The Board of Temperance and Moral Welfare of the Presbyterian Church has the repeated sanction of the General Assembly, which is the highest judicatory of the denomination, for combating this evil at home and abroad,

and has often denounced the whole trade and discouraged its use. The fact that certain persons in the Presbyterian Church use tobacco indicates that their judgment is better than their practice; otherwise they would seek religious fellowship in a church which encouraged and advocated the unrestricted use of tobacco in all forms, if, indeed, any such monstrosity could be found.

Why should any one defend a traffic which is not advocated by religion, science, education, business, or society?

However strongly the enemies of tobacco feel on this subject, frenzy and fury alone will not accomplish the desired end. There must be the same patient, persistent, systematic campaign of education on this subject that won

the battle against alcohol. Let us therefore be definite, positive, and persistent, and we shall ultimately win. And the tobacco trade may as well understand now that when once this is before the American people for decision, it will be settled on its merits and not on cheap and selfish denunciation.



POISON GAS MASKS

A suggestion for those who are forced to breathe air polluted by smokers. Still would it not be more appropriate for the smoker to wear the mask?

## One Count in the Tobacco Indictment

**T**OBACCO growers, manufacturers, and dealers are becoming greatly alarmed lest King Nicotine be deposed from his throne as was King Alcohol. To forestall such a fate they are posting appeals to the devotees of the weed urging them to safeguard their liberties by voting for no candidate for any public office who will not pledge himself to oppose all anti-tobacco measures.

This is only another of the many evidences of the supreme selfishness begotten by the tobacco business and the tobacco habit. It is not alone the ruin that is wrought by the tobacco habit, the hearts weakened, the blood poisoned, the youthful growth stunted, the alert minds stupefied, the steady nerves shattered, the lives shortened, the innocent wives and children poisoned by its fumes, that enter into the indictment against tobacco, but there is another count, namely, the seemingly studied disregard of the rights of nontobacco users.

Only a short time ago the writer, upon boarding an interurban car for a ride of several miles, observed with pleasure a sign, "Smoking, or carrying lighted cigars or cigarettes, upon the cars of this company, is forbidden." But inside of five minutes two smoldering cigars were polluting the air of that car. Many a lady starts out to



make a visit or do shopping, feeling well, but is presently given a violent headache by the tobacco smoke she simply cannot escape if she uses a public conveyance, or even enters some respectable restaurants.

But perhaps the most heinous offense ever committed in the interests of the tobacco traffic, was the way in which the trust made merchandise of our young men and exploited loyalty during the late war. Many a young boy leaving home in obedience to the call of duty, with breath unpolluted by the smell of tobacco, and with teeth, lips, and fingers unstained by the weed, went forth with a mother's blessing to do and to die if need be for his country, only to return at the close of the war a cigarette fiend, with shattered nerves and weakened moral stamina, a devotee of tobacco and a lifelong contributor to the revenues of the tobacco trust. Certainly King Nicotine deserves no mercy at the hands of the American people. Therefore, let him speedily share the fate of his boon companion and late partner in crime, King Alcohol, deposed, sentenced, and banished by the American people, by means of the Eighteenth Amendment.

C. P. BOLLMAN.

### A Hint from a Caribou<sup>1</sup>

A CARIBOU is a kind of reindeer, and lives in Canada. One day a man was out in a stumpy pasture field beside a woods in Canada, and he saw a mother caribou and her little calf feeding quietly down in a valley near by.

He was on a little hill some distance away, but the wind was blowing in the direction of the caribou. Presently the mother caribou raised her head, sniffed the air, and looked in the direction

where the man was hidden behind a stump. She had caught the scent of a human being. That meant danger to her calf. Soon the mother caribou, leaving her calf in the valley, started in the direction of the man. He slipped from his hiding place to another stump. On came the caribou till she reached the very stump behind which the man had first hidden. There she smelled the ground, and then a strange thing happened. She called her calf to her, had it smell the ground, too, so as to get the scent of the man. When that was done, she got behind that little caribou, and butted it down the valley as fast as it could go. Why did she do that? It was to teach her calf that whenever it got that scent on the air, there was danger, and it must get away as quickly as possible.

Ever after that, even before the calf knew that this scent belonged to a man, or had seen a man, it would run away from it.

Your parents are constantly doing for you what that mother caribou did for her little one. When they tell you that such and such a thing is wrong and you must not do it; when again they tell you there is danger in going to a certain place, or in chumming with a particular boy or girl, they are again doing the same thing for you. And when they punish you as that mother caribou did her calf, it is because they know the danger far better than you, and they know that your safety depends upon keeping away from such things.

<sup>1</sup> The main part of this article appears in Mr. Chidley's book, "Fifty-Two Story Talks to Boys and Girls," but it was adapted to this number of the INSTRUCTOR by the author himself.

Your parents are doing the same thing for you when they warn you against cigarettes and other forms of tobacco. You can no more get the point of why they are so strict with you in forbidding the use of tobacco than could the caribou calf understand its mother's harsh treatment. But it is for your good, just as her treatment was for the calf. The calf would understand later. So will you. Until then, you had better make up your mind that your parents know more than you, and so do as they tell you.

Then, by and by, perhaps, as you grow older, you will begin to see for yourself what the danger meant, just as the little caribou might some day see a hunter for itself. And then you will no longer think your parents cruel or strict; you will be thankful that they were so wise and kind.

REV. HOWARD J. CHIDLEY.



### Teachers Must Be Abstainers

D R. GUY POTTER BENTON, former president of the University of Vermont, says:

"I will not serve on a teaching body with men who use intoxicating liquor in any form whatsoever. My responsibility to young manhood and womanhood for character ideals is too great to permit me to attempt to bear the burden of responsibility which I could not escape for a colleague who leads an immoral life."

One is not surprised that a man of such high ideals is an abstainer from tobacco as well as liquor. We look for the time to come when no tobacco user can obtain a position as an instructor of youth.

THE Chat has the largest circulation in Brooklyn, of any weekly newspaper. It refuses to print liquor or tobacco advertisements, and claims that not one of its 500 boys has gone wrong who did not use tobacco.

Getting Its First Hunter's Lesson





## Cancer and Smoking

**W**ILLIAM J. MAYO, M. S., distinguished surgeon of Rochester, Minnesota, who is the president of the Clinical Congress of the American College of Surgeons, in his inaugural address before that body, said:

"In the work of the medical profession lies the best hope of the future. Since the close of the Civil War fifteen years have been added to the average length of human life. With continued progress, and by the elimination of liquors, fifteen years more would be added.

"The archenemy of middle life and beyond is cancer, and our measures for both prevention and cure have not advanced in proportion to the increasing need. One woman in nine and one man in thirteen die of cancer, and this proportion will be maintained in the enormously greater number who reach cancer age. We must spread more widely the knowledge that chronic irritation is the underlying cause of the disease. Good dentistry has eliminated a percentage of cancers of the jaw due to the irritation of defective teeth. Cancer of the lip and tongue is on the increase, as the habit of smoking is on the increase in both sexes."

## Britain and Tobacco

**T**HE British Anti-Tobacco and Anti-Narcotic League, recently founded at Manchester, has begun a vigorous campaign, which is for the present conducted mainly on propaganda lines. "The nation that smokes perishes," is its motto. It has an "honorary" statistician, who, as the result of his researches, brings out some amazing figures. In 1917 the British people smoked 152,215,700 pounds of tobacco at a cost of \$497,690,000, and bought pipes and other appliances to the amount of \$22,684,000,

making for the year a total outlay of more than \$520,000,000. In 1918 the figures went still higher, showing an expenditure of more than \$691,075,000. The aggregate for the two years was \$1,211,449,000, which naturally makes the horrified honorary statistician exclaim, "Has the nation gone mad on tobacco?"

What the league is principally afraid of is the effect on future generations, if the women of the nation develop into habitual smokers, which is exactly what they are doing in the estimation of the adherents of the Anti-Tobacco League. They are holding up as a solemn warning the pronouncement of a deceased, but in his day a very eminent, medical authority, who laid it down as axiomatic that—

"If a community of youths of both sexes, whose progenitors were finely formed and powerful, were to be trained to the early practice of smoking, and if marriage were to be confined to the smokers, an apparently new and a physically inferior race of men and women would be bred."

The Anti-Tobacco League is seeking to enlist the active co-operation of the medical profession in resisting this formidable danger to the nation and to induce it to warn all, but especially women, as to the injurious effects of tobacco smoking.—*Washington Post*.

## Tobacco Arraigned

**I**N the recent Great War nations found a large per cent of their men crippled for military duty from "irritable heart" trouble. And this is pronounced by medical authorities not to be of an organic nature, but to be a nervous or weakened condition due to cigarette smoking. During the last war Great Britain pensioned, according to the *Journal of the American Medical Association*, two and one-half times as many men for this trouble as for the



© Keystone View Co.

BELGIAN WOMEN INDULGING IN A SOCIAL SMOKE

Is the contentment and sociability gained through the smoking habit worthy of true womanhood? The hoary head should be a "crown of glory;" but such a crown is not worn by one of low aims and ideals.



loss of limbs, and nearly twice as many as for nervous diseases, shell shock, and epilepsy together. "In other words, there are five cigarette-crippled soldiers receiving pensions



"When I am old, I want to be just like my grandmother. She is perfectly beautiful! She says girls who smoke never make pretty old ladies. Then I shall never smoke."

today from Great Britain to every two on account of physical disablement due to war."

Major Webb, of our own army, found from his examinations of men that smokers were three times more liable to have throat and lung trouble than nonsmokers.

Teachers invariably find that the tobacco user does not do first-class work in school. In fifty years no tobacco user has been graduated from Harvard University at the head of his class.

#### The Anti-Tobacco Campaign

An army of men and women have started a campaign against the tobacco evil. But can we not as men and women, as churches, business firms, schools, and political units, recognize the seriousness of the evil, and take measures to eliminate it without our having to pass through a struggle as prolonged and serious as that which the temperance forces waged against the alcoholic evil?

Cannot this victory be won in less time and with less effort? It could 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 Devil's Fields

I TAKE from man his richest soil  
And sow it with a seed  
That breaks his back with aching toil  
To then bring forth a weed.

The product of my fields, O youth,  
Both stimulates and soothes,  
Befogs the rugged path of truth,  
The road that's useless smooths.

An alchemistic plant it is  
That changes strength of bread  
Into a vapor poisonous  
To human heart and head.

Man's fairest fields, his fattest loam,  
'Neath canopy of green  
I hide, that I his hearth and home  
May strangle there unseen.

Yet all my fields but small I prize  
Besides death's granaries mine,  
Where withered all their harvest lies  
Heaped high about my shrine.

N. D. ANDERSON.

### Educate and Agitate

**E**VIL habits do not of themselves die out. Generally, despite heroic educational campaigns against them, they increase phenomenally year by year. The tobacco men say that while nearly 50,000,000,000 cigarettes were used in this country last year, 100,000,000,000 should be the goal for this year. And they are doing their best to reach these figures.

There is no other article of its size advertised so widely and conspicuously as the cigarette. Advertising brings results.

If the tobacco trust receives no opposition, another generation is likely to see the American women smoking cigarettes as freely as the men now do. Fashionable hotels, cafés, and clubrooms already provide smoking-rooms for women, and others permit the smoking of cigarettes by women in the main dining-room. The Government presentation of the social evil represents young girls as smoking at cabarets and dances.

High school and college girls are being tempted to smoke at exclusive social gatherings. Now is the time to secure preventive measures. If these are not made, the destructive work of the tobacco evil, because of its espousal by the boys and girls of the land, will soon approximate, if not overstep, the evils of the liquor traffic as a race degenerator.

F. D. C.

### Your Part in the Anti-Tobacco Campaign

**A**BSTAIN from the use of tobacco. Personal example is the weightiest gift any man can make to the anti-tobacco campaign.

Give of your means, talent, and time for the education of the people in regard to the harmfulness of tobacco.

Circulate anti-tobacco literature.

Organize anti-tobacco clubs among boys. In connection with the programs given at public meetings of the clubs, have good lectures, but have the boys also do personal research work, and give the results of their study of the tobacco question in short talks and papers.

Get boys to sign the abstinence pledge.

Let the women of the country demand that the tobacco companies refrain from featuring women in the adver-

(Concluded on page sixteen)



"We didn't grow in any tobacco field. Our papa says that he wouldn't raise tobacco, to spoil his own and other people's children."



# Tobacco Facts for Boys

**T**EACHERS like bright boys. If tobacco will help a boy get his lessons, the teachers will soon find it out, and they will want to treat him to cigarettes.

But, boys, did any teacher ever offer you a cigarette? No, indeed. Why not? Because teachers know that tobacco dulls the boy's brain, and does him harm in other ways. This is no guesswork; it has been proved by years of observation and experience. Prof. P. L. Lord has tabulated reports of ten teachers who each observed a group of twenty boys, chosen by lot from the same classes, the boys ranging in ages from ten to seventeen, their average age being fourteen. Their observations covered a number of months, and the results are given in the following table:



The smoking of one cigar causes a loss in accuracy of 12 per cent.

	No. Smokers	No. Nonsmokers
Nervous .....	14	1
Impaired hearing .....	13	1
Bad physical conditions .....	12	2
Poor memory .....	12	1
Slow thinkers .....	19	3
Older than average of grade .....	19	2
Low rank in studies .....	18	3
Failed of promotion .....	79 <sup>1</sup>	2 <sup>1</sup>
Bad mental condition .....	18	1
Not neat and clean .....	12	1
Untruthful .....	9	0
Truants .....	10	0
Street loafers .....	16	0
Out nights .....	15	0
Bad moral condition .....		

Dr. Frederick J. Pack, of the University of Utah, determined to know for himself whether smoking really unfitted boys and young men for athletic sports. He therefore wrote to twelve colleges and universities for figures.

A total of two hundred ten men contested for positions on the first football teams in these colleges, with the re-

## PERCENTAGE SUCCESSFUL IN MAKING FIRST FOOTBALL TEAMS

Non-Smokers, 66.8 Per Cent

Smokers, 33.3 Per Cent

sult that *twice* as many nonsmokers as smokers succeeded in making the teams.

In one institution not a single smoker got a place on the team. Dr. Pack found also that the lung capacity and scholarship of the nonsmokers was greater than that of the smokers.

So, boys, if you want to be an athlete or a first-class student, tobacco will be a great hindrance to you in attaining these ends.

### The Y. M. C. A. Dilemma

The Y. M. C. A.'s business is to do everything possible for the betterment of young men and boys. Naturally the questions came to its leaders, Shall we encourage or discourage the use of tobacco? Is tobacco good for a boy? or is it harmful?

<sup>1</sup> Times.

To be able to answer the question intelligently a series of experiments were performed at the Y. M. C. A. College at Springfield, Massachusetts. The following facts were developed from their experiments:

Careful tests of a group of baseball pitchers, both smokers and nonsmokers, indicated a loss of 12 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 9 per cent.

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 indulged in.

In careful tests made upon a group of men, both smokers and nonsmokers, 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.

It was found also that a man made fewer mistakes in drawing a line between two lines without touching either line, before smoking than he could after.

The result of these experiments convinced the Y. M. C. A. leaders that they could not recommend the use of tobacco to anybody. They recom-

mended swimming, walking, gymnasium work, music and all kinds of studies; but not tobacco.

Dr. A. D. Bush, of the University of Vermont, learned the effect of tobacco, on one's mind, by a series of experiments, one hundred twenty tests on each of fifteen men, all medical students, ranging in age from twenty-one to thirty-two years.

His experiments revealed the fact that tobacco smoking lessened the mental efficiency of the men by at least 10.5 per cent.

### Basketball Devotees Ahead

Prof. W. L. Bodine, superintendent of public schools, Chicago, says:

"Medical inspectors of schools over which I have jurisdiction were assigned to make physical examinations of the young men who were members of the baseball and football teams; they also examined the young women of basketball teams. All the young women passed a successful examination, but many of the young men were rejected. With one exception those rejected were addicted to smoking."

During nine years' study of students at Yale it was found that the lung capacity of nonsmokers developed 77 per cent more than that of smokers.

### Smokers Poor Students

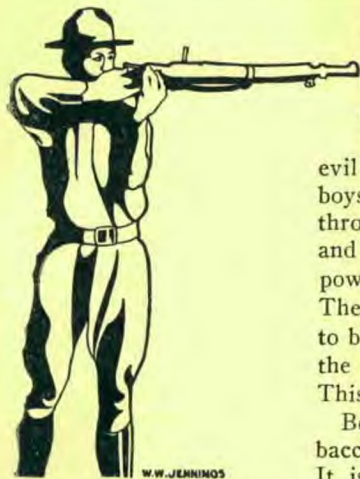
In the classification of Yale students by grades, tobacco was used by 25 per cent of the class having the highest grades, 48 per cent of the second, 70 per cent of the third, and 85 per cent of the fourth. These figures certainly show the effect of tobacco on the brain to be deleterious.

The sum of \$50,000 is what a former head of the American Tobacco Company is said to have promised his grandson on condition that he would not use tobacco until he



Three cigarettes decreased endurance by 9 per cent.





The smoking of two cigars decreased accuracy in shooting by 6 per cent. The men gained 13.2 per cent when they did not smoke.

for the future of America depends upon the strength of boys of this generation.

was thirty. This tobacco man knew the harm the narcotic would do the growing boy, and he wanted to save his grandson from its evil effects. Yet thousands of boys allow the tobacco men, through their advertisements and wares, to rob them of their power to earn a decent wage. They really pay the tobacco men to blight their lives just as does the drunkard the liquor seller. This is incomprehensible.

Boys, will you not taboo tobacco just as you do whisky? It is for your own good that men and women throughout the country are trying to save you from this harmful habit. It is also for the good of the nation;

F. D. C.

## Reform by Education

**T**OBACCO, in its various forms, being a great menace to the development and preservation of the human race, there should be an ever-increasing effort made through the circulation of anti-tobacco literature toward educating the people against it and away from its use in every form.

The public today needs this education upon the evils of tobacco more than it needed to be educated against liquor fifty years ago. If as faithful work is done in educating against tobacco as that carried forward against liquor during the past twenty years, nicotine will take its departure in less time than it required to banish John Barleycorn. The public mind, its sentiment and soul, is always susceptible to education.

Our duty today requires us persistently to educate against nicotine, one of the most popular, alluring, deceptive, fatal, habit-fastening poisons used by man. This can be most effectively done by placing a copy of the Anti-Tobacco Annual in every home in the land. When properly presented, it can be sold at 10 cents a copy in the majority of homes. It costs, in lots of 50 or more copies, only 4 cents a copy. Those selling the Annual can, therefore, make enough on their sales to meet their expenses and to enable them to continue in the work.

Some can afford to buy 25, 50, or 100 copies to be distributed free in the poorer sections of their communities.

Superintendents of public schools and school boards often buy them for free distribution in their schools. Young people's societies keep up their operating funds through the profits on the sale of the Annual by their members.

Private schools use it, the students selling it and turning all profits to the school for the purchase of school supplies.

Children can buy a hundred copies for \$4 and sell them for \$10, quickly making a net profit of \$6, besides doing a much-needed and highly effective work that must be done as quickly as possible in order to save the health of our youth and to preserve the nation.

Send for 100 copies and suggestions on how to sell the Annual.



All the young women passed a successful examination, but many young men failed. All but one of those rejected were smokers.

## Strange Business for a Drug Store

**O**NE day I stood in a drug store not far from Wanamaker's great store, in New York City, and watched for nearly a half hour a continuous line of men and boys file past two clerks who served them to one or more boxes of cigarettes as fast as they could hand them out and take in the money; and they were phenomenally expert in the business. The chief clerk told me that scene was regularly repeated three times every day,—morning, noon, and night,—lasting for one hour each time. He also said that on Saturdays from twelve to three o'clock there was a regular crush in the store from the number of cigarette customers.

A drug store, supposed to exist to administer curative substances, that deals out to boys the health-destroying cigarette, has wandered far from its legitimate business.

Governments, schools, business, societies, medicine, science, and the home all emphatically proclaim the evils of cigarette smoking. In view of such irrefutable testimony one would expect that men and institutions all over the land would make haste to band themselves together to protect and reform the boy by pledging themselves to total abstinence, rather than do that which encourages him in the evil. It is the example of the father, the big brother, and the educator that leads the boy to smoke. It would seem that patriotism, magnanimity, and religion would compel men to renounce gladly a habit, even if it were harmless to themselves, that influences and sanctions the use by hundreds of thousands of boys and young men of what is universally acknowledged to be to them a body-and-soul-destroying narcotic. Men, why don't you do it? F. D. C.

## "Dry" Reading — Wonderfully Encouraging

### Indiana's Prohibition Record

**T**HIRTY-FOUR county jails in Indiana were empty in September, 1918, while eight others held only persons committed for insanity. The jail commitments over the whole State were only 55 per cent of those of the corresponding wet period.

The workhouse of Marion County, Indiana, the county including Indianapolis, the capital city, was closed after three months of prohibition.

Bank deposits everywhere increased, in some sections by 60 per cent. There were many more depositors also; more homes were built, and more debts were paid. Business all over the State was better.

### California's Record

In the first two and one-half months of prohibition, the nine national banks of San Francisco gained \$56,647,333 in combined deposits, the biggest jump in bank wealth in the history of the city.

Thousands of Californians voted for a "wet" State simply from sympathy for



The Lookout

It is a fact, boys: there's a close relation between the cigarette and death.



## BEFORE PROHIBITION

## AFTER PROHIBITION



  
ADAPTED FROM  
AN ADVERTISEMENT



# WHICH DO YOU PREFER?

the grape growers; but this was wasted sympathy, for the grape grower was never so prosperous as now. Many are getting for their grapes, double what they did a few years ago.

## Policemen and Probation Officers' Song

"No beer, no work for them;" prohibition cut down the work of probation officers in Boston by almost 40 per cent.

## Jails and Workhouses Emptied

Mercer, Pennsylvania, was preparing to erect a commodious jail at a large expense; but the coming of prohibition allows the money to be used for other purposes.

The superintendent of the Minneapolis workhouse says:

"The workhouse is planned to accommodate more than 400 prisoners. Since prohibition came, there has been a startling reduction. Instead of from 300 to 400 able-bodied men sent out for drunkenness, we now have about fifty petty thieves, pickpockets, dope fiends—about the poorest lot of man power you can imagine."

The municipal workhouse in Camden, New Jersey, has been closed by prohibition. This house was famous as an institution for the utilization of human derelicts, having been operated, with considerable profit to the city, by habitual drunkards committed there by the police magistrates.

When the Chicago Council was asked, "Why is the Bridewell empty?" Alderman Guernsey answered: "Because of prohibition."

## Hospital Alcoholics Eliminated

Dr. Carl Meyer, assistant warden of Cook County Hospital, Chicago, one of the largest general hospitals in the world, with a capacity of 2,700 beds and a daily average of 1,850 patients, said:

"Since prohibition went into effect, there has been a marked decrease in our hospital population. We are running about five hundred less than usual, our average at present being around 1,300. We are getting few accident cases, the former record of twenty-five to fifty on Saturday nights having been reduced to one or two. Alcoholics have been almost eliminated, and accidents due to this condition, as well as medical cases growing out of exposure, have been practically none. We are now handling fewer patients than at any other time since 1909."

The Oregon State Hospital in the nine months preceding prohibition, received twenty-five men insane from alcohol; in the nine succeeding dry months, only ten.

St. Elizabeth's Hospital, Youngstown, Ohio, reports a decrease of 90 per cent in the old type of alcoholic patients.

## Christmas Charity Less Needful

A certain New York social center had been accustomed to distribute at Christmas time 2,000 baskets to the poor; last year only 700 persons appeared for their baskets. This is largely due to prohibition; and it requires no faith to say that still fewer baskets will be required for the 1920 Christmas.

## Moving Picture Houses and Theaters

According to responses to a questionnaire sent out by the *Progress Advance*, 72 per cent of the moving picture men favor prohibition; some theater owners report a 75-per-cent increase in attendance.

## Dry Law Empties Chicago Morgue

The Deputy at the Cook County Morgue said recently:

"In the old days from seventy-five to eighty bodies, unclaimed, went from this little building to the potter's field about every two weeks. Now I haven't had a load for the last four weeks."

## Bakers' Sick List Drops

The business agent of the Bakers' Union, Local No. 2, of Chicago, says that "no beer" has caused the bakers' sick list of 100 or more a week to drop to about five. The bakers collect \$7 each week they are ill."

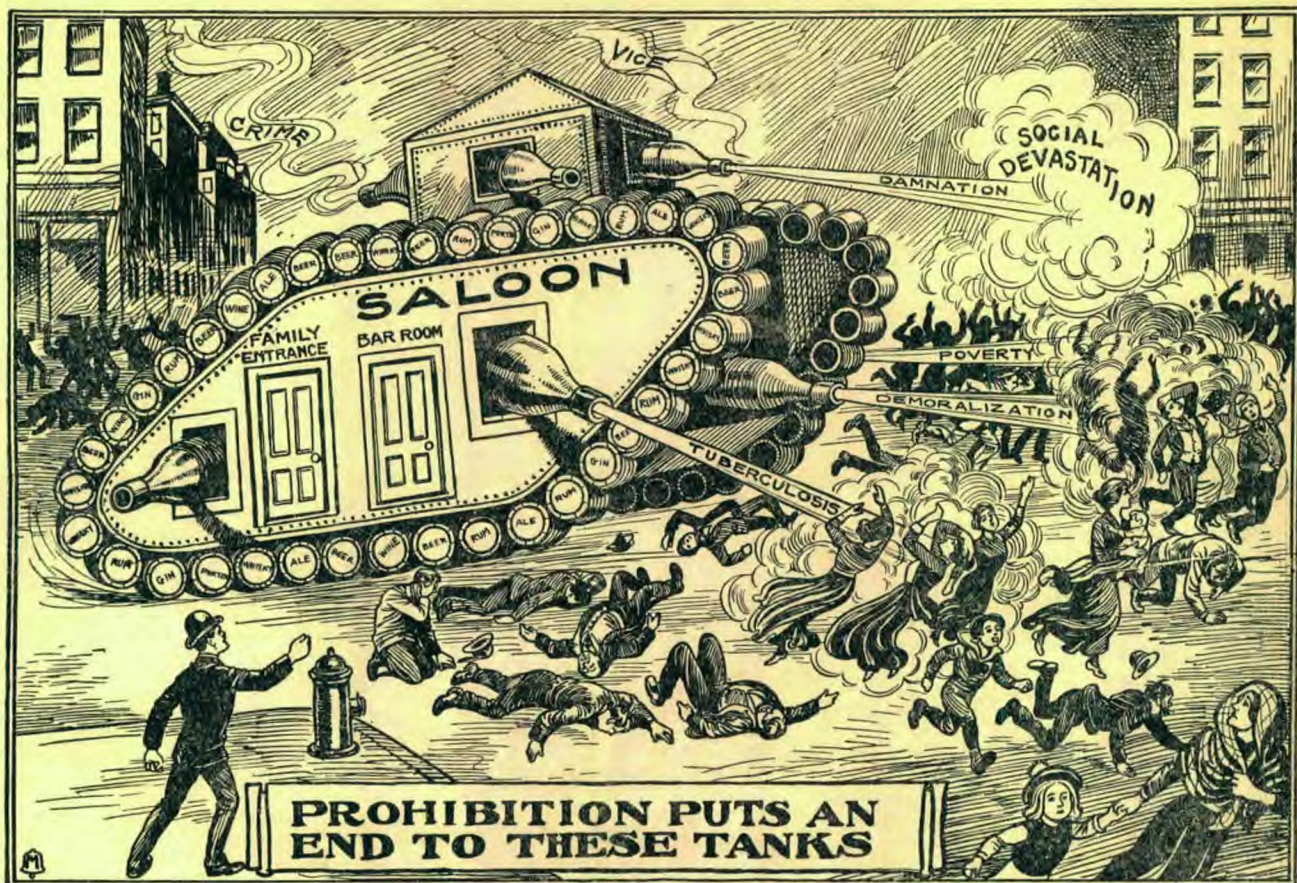
## No Charity Charges

In Idaho in eleven months of prohibition the Children's Home-Finding and Aid Society had no children committed to its charge from Ada County, while in the year preceding prohibition it received eighteen.

## Blue Mondays Obliterated

In the days before prohibition, out of 70,000 employees in the Ford works of Detroit, Michigan, about three thousand men would fail to report for duty on Monday morning. They were still suffering from the effects of Sunday's debauchery. On the last "wet" Monday, 2,260 were





absent; on the first "dry" Monday only 1,618 failed to report; the second Monday still fewer; while now the number is negligible. Complaints of neglect and abuse from the families of employees, due to drink, have practically ceased.

Cardinal Gibbons once said; "I would regret the passage of a Federal prohibition law as a national catastrophe little short of a crime against the spiritual and physical well-being of the American people."

The cardinal was right — prohibition is a national catastrophe if for want of inmates, the closing of jails, penitentiaries, workhouses, and orphan and insane asylums is a crime; if the better clothing and feeding of children by their parents is undesirable; if the general increase of bank deposits and of bank depositors is a calamity; if the building of homes and the preservation of homes, indicate an unfortunate state of affairs; if general increased business prosperity works ill for city or nation.

But all of these things are universally recognized as assets of untold value. So prohibition, instead of being a calamity, is the nation's greatest blessing.

## The Enforcement of Prohibition

THE prohibition law is a part of American basic law, and should be and will be enforced as are the other laws of the country. The enforcement of this law has been intrusted to the Bureau of Internal Revenue, of which Daniel C. Roper is commissioner.

For the proper enforcement of the law, the first prohibition commissioner of the United States has been ap-

pointed, Mr. John F. Kramer. He has organized a force of 1,200 men in the bureau for the administration of the law. One division of this large force is to deal with the legal use of intoxicating liquors, and the other with the illegal use.

The country has been divided into ten districts, and a supervising Federal prohibition agent appointed for each district; and a Federal prohibition director with a number of Federal inspectors has been appointed for each State.

Mr. Roper is not alarmed at the spirit of opposition now manifesting itself in various parts of the country. He says the fact that three fourths of the States ratified the prohibition amendment in little more than a year, instead of consuming the seven years allowed them, "gives proof that the sentiment of the American people is overwhelmingly in favor of this great reform." He further says: "Not all our people wanted prohibition, but neither were we unanimous for war. Prohibition has become the law of the land by the regularly prescribed processes, and it is our duty now to put aside any opinions that may conflict, and observe the law. We are an honest and law-abiding people. As the head of that branch of Government that collected more than \$6,000,000,000 in taxes during the last year, I have had ample substantiation of that fact. Obedience to law is the corner-stone of our Americanism. To hold the prohibition law lightly would be to breed disrespect for the whole body of our law — and that we cannot afford."

Mr. Roper suggests that every true American can help in the enforcement of the law in the following ways:

## Some Day They'll Sing

E. F. COLLIER

THERE were wicked institutions,  
Long ago,  
Where the men of foolish notions  
Used to go;  
Drink and act like crazy loons,  
Till they fell in the spittoons,  
In the days they had saloons,  
Long ago.

There they'd drink their sloppy beer,  
 Long ago;  
 Prince and peasant, pauper, peer —  
 Long ago;  
 Drink to raucous, vulgar tunes,  
 Drink and swell up like balloons,  
 In those licensed beer saloons,  
 Long ago.

But they met their Waterloo  
Long ago;  
'Neath the Red and White and Blue,  
Long ago.  
Yes, 'tis many, many moons  
Since the temperance platoons  
Routed all the bar saloons,  
Long ago.



# OVERTHROWING ANOTHER RELIC OF BARBARISM



THERE'S STILL ANOTHER TO BE OVERTHROWN — THE CIGARETTE EVIL

"Citizens can organize in their local communities, and work for the development of a strong and healthy public sentiment in favor of obedience to the law in general and to the prohibition law in particular. That would be a most valuable service, paying returns in more ways than one.

"They can, and should, strongly support local authorities in the performance of their duties under the prohibition law. These officials should be advised that all good citizens are looking to them for effective and impartial enforcement. Failing to perform their duties properly, they should be removed from office."



Union Signal

Both agree that John Barleycorn should go.

Let us remember for ourselves, and do all we can to impress upon others, the importance of Abraham Lincoln's wise counsel:

"Let reverence for the laws be breathed by every American mother to the lisping babe that prattles on her lap; let it be taught in the schools, in seminaries, and in colleges; let it be written in primers, spelling books, and in almanacs; let it be preached from the pulpits, proclaimed in legislative halls, and enforced in courts of justice; and, in short, let it become the political religion of the nation, and let the old and young, the rich and the poor, the grave and the gay, of all sexes and tongues and colors and conditions, sacrifice unceasingly upon its altars."

## Your Part in the Anti-Tobacco Campaign

(Concluded from page eleven)

tisements of their wares. It is an insult to womanhood.

Let the women act upon the suggestion of the dean and director of the University of Illinois, Prof. Eugene Davenport, who says:

"My great wonder is that the ladies do not begin their war on tobacco by endeavoring to secure passage of laws forbidding smoking in restaurants, hotel elevators, lobbies, and other public places which nonsmokers must use, and which smokers take possession of as if nobody's rights and nobody's comfort but theirs were worth consideration."

## Pity the Poor Lawyers

PITY the poor lawyers! Their earnings from criminal practice have decreased 75 per cent or more since prohibition became effective, says the *Houston Post*.



## Is Prohibition Here to Stay?

**W**ERE there no other evidence that prohibition has come to stay, than is found in the following paragraphs from the *Christian Century*, we should not be unduly alarmed by the present activities of the liquor interests.

We are told that "when the liquor men began casting about for a man to contest Constitutional prohibition in the courts, they decided to look for one of national prominence.

"They laid down on a table in front of Charles Evans Hughes a check for \$150,000. The great jurist replied: 'I would not champion this cause before the courts for any sum of money you could name.'

"Failing to buy Mr. Hughes, they next went to William Howard Taft, and placed before him a signed check, telling him to fill it in for any amount he wanted. The reply of this statesman will be memorable: 'Gentlemen, you couldn't pile enough gold on this continent to induce me to take your case before the courts and before the public, for I will have you know my conscience is not for sale.'"

## Boys and Money Saved

**W**HAT is a man worth? Ask the New York Yankees. They will tell you that they recently paid \$125,000 for "Babe" Ruth, of Boston. Baseball leagues are business corporations, and when a league pays that sum for a batter it does so because he is a good business proposition. Only a few years ago this man was an orphan boy in an industrial home in Baltimore.

Prohibition has saved to the nation thousands of men and boys. Many of these may prove of greater worth to the nation financially, morally, and intellectually than this orphan lad of \$125,000 value. Surely it is only a questionable citizenship that would sacrifice the boys for the liquor traffic.



Boston Photo News Co.

Once the longest barroom in Toronto, Canada; now a dry cafeteria for returned war veterans.

A FORMER saloon man of Pueblo, Colorado, after six months of prohibition, said that the tax rate had not increased in spite of a loss of \$90,000 to \$100,000 a year from saloon licenses; that bank deposits and the number of savings deposits were much larger than when drink was sold; that the city jail saw little doing, and the police force had been reduced by six or eight; and that even the poor were less hopeless than before. "From an economic standpoint," he said, "I should like to see the entire world without saloons."

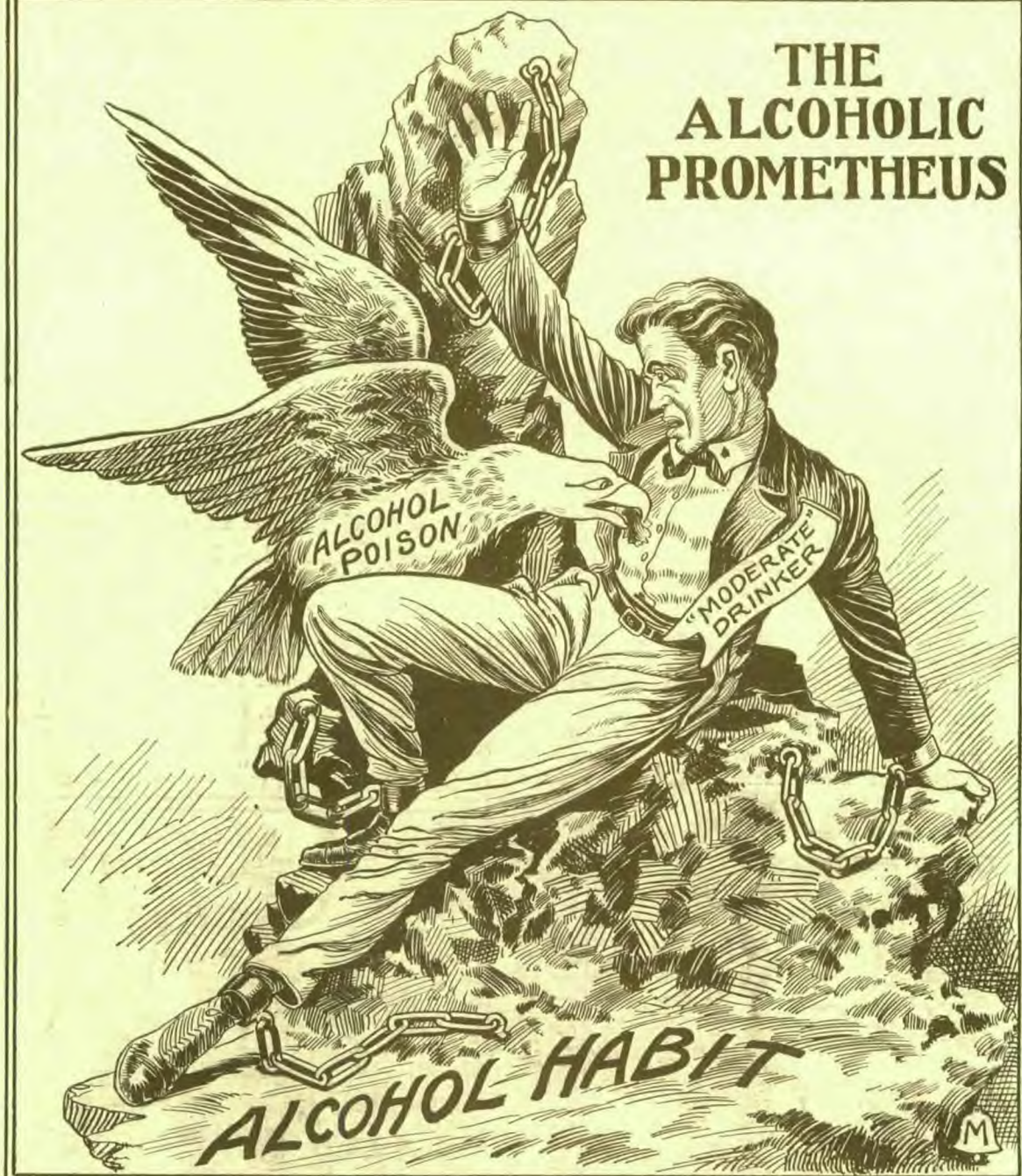


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Chicago Upholding the Law — Milwaukee Beer Going into the River by Order of Judge Landis



## THE ALCOHOLIC PROMETHEUS



IN Greek mythology, Prometheus was chained to a rock, with an eagle gnawing his liver. When alcoholic beverages are taken regularly, even in "moderation," liver derangements are marked and permanent. So prolific as a cause of liver troubles is alcohol, that death from certain diseases of this organ is commonly assumed to be due to alcohol, unless otherwise specified. While we have prohibition by law, there are many who still crave their wine and beer, if not drinks of greater strength, and there are men of low ideals who will furnish these in violation of law. We must therefore continue the work of education, until even alcoholics will gladly refrain from the use of such injurious beverages, and until there is not one to be found who will supply intoxicants to his fellow men.