

The SHIELD

Vol. XI

Los Angeles, Calif., Wednesday, December 3, 1910

No. 4

**WHEN YOU SMOKE A CIGARETTE
STOP *and* CONSIDER
THAT**

**DOCTORS DO NOT
RECOMMEND CIGARETTE
SMOKING FOR HEALTH OR
ANY PHYSICAL GOOD,
THAT**

**CIGARETTE SMOKE CONTAINS
NICOTINE AND FURFUROL,
TWO DEADLY POISONS,
THAT**

**CIGARETTE SMOKING IS
HARMFUL, ESPECIALLY
TO YOUTHS AND WOMEN.**

IF THE TRUTH WERE ADVERTISED!

THE SHIELD

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FIFTH ANNUAL CONFERENCE OF THE ANTI-CIGARETTE LEAGUE

First Methodist Episcopal Church, Los Angeles
Friday, November 25, 1910

In point of interest and attendance it was one of the
most satisfactory ever conducted. A fine spirit pervaded
the conference throughout the day and evening.

The meeting was called to order by the President,
Mr. Clarence Gustlin.

The report of the Committee on Budget was fol-
lowed by the financial statement of Mrs. Ellen French
Aldrich, Treasurer. The report was adopted together
with the Treasurer's suggestion for next year's budget.
All officers were re-elected for the coming year. In
addition Paul J. Walton was chosen financial agent. Mrs.
S. W. Ware assistant treasurer.

A Fine Address By President Clarence Gustlin

Mr. Gustlin gave an interesting talk on "One Phase
of the Cigarette Problem." He said in part: "Before I
read my paper, I want to have a little display of promi-
nent business men of America. You have all observed the
Lucky Strike ads which have been running the past
few weeks featuring supposedly prominent business men
of the country, lending their endorsement to the Lucky
Strike, and especially their boasting process. It is not
that we have any desire to feature these short sighted
business men, because they are none other than that
when they will lend their strength to such a propaganda
as this but I would like to have you see the expression
on their faces. The business man of today is coming in
for a great deal of condemnation because he is not sup-
plied with any too high ideals, and there are many men
of mercenary spirit in the world of business."

If you will read these endorsements it is very plain
to be seen that they are all written out by the Cigarette
Company and all these men have to do is to sign on the
dotted line in order to receive their fat check and have
the names of their business displayed, and their own
names.

Mr. Gustlin displayed his gallery of nobles and the
showing was followed by a burst of laughter.

THE INDEFENSIBLE CIGARETTE

The cigarette issue is simple and clearly drawn.

As a wholly impetuous, destructive and menacing
factor in human affairs the cigarette has convinced
written its own indictment. Those who have even the
least intelligent powers of observation and judgment
cannot fail to perceive the devastating effects of its use.
Its every trail is marked by human and material wreck-
age. Monstrous greed alone is responsible for the ever
increasing ravages of this fiery demon of destruction
whose poisonous fangs are already sunk deep into the
very vitals of humanity. We behold an enemy, wholly
insidious, merciless, relentless and ruinous. There can
be no compromise with such, if it is finally to be over-
come.

It is doubtful whether there is today a darker cloud
hanging over the hopes and welfare of mankind than
this very evil, striking as it does so subtly, but certainly,
at the very roots of physical, moral, mental and spiritual
health and everything which contributes to individual
and social advancement, happiness and prosperity. The
most serious aspect of the entire tragic situation is the
fact that, as yet, the cigarette is comparatively unop-
posed and unrecognized as an arch contributor to the
appalling woes which are afflicting civilization today.

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a moral wrong to use tobacco and they took the stand that a cigarette or cigar smoker was well described as a "hare on one end and a fool on the other." I always heard it referred to as the "devil's smoke stack." It is well enough to teach our children so they will get the same idea, but I think many times the older folks think that the children are going to imbibe these things, perhaps by intuition, from them, but we do not want to be too sure about it, we must be ever on the alert, to give the instruction to the children, renewing our antagonism against this poison. Back in those early days, 45 or 50 years ago, in the northern part of Michigan where I was born, the people there, many of them, used tobacco. Some of the neighbors thought that father and mother were rather cranky on these matters and they were, but they turned out four or five other cranks, like myself, who have been turning out more cranks since that, and we are still turning the crank, and we are not ashamed of it at all, we are just proud of it. It has always been closely allied to the liquor traffic. My mother was one of the most ardent W. C. T. U. women you ever met, the last view I had of her dear face, I saw the little White Ribbon pinned on her dress. That was only seven years ago. Father is still struggling along, without the aid of cigarettes or tobacco in any form and looks as if he was going to reach a hundred. Well those things make an impression on a boy and we have just got to keep in mind this need of deepening this impression upon the youth of today, and we must make that impression before they get into grammar school, or else we are liable to lose out.

Dr. Kellogg Says: "Tobacco Habit Worst Vice Today"

I spoke of the families in the neighborhood using tobacco. They rather made fun of my father and his attitude on this question. I do not think any of these families made any better record in raising a family in the community, that did more to help the social activities of the community, building up the Church and Sunday School, than mine. I think of those who did use tobacco, and their moral attitude on Church and Sunday School, they did not help much. A boy or girl who gets a notion that there is not much harm in tobacco, who sees it constantly in the home, they get dull, and their moral sense is blunted by this thing and it just goes into the very warp and woof of their life, because it is closely allied to the interests of their home. Dr. Kellogg, of the Battle Creek Sanitarium makes the statement about as strong as anybody can. "The tobacco habit is the worst vice of our present day civilization" that is putting it awfully strong, but you get down to the last analysis and I think you will agree with Dr. Kellogg that he has got it pretty near right. He makes this statement that next to prussic acid and nicotine is the deadliest poison that we know. Doctors never prescribe nicotine, they avoid it, many of them tell their patients not to use tobacco, or any tobacco products. Other physicians say it is the most virulent poison we have to deal with.

Over-dose of Morphine can be Cared for, not Tobacco

"An over dose of morphine can be treated, and in

many cases the patient saved. We can take care of a person who has taken an over dose of strychnine, if not gone too far. But where one has taken nicotine, there is nothing to be done, they just sink into a state of coma and are gone. It is interesting to think of the diseases caused by tobacco. Being a physician of some 30 years practice it has been my custom to observe the effects of tobacco upon the human system. The upper respiratory tract, the mouth, nose, throat, larynx, and the effects of tobacco on these organs is something that we note every day of our lives in our practice. We will name some of the diseases, Chronic gastritis, difficulties of the digestion are very commonly caused by this poison.

Tobacco and Cancer

Cancer of the mouth, cancer of the throat, cancer of the lips, cancer of the tongue, cancer of the cheek, the most common cause of these things is poison caused by tobacco, the irritation from pipes, cigarettes, cranks, quids of tobacco in the cheek, etc. Another thing it has a tendency to bring out, stimulate the sexual development, and we get enough of that stuff in the movies without young people taking anything into their heads to do that sort of thing and the same condition with the men, they get old prematurely, as a result of using tobacco. Angina pectoris is very commonly traced to tobacco. I had in many cases in fading vision of the eye, this sight has been impaired by the excessive use of tobacco, it does not affect everybody in that way but it is very common to find it. I was in the army during the war and many of the soldiers and "dough boys" were addicted to it, and we found it affected their vision. One of the Army officers went almost blind from it. He stopped his tobacco, went to the hospital for treatment, and inside of three or four weeks, his vision very promptly returned, and it just showed he was getting positive harm from the use of tobacco. When people complain of their liver we often find that nicotine has impaired their digestion, and the livatonia of the body can be cleared up by getting rid of tobacco in 60 days in most cases. We would not think of tampering with the mainspring of an expensive watch, and playing with the instrument, but when it comes to our tampering with the heart, the mainspring to our bodies, we do not give it the consideration that we ought to. Tobacco has a direct effect upon the heart. The great majority of athletes do not use tobacco, it is tabooed by all athletic coaches, they do not permit it. An athlete gets about winded by using tobacco and compared with those who do not use the weed, the death rate is twice as great as among those who do not use tobacco. This is a common observation. Out of 100 cancers of the mouth only ten women were afflicted, of these, 90 were non, only one non smoker was found, out of 90 men. In the past eight years there has been a 67 per cent increase of heart disease, 83 percent increase in cases of apoplexy, and Bright's disease, 91 per cent, all these changes are due to the effect upon the circulation effect upon the heart, from tobacco, just plain observation among medical men.

California Cigarette Law

The Riverside in our Brotherhood meeting the situation was made that in a majority of cases, the law compelling tobacco sellers to put up a sign prohibiting boys and girls from using tobacco under 18 years of age, was not in plain sight. I do not remember seeing any of these signs, it is simply being ignored by many dealers. We do not really know we have such a law, it is time we did and raised our voices in protest, and work hard on public opinion in trying to bring these things to the attention of the people. There is nothing more harmful to children, more blighting, more degrading to their moral sense than the use of cigarettes. It makes them more unfit to do a good job, it takes away their fine sense of touch and feeling. We know how some of the great manufacturers of the country feel about it, in making machinery, they do not want to have the workers steeped in tobacco. In my own case, I would not have an office girl who uses cigarettes. If I had occasion to make a selection from a number of girls in my office, the first question I would ask is, "Do you use cigarettes?" I do not see how anyone could have a girl around who would do that sort of thing. I know of a sales woman who is using part of her wages to keep her husband supplied in cigarettes. When a woman has to work hard and put in long hours, and then furnish cigarette money to her husband it is too bad. Children who get into the cigarette habit are more apt to get into other bad habits, the influence is so terrible upon any child, I am just telling you of the results. It is common observation, a child that gets to using cigarettes, often goes from bad to worse, and finishes in a bad way. Our great social dilemma in boys and girls is traceable to cigarette using. I cannot emphasize too much my bitter feeling against this appalling traffic. I am ready to register my vote as any time against this vicious cigarette habit.

MRS. ELEANOR WOODFORD PRIOR SINGS

Mrs. Eleanor Woodford Prior, dramatic soprano, sang in a beautiful way, "The Lord is My Light," composed by Clarence Gostlin. In response to an encore she sang a "Cradle Song." She was accompanied by Mr. Gostlin.

MRS. AUGUSTA URQUHART SPEAKS

Mrs. Augusta Urquhart, Executive Sec'y Women's Law Enforcement Committee said "I am not going to give you an address, I am very happy indeed that I have a few minutes here with you. I know we are all working with the same great ideal to rid the world of some of the weightiest drag humanity down. We have been at the Legislative stage of the Liquor question and we have a pretty hard fight on our hands especially just now and I know you are all interested, not only in the State election, but the elections throughout the country and you know perfectly well what the line up is. We are going to have a terrible battle on this question and it is beginning right now.

The situation is not quite so bright, but it is not so bad so I think we must stand together in every one of these things which impinge and touch society. They are not going to turn the trick but they are making heroic efforts to do it, and this is my warning. It is absolutely that we are going to have the greatest fight that we have had yet, when it comes to Prohibition. The right no doubt will have to go through a very hard five stage, I hope that all we have going on this liquor stage, will help to put out this impure smoke which is affecting so many boys and girls. I am Chairman for the Women's Committee for Legislative action. I got lead up the Committee in South Carolina and I think right here we have women who are carrying a great moral issue, but they forget they are fighting for a great principle and just out and out to win, and that takes them away from the principle and the 12,000,000 Women Voters.

"This committee boasts 12,000,000 members and times that is questioned. It is a make up of a great National Organization such as the Women's Christian Temperance Union, the Federation of Women, the Young Women's Christian Association, the Teachers Association, and so on, and there are many more than 12,000,000 women in these organizations. Just a few figures will show you that we are carrying it all. We have the Church women in this country, they are supposed to be about 12,000,000 are not going to take all the Church women, I think would all vote for Prohibition and help to uphold the cause, but some are questioning they do not vote, a third of that number of Church women do not count on them. There are 25,000,000 of the women in this country. We are questioned on that by the W. C. T. U. people and "You say you expect all the women, you do not do anything of the kind. The lots of W. C. T. U. women among your number."

800 Representative Women Met Last Year

800 representative women from all over the United States met last year, and this question arose. Shall we affirm our belief in the 18th amendment? and the women were afraid to have the question, but out of that 800 there were only eleven who voted against the 18th Amendment. There are 25,000,000 in the Parent Teachers Association and a million in the W. C. T. U. and between the Y. W. C. A. and the A. R. another million. There are at least a million of tenets women that makes 25,000,000.

We have in the United States 122,000,000 people according to the census of 1922, who are either born or naturalized, who are 21 years of age or over, they are registered 84,000,000, female 40,000,000. I have accounted for 25,000,000 that would be as we would vote, and I have not touched the ones who are unorganized, and I have not touched the one half of the electorate and then got out and as we believe, we could carry anything we want in this country of ours. Why are we doing with this Prohibition, I think we are simply abusing it when we