

Eminent Authorities who Condemn Tobacco

Hays, the famous long distance runner, winner in the Olympic games of 1908 said, "No long distance runner can smoke either cigars or cigarettes."

Dr. Brigadier-General Alfred A. Woodhull, late Colonel to the U. S. A. Medical Department, says of the effects of tobacco upon accuracy and endurance: "It is notorious that this interference with the motor power disturbs the subject's ability to do delicate mechanical work, even that of drawing right lines and other precise manipulation, as in watch-making or in the construction and handling of fine and exact instruments. It is equally well established that men training for any form of athletics abandon tobacco, at least for the time. Experience has shown that better work can be done without it."

The famous *Medical Record* of New York speaks out against the N. Y. *Sun's* pernicious campaign in the interest of The Tobacco Trust:—

"*The Sun* of this city is contributing largely to the comfort of tobacco addicts in the army by its campaign to supply the tobacco and cigarettes that the Government does not give. One possible untoward effect of its zeal, however, is the spreading abroad of the idea that smoking is soldierly, that it is a part of the game; and doubtless many non-smokers are tempted to take up the habit, induced thereto by a sort of crowd contagion. On the contrary, the fact should be emphasized that the tobacco is for those who have already acquired the habit, this not being the time and "somewhere in France" not being the place for men to be made to suffer the great discomfort caused by withdrawal of their

solace; but that this is not the time nor is anywhere the place for new men to take up the habit deliberately. It will not add to their efficiency, but will rather expose them to the danger of becoming less efficient if they smoke too much or if for any reason their supply of the dope is temporarily cut off" (Nov 3, 1917)

Dr. John D. Quackenbos of Columbia



"TOBACCO IS A HEART POISON"

University says "tobacco creates an instinctive demand for alcohol—the alcoholic thirst is engendered and inflamed by smoke."

Dr. Pritzer, an eminent Swiss physician is quoted by the N. Y. *Medical Record* as follows:—"We may speak of a hygiene of smoking as distinct from abuse—just as we may speak of the hygiene of hazardous trades in which workmen are exposed to poisonous fumes. The fact remains th-

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the fumes are poisonous. It is well known that many converts from alcohol replace the effects of the latter with an increased consumption of tobacco. This is driving out the devil with Beelzebub. The author feels certain that the world will very gradually be weaned from smoking, and that enormous sums of money will thereby be released for better purposes."

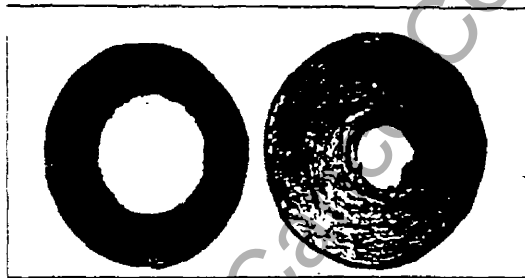
The Crave for Tobacco Is as with All Other "Dope Habits," an Artificial One

The editor of the *Scientific American* hits the nail on the head in the following paragraph—

We have made no large attempts at re-

ican war and during the year 1861 of the Civil War, found that the average proportion of rejections in 1861 was 13%; during the Spanish-American war, 40%, or more than three times as many. Dr. King attributes the increase to the use of cigarettes, because a large proportion were suffering from the evil effects of cigarette smoking.

It was currently reported that—"The late Charles G. Emery, at one time head of the American Tobacco Company, left to a grandson the sum of \$50,000, to be held in trust until he reaches the age of thirty years, and turned over to him at that time, providing he has abstained from both intoxicants and tobacco."



A NORMAL ARTERY

A TOBACCO DAMAGED ARTERY

ucing the use of tobacco, except for children. Tobacco has been shown to increase the death rate, and the habit is a money-eater. Besides being very costly, it is probably the most grotesquely curious habit of the human race; speaking generally, no one ever began the use of tobacco because he, by himself, at first desired it. Probably a thousand million dollars annually is spent because of the tobacco habit.

Cigarettes and Race Degeneracy

That the enormous increase in the use of the cigarette is producing a marked injurious effect upon the manhood of America is clearly shown by the following testimony from Dr. Benjamin King, of Philadelphia, who acted as military examining surgeon both thru the Spanish-American

Says Dr. Willy Meyer, Attending Surgeon to the German and Post-Graduate Hospitals of New York City: "It is a well-known fact that the excessive use of tobacco favors the development of arteriosclerosis."

Said Dr. Samuel G. Dixon, Commissioner of Health for Pennsylvania,—

"Tobacco is a drug which contains powerful poisons. Its charm lies in its drug effects. If it has any beneficial qualities they are not discoverable to the scientific investigator. On the other hand, there are certain decided effects tending to physical deterioration, which are readily recognizable. It is a heart depressant and experiments on animals have indicated a tendency to produce hardening of the arteries."

Men Who



DR. H. W. WILEY



HUDSON MAXIM



DR. STEPHEN SMITH



TOLSTOI



EX-GOV. HUGHES



PROF. IRVING FISHER

Do Not Smoke



EX-PRES. ROOSEVELT



PRESIDENT WILSON



EX-PRES. TAFT



DR. HOWARD KELLY



CHAUNCEY DEPEW



LUTHER BURBANK

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A Smoker Confesses—Hussett a smoker, reports Dr. Abbe observing a large number of cases of cancer of the lip due to smoking. He admits the bad effects, remarking,

"We all know, after a period of abstinence, how it feels when we take it up again. The heart palpitates, head throbs, and the tongue next morning has a fuzzy, burnt feeling where the hot tobacco smoke strikes the surface, in contrast to the clean natural tongue of health."

It is an honor to die in defense of one's country or in battling for freedom, but to be killed by a cigar or a cigarette, a purely sensual indulgence, is a dishonor, a disgrace akin to suicide.

A Reformed Smoker Tells Why Men Smoke

Dr. Winfield S. Hall, who learned to smoke in the medical school to ameliorate "the unpleasant conditions in the dissecting room," and continued after the dissections were completed because he "liked to smoke," says:

"I have always studied my own physical and mental conditions, and began to observe the effect of the tobacco upon me. I noticed from day to day that during the smoking of the cigar there was a perceptible change of mental attitude toward my work and toward things in general. I would begin a cigar with mind all alert, ambitious to get at some work that needed to be done. After a half hour of watching the smoke curl upward toward the ceiling I was conscious of a falling off of mental activity, and unless the work were imperative I usually ended by taking a stroll down Michigan Avenue to be entertained by a glimpse of its equipages and its people. I was conscious of a sort of 'don't care' mental attitude toward things in general. I have never for a moment doubted that my change in mental attitude was to be attributed solely to the effects of nicotine. I believe, in the light of subsequent observation, that it is just this effect of the tobacco which makes it especially pleasing to people."

Said Sir Lauder Brunton: "Patients do not often die directly from the action of tobacco on the heart, but life is often made miserable and the victim useless by its effects."

The Encyclopedia Medica on Nicotine Poisoning

Chalmers Watson, the eminent English physician in the Encyclopedia Medica describes the acute and chronic effects of nicotine as follows.—

"Nicotine, the active principle of tobacco, is one of the few liquid alkaloids; it paralyzes the cardiac nerves, and causes contraction of the peripheral blood-vessels. Acute poisoning by tobacco is usually accidental. It has occurred from the injection of an infusion into the rectum to destroy worms, from the application of an infusion to the skin in order to kill parasites, and, as a practical joke, from pouring the juice out of a well smoked pipe into beer, or spirits, about to be drunk by a practically inebriated person. In one notable instance, nicotine was used homicidally, the victim dying five minutes after the poison was administered.

"Severe toxic effects have been produced by smoking tobacco, on one occasion at least, ending fatally.

"Chronic tobacco poisoning is due to excessive or prolonged smoking of strong tobacco, to chewing tobacco, to taking snuff, and to inhalation of fine particles of tobacco by workers in tobacco manufacturing. The symptoms comprise dyspepsia, chronic catarrh of the mucous membrane of the pharynx and trachea, blunting of the senses of taste and smell, irregular action of the heart, and the defect of vision and tobacco amblyopia is probably due to phridine, or to picoline, as much as, or more than, to nicotine, which is decomposed when the tobacco is burned."

The London Lancet Condemns Smoking

Says this eminent medical authority: "The practice of smoking provides unquestionably a mental anodyne, and this

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fact alone accounts for its universality in these bitter days. It must be remembered, however, that tobacco smoking is a species of drug habit, although perhaps a mild one, if we leave out the question of excess, and that the continual drawing of tobacco smoke into the mouth, or, worse, deeper into the respiratory tract, introduces toxic risks. Hygienically, of course, air that contains poisonous products of combustion would be condemned as departing from a standard of purity demanded by healthy respiration.

Says Dr. Coleman in the *Colorado Medical Journal*:

"Cigarette-smoking is much harder to stop than other forms of tobacco using; more difficult than opium, more dangerous than chloral, and more harmful than other narcotics. The effect of cigarette smoke is much quicker than the hypodermic syringe. Ten to twenty seconds, and the silent poison is pursuing its work."

Says Dr. Edmund Andrews, Professor of Surgery in the Northwestern University, "The use of tobacco in any form is injurious to the nervous system."

Says the *London Lancet*, "No smoker be a well man."

The Marshall Field Co. refuses to employ cigarette smokers. The same is true of any other large employers of labor. Luther Burbank finds that smokers can-

not do the delicate work required for his plant experiments.

Mr. Henry Ford publishes in his book, "The Case against the Little White Slaver," the names of many business men who condemn the use of the cigarette because of its damaging effects upon efficiency.

Col. J. A. Ryan, U. S. A., says, "I do not use tobacco myself, and believe the use of it most detrimental to the soldier."

Said Prof. Solly, an eminent London surgeon:

"The profession has no idea of the ignorance of the public regarding the nature of tobacco; even intelligent, well-educated men stare in astonishment when you tell them tobacco is one of the most powerful poisons we possess. Now is this right? Has the medical profession done its duty? Ought we not as a body to have told the public that of all our poisons it is the most insidious, uncertain, and in full doses the most deadly?"

Says Dr. Lichty, "Tobacco is a narcotic poison; every part of the plant is poisonous, and only a few plants excel it in deadliness. Eighty per cent of the adult and adolescent male population are addicted to this *drug slaver*. The excessive use of tobacco makes one a member of the *human scrap heap*. Narcotic indulgence means *race degeneration*."

Muldoon Opposes Smoking

The Great Athlete and Trainer Condemns Tobacco as "That Most Insidious Curse Upon Humanity"

Mr. William Muldoon, the famous athlete and trainer, writes us as follows in expression of his views on the tobacco question:

"I can find no words to fully express my feelings in regard to that most insidious

curse upon humanity. I always have been opposed to it.

"I fully believe that if Mr. Percival Hill could have seen and experienced what I have had before me in the past twenty-five years, of the destruction of human life by that loathsome habit, he would willingly spend every dollar that he has made out of his industry to wipe out completely the traffic in the product, which he is now using

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