

# TEMPERANCE

## IS THE CIGARETTE DESTROYING OUR YOUNG PEOPLE?

By D. H. Kress, M. D.

In the cigarette we are fighting an evil that is threatening civilization. Years ago the statement was made by one of America's leading educators, Dr. Gunsaulus, "that the fight against the cigarette is a fight for civilization." As an observing educator he was forced to recognize this. Japan fully appreciated the evils of smoking by the young a quarter of a century ago, when in introducing a bill into the House of Parliament, Hon. Neomota said, "If we would make our nation superior to the nations of Europe and America, we must by all means forbid the smoking of cigarettes by our young boys and girls who are to become the future fathers and mothers of our country." The bill was passed unanimously and became a law in April, 1900.

Referring to the intensive campaign carried on by the various cigarette manufacturers to popularize smoking among boys, women and girls, W. W. Roper, better known as Bill Roper, head football coach of Princeton, said: "I know of nothing that has exasperated me more in my entire twenty-five years' experience with football than the flaming billboards with the pictures of several ex-football players, coaches and officials advertising a certain cigarette. If this cigarette advertising of football players, coaches and successful athletes is continued, it will do more to undermine the good results accomplished by the game in building up the health of the boys and young men of this country than anything else I know of."

President Herbert Hoover some time ago while occupying the position of Secretary of Commerce, in a letter addressed to Calvin Coolidge concerning the welfare of our boys and girls and the future welfare of America, said: "We in America are far behind what a national conscience should demand for the public protection of our children. There is no agency in the world that is so seriously affecting the health, efficiency, education and character of boys and girls as the cigarette habit, yet very little attention is being paid to it. Nearly every delinquent boy is a cigarette smoker, which certainly has much to do with it. Cigarettes are a source of crime. To neglect crime at its source is a short-sighted policy, unworthy of a nation of our intelligence."

### *Smoking More Harmful to Women than to Men*

The time was in America when smoking was confined practically to men. None were, in fact, supposed to smoke until they had reached the age of twenty-one years. Even then the habit was frowned upon, and laws existed forbidding smoking in public places. A great change has taken place. Now not merely men, but women and children not yet in their teens smoke cigarettes. With the millions of dollars spent annually in advertising cigarettes and encouraging their use by our youth and with few voices raised in protest, the situation is becoming alarming. In America we are now consuming almost as many cigarettes every week as we did during the entire period of 1900, and a large percentage of these cigarettes are now being smoked by school children.

With women smoking, America is face to face with a serious problem, for this habit, while harmful to young men, is more harmful to young women. It dulls and stupefies their entire moral nature. It destroys the power of spiritual discernment, making its victims and future home-makers an easy prey to the enemy of all that is best in life. Cigarette smoking women are not home-makers, as a rule; they are usually found among the home-breakers.

If young women take up this habit generally, there will be a landslide in physical and moral degeneracy. United States Surgeon General Hugh S. Cummings, recognizing this, has well said: "If American women generally contract the habit, as reports now indicate they are doing,

the entire American nation will suffer. The physical tone of the whole nation will be lowered. This is one of the most evil influences in American life today. The habit harms a woman more than it does a man."

Women, it is true, have as much right to smoke as men. But, somehow, a smoking woman seems entirely out of place anywhere. We expect better things of her. She has the training of the infant after its birth, and the shaping of the infant's mind even before its birth. What the children become in later life depends much upon the habits of the mother and their training during the first ten or twelve days of life. During this period the child is chiefly under the personal supervision and care of the mother. When women, who to the present have been redeeming factors in race degeneracy, take up with this practice of smoke inhalation, the race will be doomed. It is bad enough for the husband to smoke in the ordinary way of merely drawing the smoke into the mouth. It is very much worse for men to inhale the smoke, as they now commonly do; but for both man and wife to be addicts to smoke inhalation is destructive to everything that is good. Children born to such a pair had better never been ushered into the world.

Anything that is injurious to the child after its birth is equally injurious to it before its birth when indulged in by the pregnant mother. When the Lord, in answer to the prayer of Minoah's wife, promised that she would conceive and bear a son who should be a deliverer of His people, the question arose, "How shall we order the child, and how shall we do unto him? And the angel of the Lord said unto Manoah, Of all that I said unto the woman let her beware. She may not eat anything that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean thing; all that I commanded her let her observe." (Judg. 13-12-14). This shows that the care of the child's health and future welfare begins before its birth, and depends to a great extent upon the habits of the mother.

There is no commodity more fully advertised on large sign boards than the cigarette. On these boards splendid looking young men and men of business are kept before the youth wherever they look, calling attention to the one cigarette that excels all others. The finished product of the cigarette habit is found in our sanitariums and insane asylums, not on these sign boards. It is more difficult, I have discovered as a physician to free patients from the cigarette habit than it is to free them from the alcohol habit. In my practice I have treated many alcohol addicts and I have found that it is practically impossible to rid them of alcohol so long as they continue to smoke cigarettes.

### *How the Cigarette Affects Schoolboys*

Practically all the periodic drunkards who come to institutions for treatment are cigarette smokers. They seldom if ever get rid of the drink habit without also giving up the smoke. Efforts are being made to enforce prohibition, but what can we hope for the future of prohibition if our boys and girls of the present are encouraged through a nation-wide campaign and an expenditure of millions of dollars to form this habit that creates the desire and demand for drink? To make prohibition safe, attention must be given to this twin evil of drink, tobacco.

The boys should be taught that men like Washington, Lincoln, Roosevelt and Chauncey Depew did not use tobacco; and that Charles Hughes, Drs. Mayo, Dr. Howard Kelly, Dr. J. H. Kellogg and others eminent in their profession are non-smokers. While there are bright young men who smoke, their future lies behind them as a rule. They drop out of business at an age when the non-smoker is at his best. These are the men that die of heart failure at an age when they ought to be at their best. These are facts that should be kept before the youth.

In the past smoking has been more common among boys than among girls. As a result while up to the seventh grade there were more boys than girls in our schools of America, in high school there have always been many more girls

than boys. Some time before reaching the high school, boys drop out. In business colleges there are not infrequently two to three young women to every young man. Work in offices demanding speed, accuracy and close mental application and efficiency is being done more and more by young women. These are facts known to every observing employer. Is it not something worthy of consideration? It probably affords an explanation why the young women of the past have been forcing their way ahead of the young men in professional lines. With the encouragement given for our young girls to take up with the habit, a change will be certain to come in this respect.

Here are a few facts that should lead to careful thinking: Only 23 out of 1,000 boys who enter the fifth grade in our American schools graduate from colleges. The bulletin of the Bureau of Education reveals that out of 1,000 boys who enter the fifth grade, only 830 will return to school next year. The seventh grade will receive but 710 of the original 1,000, and the eighth grade 634. Only 342 of the 1,000 will enter high school, and only 139 will graduate from high school. Seventy-two will go to college, and but 23 will receive their diplomas on commencement day, with a training for professional and business life. Out of the original 1,000 boys who enter the fifth grade in our public schools, 977 drop out before the completion of a college course. Various reasons may be given why so few are able to finish the course of study they began, but the chief and outstanding cause for their failure is the cigarette habit. True, there are some bright and capable young cigarette smokers, but these young men when found have usually reached the zenith of their career. They are either on the standstill or going down. By the time they reach the age of thirty-five or forty they will in all probability be numbered with the "has beens."

### *Poisons Found in Cigarettes*

What becomes of the young cigarette smokers who drop out of school? They may be found in our police courts, reform schools, prisons and penitentiaries. All young cigarette smokers do not become criminals. I fully recognize this, but it is an undisputed fact that practically all youthful criminals are cigarette smokers.

Tobacco in any form is bad for old and young. Especially is this true of the cigarette. The cigarette smoke, in addition to nicotine, contains an ingredient known as furfural. Furfural seems to act chiefly upon the brain cell and nerve tissues. In time it brings about a degeneracy of these structures. The disturbance that at first is chiefly functional, later becomes organic. This in part explains why moral degeneracy and nervous symptoms exist among young smokers of cigarettes. This mysterious property known as furfural and its associate known as acrolein are due to the burning of glycerine and other ingredients added to the tobacco, and to the burning of the paper in which the tobacco is wrapped.

I have found one remedy helpful in curing the craving for tobacco. Natural sweets served in fruits, if eaten freely at the close of a meal, will in time destroy all desire for cigarettes. It is, in fact, impossible for anyone to live exclusively on oranges, peaches, pears, or other sweet or sub-acid fruit for any length of time without becoming conscious that the craving for the accustomed smoke is lessening. In time it will disappear. This is no mere theory. As a practising physician I have had opportunity of observing this in many instances during my practice of over thirty years.

Why do boys and girls smoke? A little juvenile offender, who was asked by an officer in Judge Arnold's court of Chicago, "Why do you smoke?" hung his head and replied, "Because I like to smell like a man."

The fact is, boys smoke because men smoke, and girls smoke because women smoke. We shall never meet with success in influencing our boys and girls until fathers and mothers begin to teach by example as well as by precept. A prominent