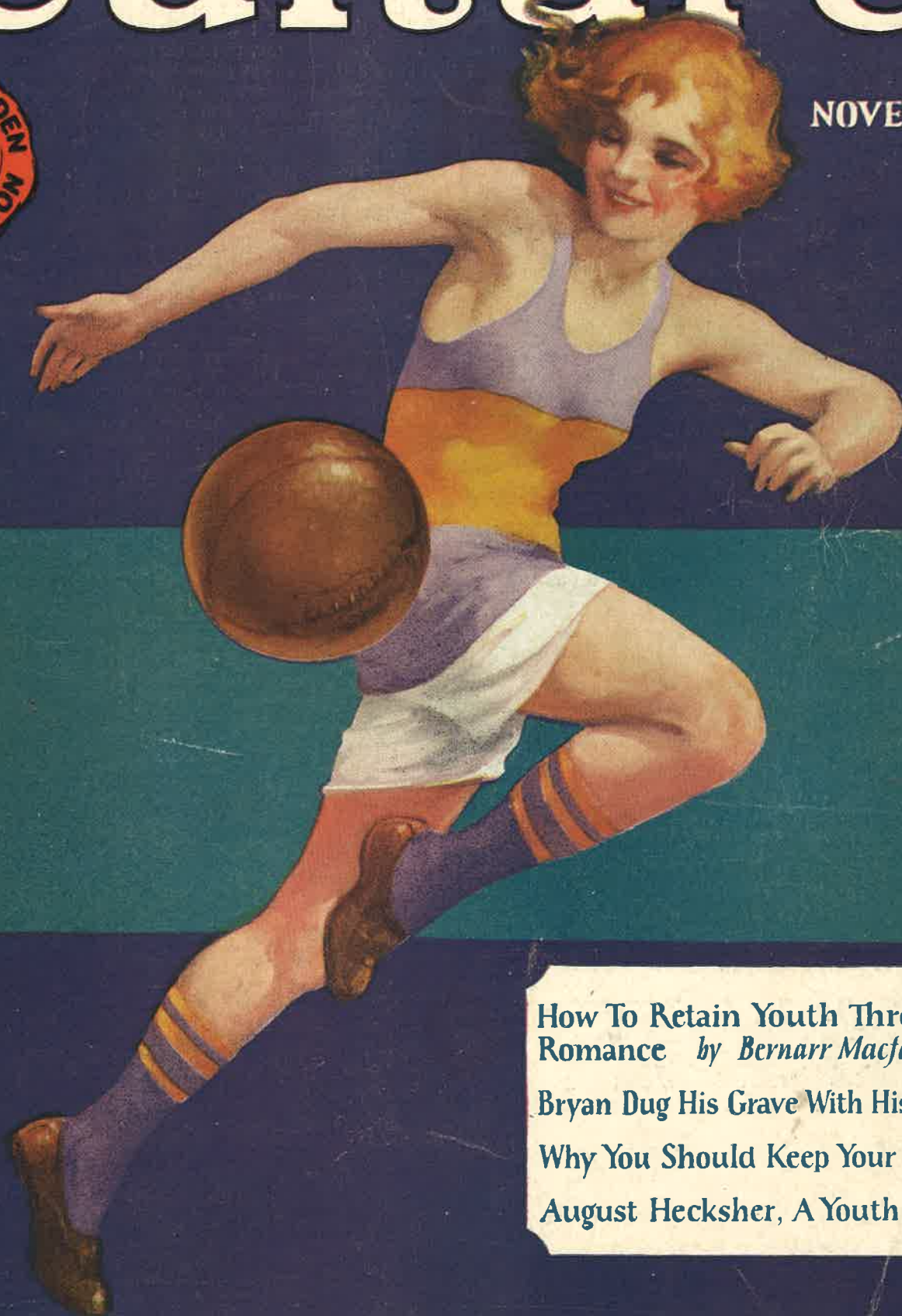


What Cigarettes Do To Women

★ Physical Culture



NOVEMBER



How To Retain Youth Through
Romance *by Bernarr Macfadden*

Bryan Dug His Grave With His Teeth

Why You Should Keep Your Tonsils

August Hecksher, A Youth At 77



Henry showed me how to blow the smoke through my nose and he was greatly diverted when the first try brought tears to my eyes.

What *Cigarettes* Do To WOMEN

The Fact That Millions of Girls in This Country Are Habitual Smokers of Cigarettes, Is an Alarming One, for It Has Been Proven That They Mar a Woman's Health and Beauty and Make Her Less Fit to Be a Wife and Mother

TO every girl I want to tell the story of how two years of cigarette smoking nearly

By Helen Van Camp

robbed me first of my health, then of my beauty, and then of the man I loved. I want to tell further how a realization of my plight caused me not only to abandon tobacco, but to turn at the same time to a physical culture life.

In six months the damage was quite repaired; the bloom of health came back; and now Henry and I are married, and I am looking forward to maternity as a step for which I am prepared.

I want my tale to bring encouragement and a physical culture message to some who, like myself, have had the bitter experience of looking into the candid looking glass, and seeing there a face grown suddenly flabby and slack with premature age.

With me the change came slowly—so slowly that I

did not perceive it till it had become so pronounced that it forced itself upon me, with the

help of something more than a hint from Henry—for Henry, bless him, had the nerve to tell me the truth when everyone else lacked it.

I woke up then to the fact that I was acquiring, in place of my own rightful face, a wrinkled, flabby, sallow mask which seemed fairly to shout at me from the mirror that I was ten years older than I was.

There is a familiar proverb which says that beauty is only skin deep. Like any other epigram it is less than a half truth. Half of it is a white lie and the other half is a black one. Beauty has its roots deep in one's physical and mental being, as a tree has its roots deep in the soil. Any other kind of beauty is like an artificial palm in a hotel lobby. It can't deceive anybody very long.



It was then that I saw in one devastating and terrible instant what two years of the cigarette had done.

By beauty I mean something more than mere prettiness of face and perfection of form. I mean those indications of health, strength, poise, capability, and good temper which combine to create a personality possessed of grace and charm. Health is the foundation of that sort of beauty—which is another way of saying that right living is the foundation of it, and that wrong living can and will destroy it or impair it.

This lesson I have recently learned from a school master called Experience. He laid his rod across my shoulders with no gentle hand. Let me tell, then, how it happened. Perhaps, in the telling, I may save others from a similar risk.

That others need the warning is sufficiently evident. I know only a few girls in my whole list of friends who do not smoke cigarettes. If, as my own recent experience seems clearly to indicate, the cigarette can injure the health and the beauty of girls and make them less fit for wifehood and motherhood, then the fact that millions of girls in this country are habitual smokers of cigarettes is an alarming one. It strikes directly at the life of the nation.

With me this is no theory. Tobacco struck directly at my health, and it struck, therefore, almost as directly

at the health of my unborn children. This is simply a fact which I have personally lived and experienced. I infer from it that tobacco is having the same effect on thousands, and possibly millions of other girls and the children they may bear. It must have wrought irreparable havoc in the lives of many of them. The worst of it is that they have not, as a rule, traced the trouble to its source. Tobacco is clever in covering its tracks. "Indigestion" is one of its aliases. "Run down condition" is another. "Overwork" is another. "Glandular insufficiency" is still another. It produces these things, and many others more or less serious. Having felt its grip, I know.

At the time when I first began the use of cigarettes, Henry and I had developed a fine friendship which had never had any hint of love making about it. We were different in this respect from most of the young people we knew. Many of the girls whom I numbered

among my best friends took promiscuous petting for granted, and seemed to agree with the boys that mere friendship and wholesome companionship was not nearly so much fun as petting and love making. I don't criticize or judge them. They are entitled to their own point of view, as I am to mine. It was simply that I had grown up since very early childhood with the idea, now apparently *passé*, that I must never permit a boy to touch me. This notion, if you care to call it that, was so firmly rooted in my habits of thought and conduct that the boys I knew seldom tried to overstep it. Some of them avoided me in consequence; but I am satisfied that my inaccessibility had the effect of making me more attractive and more desirable even in the eyes of the boys who most resented it.

The more discerning boys of my acquaintance valued me and my friendship; for the others I did not care. And of those who accepted and really liked the standards I imposed, the chief was Henry.

But I think Henry and I both knew, tacitly, that some day our friendship might, and probably would, go further. For the present we had exchanged no pledges; we were both free in a congenial friendship bound by nothing. If more (Continued on page 124)



The Bust

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By Dr. C. S. Carr

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What Cigarettes Do To Women

(Continued from page 32)

was to come, let it. It would come in its own way, naturally.

My first venture with tobacco happened when we were in a restaurant where we had gone for dinner.

Girls just as "nice" as I was were smoking at the tables around us. They did it very prettily, and many of them had specially small and dainty looking cigarettes, tipped with gold foil, and wrapped with colored paper. They took them from lovely little cigarette cases; and they made an art of lighting and puffing them, much as gentlemen of former days made an art of taking snuff. It was fascinating.

I touched Henry's arm. "I'm tempted," I said. "Would it shock you?"

He laughed; and for answer opened his cigarette case. Try one of these," he said. "And for goodness sake avoid those sickening perfumed, lavender-colored, lady smokes used by that fool girl you've been watching. Remember it's the tobacco that makes a cigarette, not the kind of tip they put on it and the special scent they put in it."

I put the innocent looking thing in my mouth, and puffed it alight while he held a match, laughing the while at my clumsiness, my way of blowing out the smoke, and my effort to imitate his way of holding it.

"Hold it with the lighted end up," he said. "Then the smoke won't rise against your fingers and make them smell—and look yellow."

I eyed the cigarette doubtfully. "But if it would do that to my fingers," I said, "wouldn't it do it to my mouth and teeth—and maybe my face?"

"Not if you are sane in your smoking," he said. "I do know girls with yellow faces under their rouge. Most of them smoke too much, but they think it's their livers or their stomachs or something. It's hard to be sure."

"But, Henry, won't it hurt me? Are you sure?"

"Too mild for that—if you don't do it too much. Like it?"

"Like it!" I exclaimed puffing ecstatically. "Oh, it's delicious. It tastes so good and smells so good. And, Henry, I feel so wicked. Oh, it's such fun!"

And we both laughed.

I smoked several that evening. I know now that the effect on my unaccustomed nervous system must have been very marked. I felt soothed at first, and then on my toes. I talked better than usual. Also the sense of wickedness in breaking with a tradition which I had always taken more or less for granted, produced a feeling of mild elation which vastly amused Henry.

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August 9th, 1925

they might have known about the effects of tobacco, told me then and there that I was deceiving myself and that I was making use of a poison which in the aggregate is doing more harm and producing more sickness in this country today than alcohol ever did, I would not have believed it. Still less would I have accepted any assurance that a thing evidently so harmless could hurt me. One is accustomed to measure the effects of any poison by its obvious and easily measurable effects. Here was nothing that showed any differences of measure on any scale of perception that I possessed. What it might measure on any other scale meant nothing to me. If I couldn't gauge it by my own sensations, then surely it couldn't amount to much.

At first I smoked only when I was with Henry. It helped make the occasion more festive. I had no cigarettes of my own, and I always drew on his box when I wanted any. But one day just after lunch I suddenly felt a wish to smoke. Henry was not there. I was in a restaurant, however, and calling the waiter I ordered a box of the brand Henry used. They were choice, and they cost me twenty-five cents for a box of ten. That awed me a little, but I comforted myself with the reflection that a person who smoked as little as I did, and who had as much self control as I had, the best was sufficiently economical.

I slipped the box into my handbag, and about the middle of the afternoon I had another smoke. That evening I went out to dinner with Henry, and economically grafted on him for my smokes. We lit up while we were waiting to give our order, and we smoked between courses through the meal; and for perhaps an hour after it, during which we sat and talked and took our time over the coffee, as was our wont. I don't know how many I smoked, quite as a matter of course—but I recall that Henry had the waiter bring more cigarettes.

Henry showed me how to blow the smoke through my nose, and he was greatly diverted when the first try brought tears to my eyes. But a moment later I tried it again; and I now understand why I persisted in learning to do it. *There was a kick in it.* The cigarette wasn't such a milk and water affair as I had thought. By blowing the smoke through one's nose one becomes really aware that one was smoking. I was delighted.

For several weeks this new amusement contented me. Then one day I wanted a fresh thrill. "Henry," I said, "how do you learn to inhale. I inhaled the other day and it made me cough dreadfully."

"Don't do it," he said vigorously.

"Why?" I demanded, defiantly.

"Because the absorbing surface of your lungs is so great. Taken into your mouth there isn't much of a mucous area to absorb the nicotine; but your lungs—that's different."

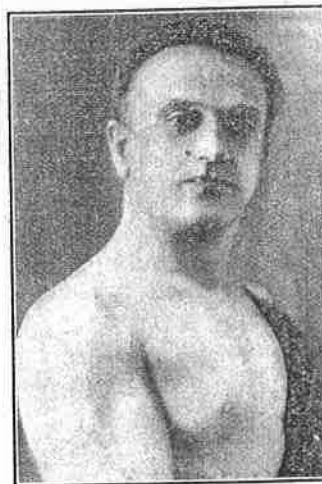
(Continued on page 128)

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52 years young

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Kindly send me entirely without cost your new book "An Adventure In Beauty." This places me under no obligation.

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(Continued from page 125)

"But you inhale."
"I know it," he said, taking a long draw at his cigarette as he did so. "And that's why I warn you. If you once begin it you can never enjoy the mouth smoking again. There's no kick in it—to speak of."

"Oh, you want to keep all that for yourself, do you," I retorted, unreasonably. "Well, I can do anything any man can do, let me tell you; and I'm going to inhale."

Henry shrugged. "I'm telling you. Being old in sin I speak with authority. But if you will go to the devil in your own way, why I'd be the last to interfere with your right to do so. Have another!" Then, with a grin, he added. "Tomorrow I'll present you with a cigarette case—a symbol that you are on the downward path."

And he did just that. The case was a beauty, silver, with red and green inlay.

I found it as I had thought. As soon as I could inhale without discomfort, one cigarette went a long way, and for the time being I did cut down drastically in the number I smoked.

I continued to derive immense pleasure from the new way of smoking. I could really feel the effect of it now, and when I drew the soothing smoke deep into my lungs I reveled in the sensation. I came gradually to crave that sensation; and soon I became more skeptical than ever that any harm was coming of the indulgence. In short I followed the age old human nature habit of believing what I wanted to believe. Many smokers are doing it.

But I soon caught up with myself. The lessened quota of cigarettes held good for a few weeks. Then, as I grew more used to the poison, I wanted bigger doses of it; and I began to slip on my count. Presently I lost count altogether. I smoked recklessly when I wanted to and as much as I wanted to, and I was far past the point of thinking anything about it. I had no more scruples and no more qualms. My cigarettes had become as much a part of my daily life as three meals.

It was more than a year before Henry gave any signs of concern about my indulgence in tobacco. One day as I lit the sixth in succession he looked at me intently. In fact he looked at me critically; but this I did not realize at the time because Henry is a very tolerant and easy going person. "Don't you think you're hitting the smokes rather hard?" he asked. "How many do you get away with in the course of a day?"

"Several, more or less," I said. "Any objection?"

I must have said it rather truculently, for he instantly subsided, as if I had told him to mind his own business. "None," he said quietly, "except that you wouldn't want them to hurt your health."

"It seems to me I've heard talk of that sort before," I said. "There's

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A mad patter of feet on the steps—a little fist outthrusting the new report card—a shining face that tells all instantly. What a moment for the youngster . . . and the parent!

Scientists have long asked why it is that one child brings honor to self and parents by winning high marks . . . while the child at the next desk, equally intelligent, equally lovable, must fail so distressingly.

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The high concentrated food value generates great caloric power; children's eyes take new brightness; cheeks bloom; school marks soar; admiring letters from teachers prove that everyone has noticed the change.

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nothing new about it. Forget it."

I noticed one evening that he did not smoke. Though I was puffing away like a furnace. "Here's one," I said, supposing his supply had given out. "Light up."

He laughed in an embarrassed way. "The fact is I'm trying to quit—again," he said. "You must help me by not tempting me."

"And what's that for?" I demanded. There was no reason on earth why I should be angry. If he wanted to stop it was as much his business as it was mine that I didn't want to stop. But it was all I could do, nevertheless, to conceal the fact that I was suddenly and inwardly furious.

In fact, I didn't conceal it. He read it in my face and in my voice.

"For the same reason that I tried to quit before," he said slowly. "Only this time I'm going through. I'm satisfied that it's a bad habit—a drug habit; also that it's robbing me of my ability to think and act under full steam."

"Don't tell me," I snapped. "I know why you're quitting. It's a way of taking a slap at me. You don't approve of my smoking, and that's your back-handed little way of telling me so. It's very clever of you. Nice time I'd have, puffing away by myself, with you looking on—as if you were wearing skirts and I trousers. But you won't get away with it, Mr. Holier Than Thou. I'm going to smoke all I please, and I'm not going out with a man who deliberately embarrasses me in public by pulling this teetotal stuff. When I want to be reformed I'll send you an engraved invitation to do it."

"All I can say is that the stuff is hurting me," he said, after looking at me a moment in silence. "It hurts my wind, and I know I don't think so well."

"Oh, it didn't take the cigarettes to mix up your thinker," I retorted.

"I infer," he went on without paying the least attention to my jibes, "that if it hurts me it must be playing the devil with you; for I'm naturally pretty husky; and you, on the other hand, are rather delicately organized. Lately you have been smoking much more than I have. I haven't been deceived by your cutting down when I was around. Also, your color isn't right, and you're using rouge to hide it. If you keep it up tobacco is going to spoil your looks by spoiling your health. That's the truth, Helen, plain and flat." He finished with a rush; and then his mouth shut like a trap. He was breathing hard.

So was I. It was the last straw.

"You needn't concern yourself about the matter any more, *Mister Sinclair*," I said with elaborate courtesy. "Reform yourself and welcome. But let me alone. We'll begin by calling off the date for dinner tomorrow night and for the theater the night after—and for all dates on all nights thereafter." Whereupon I swept angrily out of the room. A moment later I heard the front door shut—barely

Early Old Age shows at the WAISTLINE

A BULGING waistline makes a man look years older than he really is. And with most of us it's at the waistline that the first indications of early old age appear. Lack of exercise weakens the abdominal muscles. They quickly become soft and flabby and permit the abdomen to sag and bulge. The waistline expands and unconsciously the victim assumes that "getting-along-in-years" look.



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heard it, because Henry closed it very softly. I would have preferred to have him bang it angrily. One gets over that kind of anger. But this closing of doors softly—it was too much as if a door had closed in my life.

I went to my room; and then—I hurried directly to the pier glass, my heart beating suddenly like a trip hammer. I came close to it. It was as if Henry had given me spectacles for my astigmatic eyesight before he left. It was then that I saw, in one devastating and terrible instant, what two years of the cigarette had done. It was then that my memory went back and told me the cause of the many disabilities and of the half alive feeling from which I had lately suffered. And I saw even more than that. That face in the glass—it was not the fair, round face I had had when Henry and I first became friends. Not that Henry's friendship depended on my looks—no, not that. But he had seen that I was destroying my beauty and my health with my own hand. I understood it now.

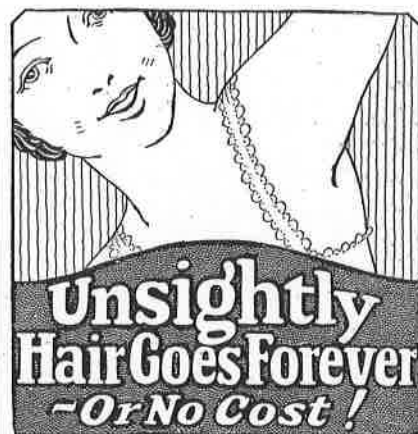
Vaguely I had wondered of late why our friendship had gotten no further. Two years—and Henry was not slow. Why had he made no love to me? Why—And then I realized that of late Henry had not been with me as much as formerly, that sometimes he had seemed abstracted and troubled; that he had often looked at me as if on the point of saying something he never said.

A face ten years older—that at any rate was part of the explanation. Why should he make love to a girl already given over to a folly that might well make a tragedy of her life.

For a moment I stood, thinking hard. In the glass myself was staring back at myself, with a face gone white with terror. What had I done! With Henry gone, what would I do! I loved him. I knew it now.

My glance fell on my dainty cigarette case, gay with its red and green inlay, there on my dressing table. I seized it and hurled it violently into the waste basket; and, after it, several boxes of cigarettes that lay in the drawer of my writing desk.

Then I began to torture myself—wondering—wondering. Why had Henry shut that door so softly? Why had he not been angry? Was he glad? Did it mean that I had simply put an end to a situation he had been seeking a way out of? My beauty had fled—in two years instead of lasting its normal span. I had killed it by unreasonable indulgence in a vice; and I had nothing to offer in its place. It was not like the natural fading of beauty that comes with added years. My own mother, a woman of sixty, no longer had the beauty of youth, but a finer sort of beauty, an even more compelling personality, had taken its place. I had nothing of the sort to offer; and in throwing away my own birthright, I must have made myself repulsive to him. Yes, it must have been a relief to him when I



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severed our intimacy with my own hand.

And yet, though I faced these thoughts, I refused to stop hoping. I knew Henry's stability of character and I knew his profound loyalty to his friends. I knew there was nothing petty about him, and that his magnanimity could be counted on as a sure thing.

It was no time for worry and for vain fears. If I was to repair the damage I had done, I must act—not on Henry but on myself. The question was clear cut: how long would it take to recover the ground I had lost in two years?

I must stop smoking, of course. It sounded simple enough. But even as I let my thoughts run my hand went out mechanically for a cigarette. It was habit. I pulled myself up short. Then very deliberately I fished the silver cigarette case out of the waste basket, emptied it, and placed it back on the dresser. After all, it was beautiful, and Henry had given it to me. It should now become the symbol, not of defeat but of victory.

Then I sat down and tried, for the first time in two years to think straightly and honestly about the cigarette. I had read. It was for no lack of education in matters of health that I had not thought straight; it was because I didn't want to.

Quite recently, for instance, I had read a wonderful article about the endocrine glands. I had sniffed disdainfully, I recalled, at a passage which described the effect of tobacco upon certain of the glands, particularly in women. Now, as I looked at myself in the glass I bitterly realized how completely my own experience had borne it out.

Here was positive knowledge, tested knowledge. Would it help bring Henry back? Oh, how I wanted him; how I longed to have him say what it was once so clearly in his mind to say!

I went over what I knew, what every well informed person knows, I suppose, item by item, as if each were one more straw to cling to. Enough straws, perhaps, would hold one up.

First, there was the thyroid, the third ovary as it has been called. One of its functions is to help in the destruction of poisons that may be taken into the system. When diseased, it swells up, and the condition is called goiter. Goiter is common among women and rare among men. Why? Is the gland more liable to derangement in women? Doubtless; and one thing that might produce such derangement might be persistent use of tobacco. That was clear. Experiments had proved it. The poison might overwork the gland—not only that gland, but other glands. Not that I had goiter; but I had lost my looks. One function of the thyroid was to produce a firm and elastic skin. One symptom of a crippled thyroid was a flabby, sallow, wrinkly skin. A crippled thyroid would make one look old, like that girl in the mirror.

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knowledge came welling up from the depths of my mind. Here was the reason for calling the thyroid the third ovary. What could be clearer than the relationship that exists between the beauty of a young girl and her biological fitness for wifehood and motherhood? I don't mean mere prettiness in the Dresden doll category; I mean the good looks of health—regardless of regularity of feature, which is a secondary matter. A clear skin, a bright eye, an adequate physique, with generous bust and hips, a happy nature. These are endowments which usually indicate health in all that concerns the reproductive function; and lack of them is likely to indicate a corresponding limitation in that direction. But the endocrine glands are most of them intimately concerned, both in men and in women, with the reproductive function. One group, called the gonads are directly concerned with it. Others participate less directly. And of these the thyroid is one of the most important. How inevitable that it should have an intimate connection, then, with the condition of one's skin; and how inevitable that a poison like nicotine should strike directly at it.

And then there were the adrenals, situated just over the kidneys. They have a function so complex that all our research has discovered only a part of it. One thing the adrenals do is make a hormone, which when released liberally into the blood, causes a violent contraction of the small blood vessels of the skin. The pale face of the small boy who smokes his first cigar is an instance of that. Nicotine, acting on the adrenals, sets that machinery in motion. It always sets it more or less in motion and it keeps it in motion. But that habitual contraction of the small blood vessels may produce high blood pressure, and the ills that go with it, including nervousness. The adrenals are also collected intimately with the sex life. When it functions well it gives a clear, rosy color to the skin, it has to do with the pitch of the voice. It provides fighting impulse and the ability to carry on. Perpetual tiredness, such as I had been afflicted with, might spell adrenal insufficiency. It had come on within the two years. That meant something to me—now.

Lately I had had headaches—the splitting variety. The thyroid that could no longer give me a smooth skin could be responsible for that as well.

Lately my stomach had been "upset." Nothing I ate agreed with me any longer. Once I had read something about smoking and the stomach that I had not believed. But I believed it now. Here it is: Two nerves control the action of the stomach, they are the sympathetic nerve and the famous pneumogastric nerve, also known as a vagus nerve. The pneumogastric nerve is controlled and regulated in its action by the sympathetic nerve. This nerve also controls the pylorus, the gate which opens and lets food out of the stomach.

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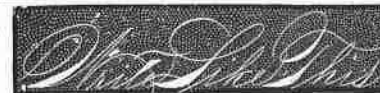


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Prof. A. BARKER, D.C.
865 6th Ave., Studio 549, New York



Naturally the two nerves have to act together. If they don't, the stomach does the wrong thing at the wrong time, food doesn't get properly digested, and a thousand and one complications in the health of the whole body can follow. In fact, the secondary effect of this derangement of the stomach on nutrition, elimination, and the action of *all the glands in the body* is a thing on which a dozen long books could be written without much more than scratching the surface of the subject. Well, tobacco tends to paralyze the sympathetic nerves, thus leaving the pneumogastric nerve to run wild. One of the commonest results of this imperfect control of the stomach is duodenal ulcer, which is often a forerunner of cancer.

In other words, without going any further into detail, here was a poison which might do *practically anything* to a person, and do it so slowly that it would never occur to him or her to connect the cause with the effect. My indigestion, for instance, I had attributed to wrong eating; and yet I had been eating what hitherto had always agreed with me. If my slack skin and lack luster eye were possibly not due to something wrong with my glands, then surely an upset stomach caused by smoking was another easy explanation for it. In either case tobacco was responsible.

In short, it came to me, with a blinding flash of revelation that Henry would have an excellent instinctive reason for not wanting to marry me. Tobacco had obviously struck directly at the springs of life within me; not the springs of my own life merely, but of racial life as well. My beauty had depended in part at least on the vigor and strength of the reproductive organs, and of all those bodily functions which ministered to them, and gave them their tone, and made possible those secondary characteristics of sex which we lump under the name of "beauty." And my beauty was gone. That was the proof.

It was all so plain now. Generally speaking, girls who are best fitted for wifehood and motherhood have characteristics which make them strongly attractive to men. Women value those characteristics, and rightly. Sometimes they value them so much that they seek to imitate them with the lip stick and the rouge pot.

I had, I knew, a natural biological fitness for living the full life that every woman ought to live. But what good does such fitness do a woman if she destroys it by wrong living. I looked again into the glass, hardly able to keep back the tears.

Suppose one did keep one's looks, and suppose one married, having impaired in some way the marvelously delicate mechanism by virtue of which she is a fount of life and a destined mother of the race, with the health and life of future generations in her keeping! She would age early, and she would run the risk of bearing sickly, stunted children—a sorrow as great as the joy of being surrounded by

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J. W. S., Los Angeles, Calif.

I examined a woman last evening who started on Agmel three weeks ago. Age 60, weight 170, blood pressure 190. Had pains in her head, could not lie down without choking or exert herself without being short of breath. Well, her blood pressure is down to 138, no more pains, can lie down and sleep, walk as far as she likes and feels like smiling.

J. H. M., Provo, Utah.

If you have cold hands and feet, dizziness, unrefreshing sleep, pressure in the head, constipation, nervousness or headaches—the chances are your blood pressure is at fault. Don't disregard this warning, but send at once for the free booklet "Health" which will tell you about the truly astonishing work that AGMEL has done in relieving High Blood Pressure in others.

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My Envied Teeth

I'll send you what I use

By Edna Wallace Hopper

One of my chief beauty items is glistening teeth. Very few people of my age have teeth so almost perfect, or such healthy gums. Countless women ask me how I got them.

Under old methods I had to spend a half-hour daily on my teeth. First I used cleansers and polishers, then an antiseptic mouth wash. That was to combat germ attacks. Next I used iodine to stimulate the gums. Then magnesia to neutralize the acids which cause decay. Then breath deodorants.

My able advisers told me all these things were necessary, so I used them all.

Now modern science has combined these helps in a single application. In a new-type tooth paste they call Quindent, meaning five-in-one. It contains 16 ingredients, and does everything at once. Now I use Quindent only.

You must do one of two things to have teeth like mine. You must use separately cleansers, polishers, antiseptics, iodine and magnesia. Or you must apply them all, as I now do, in Quindent.

Quindent is not one of Edna Wallace Hopper's beauty helps. It is made by Quindent Laboratories. But all my advisers tell me that everyone should use it, so I urge all my friends to try it. My own teeth show you what these factors do.

The makers of Quindent supply me with samples. I shall gladly mail one free if you will send the coupon. Do that now. This is certainly the greatest tooth paste science has evolved. I want it to do for millions what it does for me.

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children who were healthy and happy and normal. It was no idle fear. The laboratories and the clinics of science had shown that. What were those experiments by which they showed how nicotine and alcohol, administered to rats, alike produced either sterility, or so injured the reproductive cells that stunted, half-alive offspring resulted?

Then another thought struck me. I turned, with fingers that trembled, to my desk, and reread a letter I had had from a friend only a few weeks before. She had married a year ago, and this was the news that she was expecting a baby. Now instinct was warning her. "I want to learn just how to take care of myself," she wrote, "and what to prepare and everything. One thing I must do, and have already done, is quit smoking. Can you imagine me making baby clothes with a cigarette in the corner of my mouth? I can't—and I had thought myself hardboiled on the subject of tobacco, too. I suppose there are women capable of smoking while they are pregnant or while they are nursing a little baby; but I don't know any."

"What I am worrying about now, Helen, is what will be the effect of all the past smoking on this baby I am expecting. I see it now. I have saturated myself with nicotine for three years; my blood stream and my tissues must reek with it, and I'm sure my breath does—though my husband doesn't notice it because he smokes himself."

"Helen, I'm through. I can't see now how anything but the blindest ignorance and the most utter lack of education, can prevent such considerations from causing every right thinking woman in this country to abandon tobacco absolutely. Nature has laid on us a sacred responsibility—with which poisons, persistently taken, are bound to interfere."

"I don't suppose smoking before pregnancy interferes so much as smoking during pregnancy and right after it; but it does interfere. It must! And how can I thrill at the thought of having a darling little baby all my own, to cuddle in my arms and feed at my breast, and yet tolerate the thought of using a poison that may interfere with that miracle *even a little*. Oh, how I wish I had known. I am afraid of what I have done. I would give my life for this baby. Had I only known—I could not have hesitated to remove from its life even a risk that might seem to me remote. I couldn't have done it had I *thought straight* about things which it now seems to me no reasonable person can disregard. Take a leaf out of my book, Helen, if you expect ever to marry and have children,—and forgive me if this sounds like preaching."

I had smiled when I got that letter. One would not smoke if one were pregnant, of course, but why all these hysterics about the remotely possible effects of previous indulgence? But now I looked again into the mirror. Did the face that looked back at me denote fitness for any-

thing—fitness, for instance, to become some man's wife. Hadn't its former beauty been a better indication of such fitness?

But the question obviously went even deeper than that. Suppose I had never smoked. Would my physical condition, *even then*, have been on anything like a parity with the responsibility ahead of me? Is it enough that a girl should merely abstain from doing this or that? Does not her job in life demand that she train for it? How much exercise had I ever taken—save for an occasional perfunctory game of this or that. Had I trained, as a gymnast might train for a difficult and exacting feat? Had I ever thought of the work ahead of me as being in the category of difficult things, for which one might train so as to be able to do with ease what others do only with agony, and at the imminent risk of their lives? One about to swim a wide river trains for it; one does not attempt the thing while the chance of giving out in mid-channel is fifty-fifty, or even ninety to ten. But women bear children with no preparation whatever, or with perfunctory preparation. Why, when long and patient preparation and training, both physical and mental, would make it reasonably easy? Think of it! Millions of women going through the terrific ordeal of childbirth, and hardly a one of them making the slightest preparation for it a year, or two years ahead of the event. To me the idea of such a preparation being needful had never even occurred. And the reason was that I had never been educated to a physical culture conception of life by somebody who really saw the need and really believed in it.

It was more than just a question of child bearing. One's whole life happiness was involved. Continued health, ability to hold up under the strain of running a household, ability and strength to give to others and to make others happy. That was one side of the shield. The other, nerves, depleted energies, inadequate glands, a body half alive. Which would I choose? Physical culture?

I didn't even ask myself the question. To think it out was to choose. Henry was out there, loyally waiting for me to get over my fit of temper. For the present, I must be content, perhaps, just to keep his friendship. Later—perhaps—

I turned quickly to the telephone; almost at once came Henry's voice, as if he had had his hand on the telephone when I called. He evidently recognized mine; for I heard a laugh. "I knew you'd call up," he said. "I was waiting." "Oh, you did," I exclaimed, furious in an instant. "Well, Mr. Smarty, all I called up for was to tell you how I hate you, and that I'll never speak to you again—so there."

"No you didn't. I've been sitting here reading your mind. Shall I tell you what you've been thinking?"

I felt my face turn scarlet. In truth,



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there was nothing improbable about it. He knew me like a book, and his acuteness in divining my thoughts had more than once startled me.

"Henry, have I grown ugly." And then I began to cry, right into the telephone.

"You're the most beautiful girl in the world," he answered promptly. "Shall I come over?"

"I—guess so," I quavered.

"All right—here goes."

When at last the doorbell rang I fairly flew down the hall. But before I opened it, I stood still and tried to put on an expression of serene indifference. Then I turned the knob as if I were in no hurry at all.

There stood Henry. In one hand a box of candy, in the other an amazing bunch of roses. He held them both toward me with a solemn face which suddenly broke into an irrepressible grin.

"You dear!" I cried; and reaching out both hands for the roses I buried my face in them so that he should not see it.

"What are you doing—kissing them?" he demanded.

He had drawn suddenly near. "Yes," I said. "Will you have one?"

"Two," he whispered, taking me in his arms. "Speaking of roses."

"I said roses," I exclaimed indignantly. "Stop it, sir."

But that didn't do a particle of good.

"What are you going to do?" I asked at last when I could get my breath. "Substitute petting for cigarettes?"

"Don't you think it's much nicer?"

"Of course I don't. It's improper."

But by now we were both laughing; and—and suddenly I found him kissing me again—this time as much as ever he would.

"Henry," I said. "We'll swear off together."

"Hum—yes. But I'm taking to cigars."

"You wretch," I flared. "Here, you stop kissing me—right away. You're just as mean as you can be."

"Oh, I've found something that I hope will satisfy you just as well," he said teasingly. And with that he fished into his pocket and brought out a box—at first I thought it was cigarettes. But I held it where the light of the hall lamp would fall on it. Lettered across the top of it, evidently done by hand, was one word: "Cubeb's."

"I suppose you think that's smart," I flared.

"Look inside."

I opened it slowly. Something gleamed and sparkled in the light. "I think it will fit," he said. "I measured by that ring you missed the other day.—Oh, my dear—forget it! Cigars aren't necessary to my happiness; but you are."

"Oh," I said as I let him take the third finger. "That's different. Come into the library. Dad has a whole box of perfectos—and I do love the smell of them."

But we did—we quit together.

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