

THE

No-Tobacco Journal

Official Organ of the No-Tobacco League of America—Monthly 25c a Year.

Vol. I.

BUTLER, INDIANA, MARCH, 1918.

No. 3

For the Salvation of Our Boys--- And the Race



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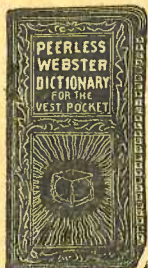
By D. H. Kress, M. D.

Why do sensible people hate cigarets and tolerate cigars? Why do intelligent people defy the law of economy in no other way except in their opinions about tobacco? If tobacco is worth spending money for, why not get the most for your money? Will we ever outlaw the cigaret by fighting opium, glycerin, paper, acrolein, carbon monoxide, etc., and treating nicotine, the most powerful poison known except one, as a joke? Read Modern Use of Tobacco and be able to answer these questions sanely.

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The No-Tobacco Journal



MONTHLY, 25 CENTS PER YEAR.

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Can Food be Made from Smoke?

By Henry W. Farnam.

Professor of Economics, Yale University.

THIS question is not as preposterous as it seems, and other things seemingly as preposterous have come to pass. For example, modern science has been able to convert a mountain stream into light, heat and power. A river may push trolley cars, light cities, saw wood, wash clothes, separate milk, pump water, and perform all kinds of service miles away, while still pursuing its course towards the sea. Similarly flowers may be virtually made into food, if our flower gardens are turned into vegetable gardens as many of them were last summer. Of course, the flowers already grown are not made into food, but the productive forces of nature which last year went into things of beauty may this year go into things edible. In this sense, it is perfectly accurate to say that next year's smoke may virtually be eaten, if the land, labor and capital which would otherwise be used for tobacco are used for producing food. This seems incontrovertible. The question then arises:

Is the Experiment Worth Trying?

This question can best be answered by examining a parallel case. When Congress last summer was dealing with the problem of meeting the food shortage throughout the world, it discovered that the distilleries of the country had used up in the fiscal year,

ending June 30, 1916, 39,000,000 bushels of grain (corn, rye, malt, etc.), as well as 152,000,000 gallons of molasses; the breweries had consumed in the same year 70,000,000 bushels of edible grain, including 52,000,000 bushels of barley, nearly 16,000,000 bushels of corn, and 2,000,000 bushels of rice. It was also known that in addition to the agricultural labor involved, in raising this grain, the liquor interests as a whole employed the services of some 263,000 persons at the time of the last census, including makers of distilled and malt liquors, bar tenders, saloon keepers and retailers. Congress evidently thought that it was worth while to make an effort to save at least some of this grain and some of this labor, and it accordingly prohibited entirely by the Act of August 10, 1917, the manufacture of distilled liquor. The 39,000,000 bushels of grain thus saved required the use of about 1,400,000 acres of ground. The land devoted to tobacco and therefore withdrawn from food production in 1916 was 1,412,000 acres, or almost exactly the area required for raising distillery grain. If it was worth while to save the 1,400,000 acres needed for the production of distilled liquors, is it not equally worth while in a year of general scarcity to save at least a part of the 1,400,000 acres used for the production of tobacco?

The amount that might be raised on this land is very large. In order to visualize it, assume that potatoes are planted on the tobacco land. The average potato crop for the ten year period, 1907-1916, in the United States was 95.4 bushels per acre. Taking only this average, and not the much larger yield which is produced in some localities, we could raise on the tobacco land over 133,000,000 bushels of potatoes, or about a bushel and a quarter per head. This would make in a family of four persons five bushels a year. It would amount to 44 per cent of the potato crop of 1916 and nearly a third of the largest crop in recent years. Possibly not all of the tobacco land is adapted to potatoes. Some might be better fitted for beans, some for fresh vegetables, some in the South for peanuts, some for corn, wheat, rye, or forage. But there is no doubt that the possible addition to the food supply would be very great. All of this addition could be made without drawing upon the labor supply of the country, for the same force which now works on the tobacco crop could equally well raise some kind of a food crop.

But this is only a part of the contribution which smokers have it in their power to make. In 1910, the number of persons engaged in the manufacture of tobacco was 197,000 and the number of retail dealers was 18,000. Thus 215,000 persons were engaged in handling the tobacco leaf for the benefit of the consumer, and of these over

one-half were males over 16 years of age. All of this labor might be released for manufacturing and selling food products, and all kinds of other commodities for which the war furnishes an exceptional demand. It will be noted that this army of persons is considerably larger than the regular army of the United States was in 1916, when it only contained about 126,000 men. At a time in which there is such a shortage of labor, here is an untapped supply which is certainly worth considering.

Other Economics.

The power which the smoker controls to help in this emergency is not limited to releasing 1,400,000 acres of land and the labor power of over 215,000 persons. A very large number of fires are caused every year by the careless habits of smokers. A few years ago, Commissioner Johnson of New York City estimated that from 10 to 20 per cent of all fires were due to this one cause alone. The National Fire Protection Association gives the fire losses of the United States in 1916 as \$214,000,000. According to the report of the United States Geological Survey the cost of fire protection, including insurance and fire departments is more than as much again as the fire loss. This would mean that our fires cost us over \$428,000,000 a year, and if smokers are responsible for 20 per cent of this, they impose a tax of over \$80,000,000 on the country.

So great is the loss of life and property due to smokers that after the Triangle Shirtwaist fire in New York, when over 140 people were killed through the carelessness of a cigarette smoker, the State of New York passed a law against smoking in factories, and in the recent parade on behalf of fire protection held in New York the cigarette played a prominent

part. When we are urging all of our industrial producers to work to the limit and asking people to refrain from putting up any unnecessary buildings, can we afford to allow smokers to destroy existing buildings, and thus give aid and comfort to the enemy?

Incidentally the health of many a smoker would be promoted if he were to smoke less, and his efficiency would be increased. Mr. Henry Ford, in his book on "The Little White Slaver," has quoted a remarkable number of manufacturers and heads of corporations who will not employ cigarette smokers. In short, the reduction of smoking would effect a great saving in many other things than the food supply.

What Will the Smokers Do About It?

That is the crucial question! What they can do, if they want to, is perfectly clear. If they will but restrict themselves to that which is considered sufficient for our principal allies, Great Britain and France, they can render a notable patriotic service. A year before the war, the per capita consumption of tobacco in the United States was 5.57 pounds, in France it was 2.93 and in the United Kingdom it was 2.09 pounds. In other words we used nearly twice as much as France, and more than two and one-half times as much as Great Britain. Therefore, if the smokers were to content themselves with what our British allies are satisfied with, they would save three-fifths of the expenditure and waste now incident to the tobacco habit. I estimate that the cost of tobacco and its incidentals is from \$1,200,000,000 to \$1,400,000,000 a year. If we take the smaller figure and add the fire losses of \$80,000,000, we have a total of \$1,280,000,000. If smokers were to adopt the English quota they would save

over three-fifths of this or about \$768,000,000. This is more than it cost to run our Federal Government before the war.

If smokers could but remain content with what satisfied them a few years ago, and stop increasing their consumption, a substantial saving would result. In the last four years the number of cigars withdrawn for consumption increased from 8,732,000 to 9,216,000, the chewing and smoking tobacco from 404,000,000 pounds to 445,000,000 pounds, and the cigarettes from 14,000,000,000 to 30,000,000,000. Since 1906 the production of cigarettes has increased about six and one-half fold and the acreage devoted to tobacco has increased by 77 per cent. If smokers would but go back to their quota of a few years ago, they would make a material addition to the tillable land of the country.

When the public are urged to cut down their consumption of nourishing foods, like wheat and sugar, in order to increase the supply available for our soldiers and for the rest of the world; when the people are warned to suspend all building operations that are not absolutely necessary; when whiskey distilleries are closed in order to save grain; is there any reason why our smokers should of all classes be exempt from any sacrifice and continue to preempt as much land as was demanded by the distilleries and consume more than twice as much per capita as our British allies? This is a question which cannot be dodged by the leaders of public opinion, and a heavy responsibility rests upon those who, knowing the facts, do not both in their own practice and through their influence try to save for food at least a good part of the land which is now worked, fertilized, and harvested to produce smoke. As Mr. Vanderlip so

well puts it: "If a dollar is spent for any luxury, for any unnecessary thing, * * that dollar has been put into competition with the Government's dollar. * * Either we stand by our luxuries or we stand by the Government."

GIRL'S SMOKING RECORD

The following was clipped from a recent issue of London Tid-Bits:

"The habit of cigarette smoking among women and girls is growing at an alarming rate. Before the outbreak of the war these women who found consolation in the weed smoked in sensible moderation, usually smoking from fifteen to twenty cigarettes a week. But not so now, for the smoking craze has made such headway that there are thousands of women at the present time who think nothing of smoking 100 or 150 cigarettes a week.

"Three years ago a woman suffering from a "smokers heart" was anomaly. Today it is quite a common complaint, and recently a well known doctor estimated that nearly 10 per cent of his women patients were suffering from illness brought on by excessive smoking. Some women are never happy unless they are courting "My Lady Nicotine." They are prepared to take all risks in order to satisfy their craving.

"An acquaintance of the writer, a young girl of 17, boasts that she can "get thru" a box of fifty cigarettes a day. When asked by the writer how she possibly manages to consume the enormous amount and keep her health, she replied, "I cannot go to sleep without smoking nine or ten cigarettes, and it is simply ripping to wake up early, light a cigarette, and read in bed until breakfast."

"Tobacconists state that there are hundreds like this young "flapper." And these girls are to be regarded as the mothers of

the future. Never was there a time when babies were of such vital importance as today, yet at this critical period, when we need strong, healthy children to fill the ranks depleted by those who have "gone before" they are likely to come into the world a race of weaklings who have paid the price of their mother's devotion to tobacco.

"It is the duty of every British girl who has her country's interest at heart to realize that excessive smoking might easily imperil the empire, and those who find "the dainty cigarette" soothing to their nerves should smoke in moderation. An occasional cigarette is all right, but 350 cigarettes a week is bound to be harmful."

While we should awake to the shocking monstrosity of presumably intelligent people encouraging the sending of Tobacco to our soldiers and thus encouraging them to use it, we should not forget the affect such a course has upon the girls left at home.

In London, it appears that they are reaping the reward of such unwise actions and no doubt the same is true in our own large cities, if the truth were known.

But another very distressing feature of the matter is the attitude the writer of the above article takes in the matter. While the writer sees much of the truth about the matter, he still says, "An occasional cigarette is all right," and counsels moderation.

That last paragraph destroys nearly if not altogether the beneficial effect of the article. It is a characteristic of nearly all matter to be found in the public press on the subject. Even such as have discovered the danger and destruction, council only moderation and uphold the habit.

Sensible people know that mod-

eration only makes a bad habit respectable and promotes it; and to try to confine vice to moderation by mere persuasion is much like trying to sweep back the tide with a broom. The only wise thing is to advocate total abstinence—No-Tobacco. Moderation will no more save us from Tobacco than from Liquor. An occasional cigarette is no more to be tolerated or advocated than an occasional drink of whiskey.

DESTROYS MORAL SENSE

"The action of any narcotic is to break down the sense of moral responsibility. A narcotic produces a peculiar cunning and resource in concealment; it develops when occasion arises, the desire to deceive and, whether occasion arises or not, the desire to shift obligation and to avoid responsibility. Morphine will distort the moral sense of the best person on earth. Since the way morphine gets its narcotic effect is very similar to the way tobacco gets its effect, one would naturally suppose that tobacco would produce in a milder degree something of the same moral distortion. This may seem a startling conclusion, but change your mental attitude and observe. Let it be remembered that when a man inhales tobacco excessively he is narcotizing himself more than when he smokes opium moderately."—Chas. B. Towns, New York City.

Notice what a lot of the deaths in our army training camps are due to pneumonia, over fifty per cent. Do you suppose tobacco smoke could be responsible for any of it? Half of those rejected failed because lungs had been weakened by inhaling smoke. Could it be that some smokers with lungs half ruined slipped through and then succumbed to pneumonia.

The Harm of Tobacco

By Charles G. Pease, M. D.

President Non-Smokers' Protective League of America.

(Editorial Note. A talk with a tobacco user brought out the questions as to how much nicotine is absorbed by a smoker and how much tobacco, if taken into the stomach, would be required to kill a man. We submitted the questions to Dr. Pease, and this article is his reply.)

In answer to the question relative to the amount of nicotine absorbed by a smoker and the amount of tobacco necessary to kill when taken into the stomach, would say that the records show that fifteen grains of tobacco leaf used in an enema caused death; therefore, a similar amount taken into the stomach, if not vomited immediately, would cause death. Deaths have occurred as a result of placing tobacco leaf upon eruptions on the skin. This would not be true in the case of a tobacco smoker or chewer, as he is chronically poisoned, abnormality having been established. Death, as a result of acute poisoning, is due to the violence of the revulsion of normality, spoken of as illness consequent upon the first smoke, when not sufficient of the poison has been absorbed to cause death. After abnormality has been established, through the continued use of the poison, there will be no further revulsion as abnormality never revolts upon the introduction of that which produces abnormality. The poison, however, does not remain inactive; tissue change is constantly taking place and every fluid and tissue of the organism is affected, unfitting the tobacco addict to be a progenitor of the race, robbing his offspring of the most vital thing on earth—normality. To assist in degenerating the race, is a greater crime than the crime of homicide.

A smoker may readily deter-

mine, not only the character and the approximate amount of the poison absorbed into his system, but, also, the harm he inflicts upon others compelled to inhale atmosphere polluted by him.

If the tobacco smoker will place a piece of paper above his lips and blow thereon the smoke from tobacco during the consumption of half a cigar or the contents of a pipe, scrape the stain from the paper and place a small part of it upon the tongue of a cat, the cat will be dead within three minutes.

This should be sufficient evidence for any sane and honest person as to the approximate amount of the deadly oils in the smoke adhering to the membrane of the cavity of the mouth and the amount he compels others to inhale, to say nothing of the poisonous gases in the smoke, one of which is carbon monoxide, the deadly constituent of illuminating gas.

It is no wonder that in the whole United States, 75 per cent of the children are defective, and in New York City, 93 per cent are defective.

To find normality, we look to the animal kingdom, but—the shame of it—to find abnormality and degeneracy, we must look to the human race which should stand the highest in normality, majesty, perfection.

The tobacco smoker is abnormal.

This fact becomes apparent to him when his supply of tobacco becomes exhausted and no means of replenishing it are at hand. Lacking the narcotic effect of the poison, the symptoms of his abnormality are painfully present and he demands the continuance of the poison that the narcotic ef-

fect thereof may continue to mask the evidences of the harm he has done and is doing himself. These are nervousness, apprehension, insomnia and frequent fits of passion—a beautiful condition for members of the human race to establish within themselves and expect to be classed as respectable citizens.

Tobacco was taken from the medical list years ago because its use medicinally, was accompanied by so many deaths, even when applied externally, it was considered too dangerous to be used as a remedy.

The human race has become so depraved that appeals to chivalry, to manhood and to womanhood seem to be of no avail in the case of the major part of humanity, no matter what the evidence indicating the wrong of their practices.

Is it any wonder the human race has gotten to the place where it is slaughtering itself as one of the self inflicted punishments?

NO RED CROSS MONEY

At the Prohibition Convention in Chicago, Mrs. Frances Beauchamp accused the American Red Cross with sending tobacco to the soldiers, and said:

“The American Tobacco company—the tobacco trust—has prevailed upon the Red Cross to aid in extending the use of tobacco among the soldiers of our country. It is regrettable that such a great organization with the support of the United States government would consent to such insidious practices.

“In the training camps of my state it has been reported to me that thousands of boys who never smoked before are now smoking the vile cigarette.

“A large percentage of the men who are rejected from army service are rejected because of tobacco heart. They are left at home to

pick out the prettiest and finest of our girls while the clean young manhood of our nation goes to war. It endangers the future generations."

Marquis Eaton, head of the Chicago chapter of the Red Cross, had this to say when informed of Mrs. Beauchamp's speech:

"No Red Cross money, so far as I know, is spent in the purchase of tobacco or cigarettes for the soldiers. The Red Cross, however, does accept gifts of tobacco and cigarettes for the soldiers and considers that in so doing it is gratifying the wishes of the senders and the soldiers. If that is to be condemned, then the Red Cross has and wishes no alibi."

AFFECT ON STUDENTS

In a Hiram College Bulletin published nine years ago there may be found the report of a study of the use of tobacco by students of that institution, and a statement of the grades of those who used tobacco, as compared with those who did not. The male students were divided into three classes, non-users, moderate users and excessive users, and an average grade was made for each of these classes. The average grades were as follows: Non-users 85.2; moderate users 73.3; excessive users 59.7.

The bulletin states that the grades were determined before the classification was made, so that the fact that a student used tobacco did not influence the teacher who gave the grade. If the difference in grade made by these different classes is justly attributable to the use of tobacco, one would expect to find the number of students who failed to pass the examinations to show a proportion similar to the above. Here are the number as given by the bulletin—Non-users 3.2, moderate users, 14.1, excessive users 24.1.

WHAT A LIE!

The following is clipped from the Wichita, Kansas, Beacon:

Washington, D.C., Feb. 18—The use of tobacco by our troops in the trenches plays no small part in the conservation of food, say Marine Corps officials here, who estimate that from 25 to 30 percent of food is saved daily in this manner.

While authorities admit the detrimental influence of narcotics, they assert that tobacco relieves the nervous tension of soldiers who are under continual shell fire.

"Early in the war," declared a Marine officer, "the French discovered that men who smoke eat considerably less food and only recently the British food controller issued the statement 'The British troops in the trenches must have tobacco or much more food.'"

A publication that will admit such manifestly false matter to its columns is not only unworthy of the patronage of patriotic people, but deserves to be classed with the enemies of our country.

In the first place, it is evidently the product of ignorance, at least, if not also of a brain that is drunk and degenerate from the affects of tobacco. He admits the detrimental affects of nicotine, yet in the face of that admission advocates that it be furnished to our soldiers. He gives no names of persons as authority for his statements that can be located and held responsible for the falsehoods. While pretending to plead for the soldier, (to the profit of the tobacco trust) he is really advocating the material lowering of the efficiency of our army and acting the part of an enemy to our country.

But let us admit, for the sake of argument, that a soldier eats 25 per cent less food when he uses tobacco. That can mean only that

nutrition is reduced 25 per cent, therefore he will become 25 per cent less efficient. There is no food value in tobacco. Every property it has, that is not a poison, is inert, so far as food value is concerned. It can do nothing but to poison.

It is a fact that a man can destroy the sensation of hunger by using tobacco—but that does not feed him; it only takes down the signals which the nervous system has put up to indicate the need of food. Such a man is in need of being nourished just as certainly as though he had not used tobacco, but he does not know it. Morphine, chloroform, ether, opium, chloral, and many other drugs may be used to make a person lose appetite. Since the Beacon loves the soldier so much, why does it not advocate a variety for him?

AFFECTS ON THE HEART

Dr. Parkinson, of London, has recently made some tests to determine whether soldiers should be encouraged to use tobacco. He studied principally the acute effect of smoking upon healthy young men. He found that among a class of men which he calls "the irritable-heart group," the smoking of 45-60 grams of tobacco increased the heart beat an average of nine times per minute, while the normal heart was increased six beats per minute. With this increase of heart rate, Dr. Parkinson found a constant rise of blood pressure.

The amount of tobacco used in these experiments is equal to about four or five cigarets. The experiments showed that the increased labor required of the heart begins soon after smoking begins and is maintained until smoking is stopped. The statistical fact is that during the last thirty years, death from heart disease in the United States has increased 67 per cent.

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L. H. Higley, Editor and PublisherOfficial Organ of The
No-Tobacco League of AmericaMake all remittances for subscrip-
tions to**L. H. HIGLEY, Butler, Ind.****EDITORIAL COMMENT**

Tobacco never made a man's body stronger or his mind keener; but it does weaken the one and dull the other.

If you have washed your robes and made them white in the blood of the Lamb, don't stain them with tobacco juice or stink them with tobacco smoke.

"Cleave to that which is good." If some church members would cleave to that which is good as faithfully as they do to Tobacco, they would be model Christians.

"Abhor that which is evil." That is why some of us abhor Tobacco. Some people know it is evil and do not want their boys to use it, yet do not abhor it—they chew it and smoke it.

Can you, a Christian, maintain that the use of Tobacco is not a sin, when men will have it whether their children have clothes for their back, shoes for their feet or food for their little stomachs?

A practicing physician writes us saying, "I wish I had a million dollars with which to help you in your good work. When I see children born with nerves all unstrung just because the thing they have to call daddy is only a smoke-stack, my soul revolts. I am disgusted with the school teachers and preachers that are so quiet on the subject."

Send us clippings or short articles on the Tobacco question for publication in this Journal. We need all the help we can get.

Christians should no more patronize newspapers and magazines that carry tobacco advertising, especially if there are children in the home, than they would patronize publications that carry whisky and beer advertising into their homes.

A good friend of the Editor said, "Just put your attention to the boys and leave us old fellows alone who have used tobacco for 20 or 30 years." That advice is good, in a sense, but it is mighty hard and dead wrong to have to say to the boy, "Don't follow daddy's or grandpa's example."

Dr. T. B. Bradford, sanitarian for the Rock Island lines in Arkansas and Oklahoma, says, "There are many angles from which to discuss Tobacco, but by whichever one you approach it, you are led to the inevitable conclusion that there is no habit-forming drug being used today that is so effectually and insiduously handcuffing humanity as Tobacco."

Which is worse, for a preacher or a layman to use tobacco? If it is wrong for a preacher to use tobacco, why is it not just as wrong for a layman to use it? One of the worst things about men using tobacco is that boys learn to use it by following their example. Whose example is the boy most likely to follow, that of the preacher or some layman who is a successful business man and does big things in the world? The boy is enthused by the greatness of the business man who does big things, and he is more likely to follow his example than the preacher's.

All stimulants, tonics, narcotics, which affect the nervous system in whatever way, reduce the truthfulness of sensation, thought and action. Toward insanity all such influences lead; and their effect, slight though it may be, is of the same nature as mania. He who would see clearly, think truthfully and act effectively, must avoid them all. Emergency aside, he can safely force upon his nervous system even the smallest falsehood. And here lies the one great unanswerable argument for total abstinence—not abstinence from alcohol alone, but from all nerve poisons and emotional excesses.—David Starr Jordon, President Leland Stanford Junior University.

When the last final spasm of the dying liquor traffic has become a matter of history, what will the army of degenerates caused by it, who will be forced to give up drink, do to entertain themselves and to spend their money? The answer is found in the growth of the smoke-house and the sagacity with which the tobacco trust takes advantage of all such opportunities to boost its business. A knowledge of the condition and a study of the methods used by the tobacco interests cause us to predict, without hesitancy, that unless an adequate campaign of education is launched to save the children, there will be a growth of the use of tobacco such as we never experienced. Will we make an adequate effort now, or shall we wait until we are forced to fight before we spunk up?

NO MAN HAS A RIGHT—

- To grow Tobacco.
- To manufacture Tobacco.
- To sell Tobacco.
- To use Tobacco.
- To pollute the air with Tobacco.
- To teach others to use Tobacco.
- To defend Tobacco.

The next time you meet an insane person, see if you can convince him that he is insane. Likewise, when you meet a man who is full of whiskey, see whether you can get him to admit that he is drunk. Then, when you have studied this over and digested several such cases, dare to meet one of your friends, who is smoking, and tell him that the joy he thinks he is getting from a cigar is produced by the effect of a poison upon the very brain structures whose intoxication by alcohol furnishes the drinker his hilarity—then watch closely to see whether you can convince him that he is doing wrong. And when you have gone to a score or two of smokers and see how each in turn laughs you to scorn and turns your brotherly interest in him into a joke, go and sit down some where and see if you can answer this question—Why have we been so long coming to the place where tobacco intoxication is recognized as a moral issue?

APPEALS TO THE CHURCH

As our readers will hear much of the efforts and doings of our National Secretary, Dr. M. E. Poland, we wish to give our readers a little introduction to the kind of man he is.

He considers the solution of the tobacco problem a religious duty devolving upon the Christian church to which he appeals for support.

His religious ideals are of the highest order. His conception of the church is expressed in the following quotation taken from his booklet entitled, *The Truth About Tobacco*, in which he speaks of the church as "That body of men and women who, hearing the command of a common Master, 'be ye perfect even as your Father in heaven is perfect' are making an honest effort to live such a life. Bibli-

cal writers speak of the Church as the 'bride' of Jesus. Try to conceive what sort of people we should be to constitute the bride of one whose life and character are so pure and divine that He was able to say, and live up to it, 'I am the way, the truth and the life.' A bride is more fair and even more beautiful than a groom."

WHAT IS THE DIFFERENCE?

An Indiana state law says, "It shall be unlawful for any person or persons, * * to persuade, advise, council or compel any child * * to chew or smoke tobacco."

"Any person who violates any of the provisions of this section, shall, on conviction, be fined not less than ten dollars, nor more than one hundred dollars and be imprisoned in the county jail or work house not less than ten days nor more than thirty days."

What is the difference in results whether a child learns to use Tobacco from the example set by some deacon in the church or by the advice or persuasion of some fiend with either ignorance as an excuse or the virus of hell in his veins? If a fiend who causes a child to use Tobacco by persuasion, advice, council or compulsion, is a criminal worthy of imprisonment, why is not the deacon also a criminal who cause a child to use it by his example?

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that it is being sent by a friend or the League. tf

NOTE FROM THE TREASURER

We make no secret of the fact that the Treasury of the League is low. The office has faithfully and persistently presented the needs of the League to many of our subscribers. These subscribers have given in the past. But giving once will not suffice. No great work was ever accomplished by one effort. The No-Tobacco fight will be a long one. Our helpers must be constant, regular and long.

This statement should occasion no surprise. We know very well that all good works are carried forward to success by laying hold and never giving up. The No-Tobacco work is no exception.

We earnestly request all the old givers, all who have helped us in the past, to send in some more money that the work may be pushed. Dr. Poland, the National Secretary is in the field all the time. He has not been home since last September. There is need for printing. Other workers should be put into the field. The office must be kept going. All these call for money. We need to have a word from you besides. Write us telling us of your interest and sympathy. Do not make it necessary to spend good money on you to get your contribution.

Let us hear from you at once. With hearty good wishes, I am,
Yours, H. T. Sutton, Treas.,
Bethany, W. Va.

Say, friends, it is pretty hard to make much music "harping on one string." We have but one subject, Tobacco. It seems that we have pretty well covered the field of subjects for the present time. So please help us to any good matter you have or know of that ought to be published in this Journal.

Representatives Wanted In Every Town and City

WE WANT a representative for the No-Tobacco Journal in every town and city. If you are willing to aid us in this work for God and humanity, write the Editor of this Journal to that effect.

There will be many things we will want you to do, depending somewhat on your education, ability and standing in the community. So when you write, offering to act as our representative, it may be well for you to tell us something about yourself.

We expect to more fully explain our plans in the next issue of this Journal, but just at present, we want you to send us three lists of names and addresses.

1st. Give us the names of all the ministers of the Gospel in your town or city who are openly opposed to Tobacco. We mean by this, preachers who speak and preach against tobacco. If you name any ministers who are opposed to Tobacco but afraid to, or never do, preach against it, be sure to list them as such. But we want to find just now the friends of the cause and do not care for the names of others.

2nd. Give us the names of any and all school teachers that you know who are openly opposed to Tobacco.

3rd. Give us a list of Christian people in ordinary walks of life who are openly opposed to Tobacco. Never mind about the church member, that uses tobacco, just now. We will get after him a little later in the program. We expect to have some special medicine for him after while.

4th. Give us the names of any special workers among boys in your town who might be secured

to help in a special work for the boys.

Please take a little time and trouble to make for us as complete and accurate a list of names from your city as you can, as this will furnish the basis for future work. If you are not acquainted with all the people, call on the pastors of all the churches and ask them for the names. Make intelligent and polite inquiries taking care to offend no one unnecessarily. If we find that you are a wrangler, a brawler and make yourself offensive to people, we can't use you. We want folks that are meek and quiet, but energetic for the cause of humanity, who will do the work intelligently and secure the cooperation of all good people.

You might include with your list of names, a general description of the situation in your town or city. After we get your report, we will give it consideration and, as soon as possible, give you instructions as to the next step. But please do not become impatient if some time elapses before you get a reply. We are just now formulating our plans, and it may be some weeks before we can get everything planned and prepared for. Special programs for each town or city may have to be prepared in accordance with the local conditions.

But here is where you can enlist as a volunteer in a good cause, in a war against an enemy to civilization to be classed only with whiskey and the Kaiser. Will you enlist now?

Men chew and spit tobacco but seldom swallow it. Is that a sane way to use an article that has any value?

SHOULD SOLDIERS SMOKE?

Burt G. Wilder, M. D.

During the Civil War, so far as I can recall, not more than ten per cent of our officers and enlisted men were habitual smokers; yet that war was fought and won. Now, as among male civilians, the proportion seems to be reversed. Notwithstanding the relatively liberal pay of our army it has been proposed to provide tobacco as part of the "ration." Cigars, cigarettes, tobacco and pipes are commonly included among the supplies sent our soldiers abroad by their relatives and friends. There is a general impression that smoking is a harmless solace for those accustomed to it.

Military efficiency depends largely upon conditions of the nervous and muscular organs such as are demanded for success in certain games. Those college officers who, like myself, advocate active participation in athletic sports by all students but object on various grounds to intercollegiate contests, concede to the latter at least one indirect benefit, viz., the interdiction of liquor and tobacco during training periods. In order to assure myself of the correctness of my impressions from common report on this point I applied to professional trainers widely and favorably known for the frequent successes of the men and teams under their direction. Their replies were as follows:

From Charles E. Courtney, coach of the Cornell University crews, Oct. 3, 1917. "One of the unwritten laws of the crew has been the absolute cessation of the use of tobacco in all forms while in training for any contests. These same rules apply in the other branches of athletics at Cornell, and I think you will find them almost universal."

From John F. Moakley, in charge of Track and Cross coun-

try contests, Oct. 5, 1917. "Smoking is forbidden to all candidates for Cornell athletic teams; any infraction of this rule means summary dismissal from the teams."

A comprehensive statements to the same effect is made in the recent volume on "The Physical Effects of Smoking." Dr. George J. Fisher and Prof. Elmer Berry.

They conducted numerous and impartial experiments on the effects of smoking upon heart rate and blood pressure, return of heart rate to normal after exercise; neuro-muscular precision and accuracy in baseball pitching. They conclude that "clear eyes, steady nerves, and muscles capable of accurate response do not go with smoking; athletic trainers have long refused to permit men in training to smoke; evidently they are eminently justified in their position." In an introductory note Prof. Irving Fisher says: "The following essay would seem to indicate that smoking is more injurious than we have suspected. It will give pause to those who smoke or contemplate smoking, if they value their physical and mental alertness."

In a small folio entitled "The Food Supply and the Human Submarine," Henry W. Farnum, Professor of Economics in Yale University, forcibly presents statistics respecting the enormous cost of alcoholics and tobacco; he then says: "If we would but cut our tobacco consumption in half we should release over 100,000 workers, of whom about half are men."

If we should be defeated in the present "World War" it would be due, in part, at least, to our wanton waste of labor and material at home, and to our unwisely supplying our fighters abroad with a poison that impairs their efficiency.

If youths can refrain from smoking for the sake of an ephem-

eral triumph in college sports they surely can and should refrain when there are at stake the safety of their country and the maintenance of civilization.—Good Health, Feb. 1918.

"PERSONAL LIBERTY"

A man who has been instrumental in the distribution of millions of dollars for another line of public welfare work, was appealed to for aid in the No-Tobacco work. He must be a devotee of the weed judging from the following which we take from his letter:

"In reply, I am sorry to advise you that I am entirely unwilling to participate in this movement. Any effort in this direction toward restraining the use of tobacco among men I would regard as an interference of their personal liberties, and as for the children, they are already protected by laws against the sale of tobacco to minors, beside being restrained as they should be by their parents. In my judgment it is entirely wrong for men who are opposed to the lawful things which are done by other men to attempt to give organized form to their prejudices with the intention of restraining the personal liberties of their associates. Every man should be governed by his own intelligence and his own conscience, and whenever any society is formed for the purpose of compelling him not to do a legal thing which he may desire to do, it is sure to cause more harm than good. Upon these grounds I am entirely opposed to the aims and objects of your society."

Indeed, you and the brewers are the only people who still use "personal liberty" as an argument for anything. The defenders of Tobacco will be found to be twin brothers to the defenders of liquor and use the same tactics.

THE DEACONESS SCORED

A good spinster deaconess had decided that her church ought to adopt individual communion cups. The "board" was considering the matter. Expense was a factor in the case. Some favored, some opposed, most were neutral. The single sister kept still till the moment when a doubtful vote was about to be taken. Then she spoke.

"Brothers," she said, sweetly, "I know some of you are not favorable to this move. Perhaps it won't make any difference, but I'm sure you'll grant me a word on the question.

"I came to church this morning just behind one of our deacons. All the way to church he was spitting I noticed. At the door he threw out his chew before entering.

"In church he sat next to me and after sipping the wine he passed the cup to me and as I was about to partake I heard him sucking the wine from his mustache, evidently with much relish. It nearly made me sick. I didn't enjoy the communion one bit. I'm not afraid of catching any disease from the communion cup but I do wish we could fix it some way so it would be more agreeable to those of us who object to such things as I have referred to."

There was silence when she sat down.

"You have heard the motion and second said the presiding officer, if there is no other discussion we will proceed to vote. All in favor signify by the usual voting sign."

It was unanimous.

Help us to make this paper interesting. Send us **short** articles, stories, clippings for publication in it. We may not be able to use them all, but we will use the best received. tf

The No-Tobacco League

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THE SMOKE HOUSE

By M. E. Poland.

In most cities and villages there is found one or more centers where loafers gather to waste time and to exemplify the adage, "Birds of a feather flock together." The tobacco interests have commercialized this tendency of human nature, and the product is what is seen in many cities and known as the "Smoke House."

The smoke house is taking the place of the saloon. It is the saloon stripped of its terror, and clothed in more or less respectability. The bar is replaced with a tobacco counter, and there are generally pool and billiard tables and frequently two or more smoking barbers.

I have counted sixty-five men in one of these resorts at one time, and it is interesting to study the composition of such a moral mud hole. The floor is always filthy with the accumulation of the careles and dotted with nasty cuspidors. The air is poisoned with smoke—and profanity. An expression I heard at one of these houses, where I was having my hair cut that I might study the place, reads something like this, "Drive like Helen B. Careful." A motto that seems to be common to all such places sounds like this, "Damfino."

We expect soon to be rid of the saloon, but are we? Here is the same old outlaw, clothed a little

better, but still in the business of dispensing poison—and the great danger lurks in the fact that this variety of poison does not get its devotee down into the ditch or cause him to beat his family.

But the class of men, and the the money that formerly kept the saloon are now behind this more subtle, less rapid method of getting the boys hooked up to their nefarious business to relieve them of their time, money and morals and give them poison in return.

These human vultures used to collect their victims behind a shutter or a blind where the greatest injury was that done to each other but the modern method is that of selling the poison to the victim and send him out upon the street into every place of business, into the home, the school, the church, and accomplish his death-dealing purpose in a gentlemanly and business-like way.

Did I say death? Yes, slow physical, intellectual and spiritual death, "For if ye live after the flesh ye shall die; but if ye through the spirit do mortify the deeds of the body, ye shall live."

THE RED CROSS AND TOBACCO

By M. E. Poland.

In the January Ladies Home Journal, Wm. H. Taft tells us that we have pledged and given over one hundred million dollars through the Red Cross for relief of war suffering. Besides this, we

have enabled that organization to give comfort and help to soldiers in transit, to supplement the care of the United States Army and Navy for its men, by adding to their equipment, and have made it possible for the Red Cross to extend a helping hand to Belgium, Russia, Roumania, Serbia and Italy, including relief to Armenia and Syria. Mr. Taft says at the close of his enumeration of our philanthropies—"Your Red Cross, because you have helped, is thus able to share in the alleviation of the world's suffering, and for this we thank you."

This is splendid, and we would like to utter a loud and hearty Amen, but as we rise on tiptoe to shout, we recall that our gifts were handed out in a Red Cross dipper that has a great hole in the bottom, and that the Tobacco interests are studiously at work making this hole larger—so our Amen is a very timid one. But we must be charitable, since it is only by reason of our own neglect that the Red Cross does not have a good dipper.

But it is encouraging to see the change that is taking place in the attitude of many religious papers toward Tobacco. Here is a quotation from a letter printed in a religious weekly:

"I am trying to get our Red Cross to use its funds for hospital relief and to relieve famine stricken women and children, etc., instead of giving a large amount to furnish tobacco to soldiers and sailors that are strong and well. If you can, I wish you to help get the Red Cross to be true to its original work to supply the weak and starving with what they lack and let men who must have tobacco buy it with their own money." To this letter the editor adds—"We say Amen. Thousands of good people object to giving To-

bacco either directly or indirectly to other people."

Two years ago even such mild expressions as the above were never seen in the columns of that paper. Every such expression was clothed in anti-cigaret uniform, while anti-cigar was beyond the faith of the faithful. Whether this condition was due to fear or to lack of information, made little difference in the result. But a change has come, and it is heartening to note what God can do through the consecration of a few unselfish souls.

FUNDS NEEDED

At the present time, the League is especially in need of funds for its work.

Those who have made pledges for the support of the League and all who wish to contribute to this work are requested to make remittances to The No-Tobacco League, Bethany, W. Va. The rapidly developing opportunities for work is making heavy demands for financial support.

WHAT TOBACCO COSTS

In Your Own Town or City.

There is only one other economic waste in this land of sufficient proportions to be compared with tobacco, and that is liquor. Few realize the enormous waste--worse that waste, committed by tobacco users.

It is estimated by the best authorities that the annual expenditures for tobacco in this country amount to \$1,500,000,000. This is too vast a sum to be comprehended without making some mathematical calculations.

We have about 100,000,000 people in this country counting all men, women and children. By dividing the total annual expenditure for tobacco by the population of this country, you have an average annual expenditure of \$15

each for every man, woman and child. That is an average of a little over \$1.00 a month for each man, woman and child.

How much money is spent in your town and community for tobacco? At least as much as an average of \$1.00 per month for each man woman and child in your city and the country districts that it supplies. If your population is 2,000 and 1,000 people from the country districts trade in your town, you have a trading population of 3,000 and approximately \$3,000 per month is spent in your town for tobacco. We happened to get reliable information from wholesale sources that indicate that this estimate is reliable and practically correct for an average community.

\$3,000 a month means \$36,000 per year for a town with a trading population of 3,000 people. It is probable that this is more than was spent for your public schools, city government and public improvements combined. In the past ten years your expenditures for tobacco has amounted to \$360,000—enough to give a town of 2,000 municipal populations the best of all kinds of public improvements. But possibly instead of the best sort of public improvements, you have a population of physically, mentally and morally stunted people. The abolition of tobacco and the use of the money in right channels, would not only provide the best of public improvements, but what is vastly better, in a few generations, would give us a generation of men that would be more superior to the present than we can well conceive at this time.

Bro. Minister, make some figures for your town or city and open the eyes of some of your congregation.

The No-Tobacco Journal, 25c a year. Have you subscribed?

"Lucky Strike" Cigarettes.

The American Tobacco Co. has been making a special advertising campaign to increase the sale of their "Lucky Strike" cigarettes. Their advertising agents make the statement that

"Sales for Dec. 1917, amounted to 375,000,000 Lucky Strike cigarettes, enough if placed end to end to reach 15,000 miles, or from New York to China the long way round."

If that many were sold in a month, how many will be sold in a year? This is more than ten million a day. The great increase is attributed to "expert newspaper publicity." The Tobacco trust has made the greatest "strike" of the times, hoodwinked even the newspapers into promoting their nefarious business under the guise of charity, free of charge, in most cases, and gotten good Christian people to pour their money into their coffers.

ALL BAD

"Chewin' ain't as bad as drinkin'," protested Elder Spitfast in self-defense.

"No, I reckon not," drawled his critic, Deacon Cleanmouth, "an' drinkin' ain't as bad as lyin' an' lyin' ain't as bad as stealin' an' stealin' ain't as bad as killin' but they're all bad—see—they're ALL bad that's the rub to it."

TOBACCO CAUSES CANCER

Dr. Robert Abbe, senior surgeon of St. Luke's hospital, New York City, sheds new light on the causes of cancer, and particularly cancer of the mouth. He presents a calm but scathing arraignment of tobacco, when it is smoked or chewed in excessive quantities. Of 100 victims of mouth cancer studied, only 10 were women. Of the 90 men, all but one were inveterate smokers. Most of them smok-

ed cigars, to the number of three to 20 a day. Five smoked only cigarets. One consumed 50 a day. Many used a pipe, which often caused cancer to begin where the end of the pipe stem allowed the hot smoke to come upon the tongue. Thirteen had cancer inside the cheek and all of these chewed. In every case, the cancer started where the tobacco quid was held in the cheek, or on the edge of the tongue near by.

Chronic irritation, Dr. Abbe says, may be set down as a fundamental cause. The use of tobacco may be the original cause of the irritation, as when hot smoke from a pipe continually burns the tongue, or the tobacco may aggravate the irritation when it has once appeared.

Often a broken tooth or a sharp edge causes the original inflammation that leads to the cancerous growth. About one-tenth of the patients plainly owed their affliction either to a rough tooth or to hot burning drinks, or both. The other nine-tenths of the cases are chargeable to tobacco.—El Paso Herald.

SIXTEEN INDICTMENTS

The Zion City folks find sixteen indictments against Tobacco, as follows:

1. Separates from God.
2. Pollutes the Spirit.
3. Paralyzes the mind.
4. Attacks the nerves.
5. Stinks the breath.
6. Destroys the body.
7. Pollutes the air.
8. Fosters selfishness.
9. Imposes on other's rights.
10. Corrupts good manners.
11. Creates appetite for liquor.
12. Unfits for business.
13. Impoverishes the pocket book.
14. Makes men hogs.
15. Pleases the Devil.
16. Paves the way to Hell.

TOBACCO KILLED THE INDIANS

Mrs. Frances Beauchamp speaking at the Prohibition convention at Chicago, expressed horror at having seen in women's dressing rooms in Chicago, "No Smoking Here" signs, and said:

"When 'No Smoking' signs are necessary in women's dressing rooms in public places, the future of the Anglo-Saxon race is in danger. The Indian race is nearly extinct from the use of Tobacco and the Anglo-Saxon race faces the same danger."

We have often wondered what sin brought about the practical extinction of the Indian race. They were not drunkards nor guilty of many other sins that the white man, so-called, is guilty of. The Indian race at one time must have advanced or at least increased in number.

Tobacco is at least the greatest enemy extant to the physical, mental and moral development of our race, if not actually accomplishing our degeneration.

HOW DENSE THE IGNORANCE

Is it not amazing to meet a man of fair intelligence, yes, possibly of more than average intelligence, a professedly Christian man, more or less interested in the moral and religious uplift of humanity; yet with a cigar in his mouth, inoculating his system with a deadly poison—the most deadly, except one, known to man, not only depressing and decreasing his own physical, mental and moral efficiency, but careful and accurate scientific investigation has shown that he is doing that which will depreciate the physical, mental and moral efficiency of his offspring to the third and fourth generation.

How dense the ignorance of our people on this subject?

"I'LL TAKE WHAT FATHER TAKES"

There is a story told of a father who took his little boy one morning into the city where he transacted his business. When noon came he took his boy to a restaurant where he often had lunch. The waiter on receiving the order, knowing that it was the father's custom to have a bottle of wine, asked the boy what he would take to drink. The boy replied, "I'll take what father takes." The father, realizing the seriousness of the situation, quietly beckoned the waiter and countermanded the order.

During the afternoon when he went to his office, the words of his boy—"I'll take what father takes,"—were constantly ringing in his ears. He went back to the home rather troubled, and after dinner retired to his study, but he could not work for he could not forget the words of his boy, "I'll take what father takes," and feeling that he could bear it no longer, he determined to settle the matter. He knelt down and prayed to God for guidance and from that night he resolved he would never touch the drink again, or anything that might be a source of danger to others. A lot of fathers should wake up on the Tobacco question

\$100.00 REWARD

Leaders in the No-Tobacco Movement believe that the cigaret embodies the most practical method of using tobacco that is used today. Therefore, if the use of tobacco is permissible, the cigaret can not be reasonably condemned. To bring this fact to the attention of the public, we offer a reward of \$100.00 to any individual who will furnish conclusive evidence that the cigaret or cigaret smoke contains any substance more poisonous than other forms of tobacco or smoke formed by their use.

DIDN'T ASK THE PRICE

It happened in a grocery store. He was making weekly purchases for his family.

"What's flour now?"

"Two dollars a sack."

"Gracious, don't it beat all how things are going up? What's meal?"

"Four pounds for a quarter."

"Ge whizz, you don't say—nearly as high as flour. How much for good bacon?"

"Fifty cents a pound, sliced."

"Fifty cents! Why man that's ridiculous. What's a poor man to do? And coffee—"

"A good grade for thrity-five cents."

"Stars alive, I've bought the best for twenty. Say this won't do. Of course we've got to live some way. I'll have to buy these but it's robbery—sheer robbery, I tell you. The people'll rise up if this goes on. There ain't no use of it. Somebody's a gettin' rich specultain' on these necessities of life."

"Anything else?" asked the grocer.

"Lemme see—Oh, yes, fix up six packages of 'Old Virginia Scrap'"—and he didn't even ask the price.

TOBACCO MUMMIES

We are often cited to some exceptionally old person who has used tobacco all their lives, as a proof that tobacco is not injurious to health.

Show me an exceptionally old person that has used tobacco for a life-time and I will show you a mummy, discolored in skin, shriveled and shrunken in body and soul; a one-time physically and mentally strong boy whose constitution has battled against this poison all these years; and, though still holding out, is really dead while he liveth. His foul breath is only the smell of a decaying

body that is so saturated with poison that the buzzards wouldn't eat it.

He is a man intellectually dead, without active moral or religious sentiments, without public enterprise or philanthropic ambitions, a man that might as well be physically dead and buried, so far as benefit to the world is concerned. He never has been exceptionally beneficent and is much less so now. He is a mummy whose only virtue is duration—the ability to exist in defiance of the destructive forces of the most deadly poison known to man, save one.

A BOYS ESSAY

The following is an exact copy of an essay written by a Virginia boy in response to his teacher's demand that the class write a composition on "How I Can Help Win the War."

"How I Can Help Win the War."

There is more than one way I can help win this war, though I can not shoulder a gun nor run an ambulance, or anything as a soldier, but I can stay on the farm, and work, and save.

To raise tobacco would be a shame, though people think I am in my own light for saying so. They say times are hard. And times are hard, and will get harder if people keep raising tobacco.

And why I say so is because it is not food-stuff.

If farmers keep raising it and neglect the food-stuff, what is going to keep times from being hard?

You may send the soldiers as much of it as you pelase, but it won't keep life in them, if they don't get proper food. The way for me to do my bit, is not to raise tobacco, but to raise all the food I can, and other people to do likewise."

Our particular mission is to save the boys. Will you help us?

Book of Prayers

For Everybody: For All Occasions



A manuel of every-day prayers carefully complicated, selected from many sources and edited those who desire greater unctio and more freedom in praying in public. An invaluable help and suggestion for the offering of spiritual supplication, and in the use of proper language when entreating the Almighty in public or other occasions. Containing also a large variety of general prayers for the church service, family worship, the prayer meeting, Epworth Leagues, Sunday schools, grace at meals, etc. Several pages of sentence prayers. Vest Pocket size, 2 3/4 x 5 1/4 in. 1/4 in. thick Red Cloth, stamped in black. . . . 25c Red Morocco, stamped in gold. . . . 35c Postpaid on receipt of price. Address, L. H. HIGLEY, Publisher, Butler, Ind.

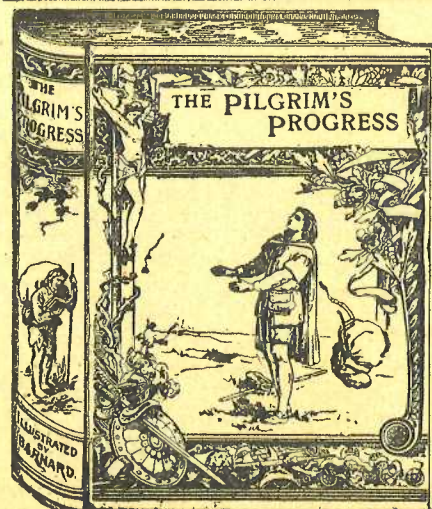
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