

studied the subject know that it is the indispensable vehicle of white slavery.

A great American, known to all of you, said, in a private letter, that his recent trip around the world made him feel that alcohol, in conjunction with venereal disease, might carry off the white race, unless great educational and restrictive measures were instantly applied.

All these facts should sink deep into the minds of social workers and come out in *action*: for they are their own particular subjects—poverty, crime, disease, immorality. To fight them efficiently, one must fight alcohol, fight it with education.

The youth of the nation will be appealed to by the fact that alcohol is probably the greatest health and efficiency “sapper” that we have.

Experiments prove that even moderate drinking injures health and lessens efficiency. This has made the Kaiser a total abstainer and caused him to beg his army to give up beer.

Another fact that cannot fail to impress the race is that alcohol is dying out as a medicine because, far from giving life, it destroys life by lowering vitality. It really opens the door to disease. Hence at the Massachusetts General Hospital, Boston, the use of alcohol as a medicine declined seventy-seven per cent in eight years.

In short, the passing of alcohol would restore untold amounts of health and efficiency now being lost, not through *heavy drinking*, but through *moderate drinking*.

These things should not be done all at once—but education boards should be run through long periods.

For information regarding Posters, please write to—

ELIZABETH HEWES TILTON,  
Chairman Poster Committee,  
Cambridge, Mass.

#### TOBACCO A RACE POISON

DANIEL LICHTY, M.D., Senior Consultant, Rockford City Hospital; President, Trustees Rockford Municipal Tuberculosis Sanitarium.

Man, generic man, is the greatest asset of the age, and of the world. It is the duty of those who dwell on the heights to conserve this asset.

It should not be necessary to put the subject of tobacco on the defensive, yet, in its almost universal use, to openly declare it a *race poison* demands this; it requires the courage and sacrifice of a martyr to do it.



However, as Abraham Lincoln said of his opposition to human slavery, "If the end brings me out wrong, ten angels swearing I was right would make no difference."

Tobacco is a poison, a narcotic poison, an acro-narcotic; it is so classed in every text-book on poisons, in every book on botany. Every chemistry so classes its alkaloids, and every dictionary, medical or otherwise, so defines it. Every part of the plant is poisonous. Even the sweet secretion of its flowers is stupefying. Only a few poisonous plants excel it in deadliness. In Germany tobacco is fittingly called *teufel kraut*, "devil's weed."

Tobacco alone possesses the fascinating flavor and aroma that lures the world. Eighty per cent of the adolescent and adult male population are enamored of its narcotic and lethal potency. How some are poisoned and others are immune is the paradox of human physiology and pathology. Here heredity and education, maternal and filial affection, are all deposed and dumped into a common mire of tobacco debauchery.

That it possesses a potency to disturb function in callow youth or adult decrepity, most beginners will readily attest. King James' counterblast against tobacco is such a worthy and graphic clinical recital of its systemic effect as a modern therapeutic professor might be proud to have composed. "A custom loathsome to the eye, hateful to nose, harmful to the brain, dangerous to the lungs, and in the black stinking fumes thereof nearest resembling the horrible Stygian smoke of the pit that is bottomless," is his characterization of burning tobacco.

That it has lethal properties, stupefies and kills, neither scientist nor layman can successfully refute. The recital of its exclusive discovery and use in the Western Hemisphere has many characteristics of the recital of the ardent adventurer, or the buccaneer sailor. Pipes, implements, not unlike modern smoking pipes, have been discovered in Italy, Greece, Asia, Turkey, China, Ireland and the East Indies. Archeologists acknowledge these finds and admit that they may have been used for the combustion and inhaling of some narcotic substance.

Anesthesia and narcosis, from whatever substance, are regarded as pathological conditions; they produce perversions of function and increase morbidity. That a universally acknowledged narcotic and poisonous substance has found such lurement to man, the boasted monarch of earth, is an enigma of modern ethics and ethnology. There are other pernicious, habit-forming drugs as well as tobacco being insidiously foisted on susceptible humanity by unrelenting commercial advertising that have their toxin and their



menace. National and individual perspicacity seems already myopic, if not blinded, by the blandishments of their advertising. France was slow in recognizing the demoralization absinthe was working on her people until its wrecks tainted her society and blotted her landscape.

China passed from dynasty to dynasty under the stupor of opium—an Empire in area, mines of wealth at her feet, but with a paucity of appreciation of these gifts or of the degradation opium was working among her people, until the sober remnant of virile civilization compelled her to abandon the cultivation of the seductive poppy. Century upon century passed over opium-tinctured China, but her race was stupefied and retrograde among nations. Spain, once “the Mistress of the seas,” has become a mendicant at the feet of nations since she introduced tobacco to her impetuous people, and is begging for her autonomy with the tobacco-shriveled ghost of her former proud self mocking her pleadings.

In 1896 the National Board of Health of Mexico issued a pamphlet on *tobacco using*, calling on all good people, *especially doctors*, saying, “We can continue our devotion to tobacco, knowing, as we do, its calamitous results, but let us warn the innocent who sin from ignorance,” etc.

Man the world over has sought and possessed a sense obtunder. Tobacco, alcohol, opium, cocaine, are all narcotics which make all races adverse to ethnic as well as ethical progress. No substance has become so universal as tobacco. Through his stupor he severs connection with the real source of joy and power—fresh air, pure water, right food, and wins false force through intoxication and narcosis.

The recognized degenerate opium user of Eastern Asia, the betel chewer of the Andes and the Himalayas, the hashish eater of Arabia, and the absinthe wrecks of France, are graphically the antecedent degenerates of the Occidental tobacco inebriates, who must follow their trail to final race extinction. Narcotic indulgence, whether in Asia or America, means race degeneracy, ethnic inferiority and extinction, *race poisoning*.

The efficiency engineer, the corporation superintendent, the transportation chiefs, all captains of industry, are calling for greater efficiency in their several departments—but the smoker blazes away, and the snuff and tobacco chewers roll their quids in stupid indifference to the requirements of comity and efficiency. Employers refuse the cigarette kid, while compulsion secures the veteran pipe fiend employment. David Starr Jordan says there is no use in considering the future of the cigarette boy, as he will have no future.



The doctor, the research student, the biological engineer seem timid, lax or indifferent to the ethnic blight of tobacco.

Occasionally articles appear in scientific medical or other highly ethical and literary magazines deploring the spreading use, economic waste, and bane of tobacco and its racial wreckage. In other more popular magazines, whose circulation is measured by millions (and their readers by tens of millions), with front and back full-page covers in four colors we find display lines of illustrated advertisement extolling the merits of their respective tobacco manufactures, each with positive declaration and loud boasting that their product has neither "bite" nor "sting," nor poisonous nicotine. A score of pipes are patented every year claiming to prevent the acrid smoke and toxic oil and deadly nicotine from reaching the consumer. The anxious, hurried reader does not recognize between the lines the admissions of the cunning advertiser of both pipe maker and tobacco mixer that there is poison in his product, in the substance and in the advertisement. A chewing gum is now advertised to relieve the dryness of the mouth after smoking. No trust is so conscienceless in its advertising as the tobacco trust. A hundred or two human lives may be burned to death or horrible disfigurement in shirtwaist factories; another several hundred destroyed in burning hotels; ships may be set on fire, mines burned, hospitals, homes, morgues and graves be filled, while widows wail and children's cries fill the saddened air, but the news press must not tell that these grewsome and grief-laden tragedies were all caused by stupefied cigar, cigarette, and pipe smokers, indifferent and carelessly criminal with their matches and embers and stubs.

The nicotine from tobacco combustion and chewing enters the system through the usual channels of respiration, gestation and absorption. In chewing, the extracted toxin takes the course of foods, through the stomach and absorbent glands, and probably has some of its virulence burned out or diluted in passing through the liver before it enters the right heart and is admitted into the general circuit. In smoking, the poisonous oil and nicotine are volatilized, and with the *carbon monoxide*—the product of combustion which has both an affinity and an avidity for the blood—a *triune* toxin enters the pulmonary circuit, saturates the alveoli of the lungs, and hits the base of the right heart and the partition between auricle and ventricle—where are located the wondrous bundles of nerves that control the contractions and expansions of the heart's chambers—and paralyzes the valves and muscles of this wondrous organ. It taints the lung tissue, and leaves the residuum of stinking toxic air in the air-cells that remains for days, to pollute his exhalations.



Doctors and patients need only to recall the exhaled breath of ether and chloroform days after the operating room, or to try to shun the garlic and other odors of the oriental condiments of the recent immigrant days after their ingestion. Through all these circuits absorption is going on, and back-firing, and pulse-halt and heart-block signal the examining doctor, and warn both that the track is wrong, weakened, wrecked. Early, too, in these rounds the centers of both the intellectual and functional brain and spinal cord are being assaulted; in fact, the earliest impact is here, and sensation and motion are crippled. Through these come also the protesting reflexes, the nausea, the tremors, vertigo, convulsions, and deaths.

Why clamor for pure air when every waking breath of the tobacco user is polluted with toxic fumes? The poison is absorbed from mucous membranes and from the skin. The *snuff* and tobacco chewers get theirs by the former way. In Alaska, where the extreme cold cracks the lips and cheeks, while attempting to hold a pipe or cigar in the mouth, the dupe rubs up plug and fine cut and binds it in bags under the arm-pits or over his solar plexus and imagines he gets the effects of his cherished weed. The smoker inhales and exhales, and leaves a trail of highly volatilized toxic residuum along the entire respiratory tract that paralyzes, benumbs, and easily makes a tuberculous victim, adding another race exterminator.

When used as a poultice for spasmodic croup in infants it has caused alarming depression and death. Formerly used in strangulated hernia, it produced pallor, cold sweats, and such alarm that its use in medicine is abandoned; it is too poisonous. Through smoking and inhalation, all these symptoms come more direct, and the fatal invasion is averted by the protest and paralysis that releases the vigil of the flexors of the jaw and lips, that drops the pipe or cigar from the mouth to burn the skin or clothes and arouse the body to salvation.

It is said tobacco soothes perturbed nerves, calms mental and corporeal irritation, smooths business ruffles and domestic infelicity. That is why the messenger and delivery boys must have it as soon as they get around the first corner; why the grocery loafer and dray drivers must have it. It allays itch, cures corns, relieves the irritation of the unwashed, and assuages the hunger of the pestiferous tramp. Any excuse or none suffices to win a recruit and hold a devotee.

Imitation, as a relic of the simian age, remains strong in man. His Caucasian cousin cannot beg ancestral infirmity for his narcotic frailty. He insists he cannot stop it; he must have it. He denies



thumb-sucking to his weakling babe and gum-chewing to his nervous girl, but *he* must take a "cure" to stop it. His immunity lies in his will that tobacco has weakened. Caesar said, "To live is to will." The tobacco user's narcosis made him forget that "he is the master of his fate, the captain of his soul." He cannot escape the obligations of present progressive civilization. He must abandon his quest, his habit of drug, whiskey and tobacco narcosis, and align himself with men and not with monkeys or be left behind in the race. Real men should arise above *imitation*. Imitation is mere servility. Tobacco using is drug slavery.

The blastophthoria, or germ damage, produced by alcohol on the cell wall and substance is now microscopically as well as physiologically and pathologically demonstrated. The same study applied to tobacco gives the same results. The toxic dent of tobacco is made on the incalculably thin film of the cell wall and the poison is projected into the cell elements, even to its nucleus and nuclei. This may be by a vital dynamism or physical osmosis, but the law is unrelenting. It matters not whether this be a squamous scale from the lips or mouth or the palm or back of the hand, whether it be the more highly organized cell from the cortex or the sympathetic, the sperm cell of the male or the sacred citadel of the ovum; tobacco, alcohol and syphilis make the same scar and leave the same blight on sire, self, and progeny.

The blood does not furnish an antitoxin, an amboceptor, against *phytotoxins*. The working principle of Ehrlich's bacterial theory of immunity does not apply against the alkaloidal poisons, plant poisons, like morphine, nicotine, soapin, etc. The body does not develop an immunity against these in the same sense that it does against bacterial toxins: the blood serum does not manufacture or acquire the substance capable of neutralizing these poisons. There is no amboceptor between nicotine and the blood or the cell structures. Neither has an elective affinity been found that is harmless to metabolism or helpful to histogenic structure. There must, however, be a substance in the plant, cultivated, in curing, or added by the manufacturer, that has an alluring as well as a paralyzing effect on cell life and an impairing and a destructive one on the germ plasm. We know that next to reptile venom and prussic acid, nicotine is a most hemolytic, blood-destroying, agent: it breaks the cell-wall of the cell and destroys its nucleus, its vital center. Added to this is furfural, carbon monoxide, by-products of tobacco combustion, poisons that are readily taken up by the cells and quickly dissolve their primary chemical elements. Within this organism, the cell, besides its elements, is inherent the very potential of life, the nucleus, the primal dynamism that correlates these forces and directs



them to organic function and to final destiny. *This is the determiner of species*, the nearest we get to the Great Directing Divinity. That it is atomic does not deny its existence or dynamism.

Epilepsy, insanity, idiocy, imbecility and all the collateral grades of mental infirmities are on the increase. The statistics of increase of positive defectives over population are appalling—to say nothing of the criminals, substandards and repeaters of common society. To enumerate them would be wearisome. Let this suffice: In Illinois the increase of insanity is 667 per cent, while population increase was only 50 per cent, census 1900. That these unfortunates, wrecks, and derelicts have been cast upon the moaning beach of the Sea of Life in regularly increasing winrows, *parallel with the increasing use of tobacco*, is a graphic and significant presentation that cannot be ignored nor denied. There may be comfort in this reflection, however, that blocking this blight on humanity in part, is absolute sterility in the male, which is also on the increase, in the original, in the secondary and tertiary issues of the tobacco user.

Prof. Howard A. Kelly, of Johns Hopkins University Medical School, quotes, endorses and emphasizes the statement of the late Dr. Prince A. Morrow that “the unpremeditated childless marriages due to the *husband's* incapacity from gonorrhoea vary from 17 to 25 per cent, and that 75 per cent of sterility in married life is not of choice, but is due to *the incapacity of the husband.*” But he does not account for the difference between the maximum of 25 per cent due to gonorrhoea and the 75 per cent of general sterility. This *balance of infertility* readily points to other toxin than venereal and easily admits tobacco into the ranks for competition for barrenness and this race extinction.

The latest reports (1911) of the Census Bureau show that slightly more than 42 per cent of the infants dying under one year of age in the registration area did not live to complete the first month of life, and that of this 42 per cent almost 10 per cent died as a result of conditions existing *before* they were born—probably of *paternal* assault and toxemia before conception, or of injury or accident during delivery. However, with modern asepsis and manual technique and skill, deaths *during* birth are rare, and this change does not hold true. Of those that lived less than one week, about 83 per cent died of conjugal assault from venereal or other toxic projectile in which the very general use of tobacco would be conspicuous. Of the number that lived less than one day, 94 per cent died of *prenatal* toxins in either or both parents. While these figures exhibit an appalling waste of life, apparently at fetal conception or maturity, they in no degree represent



the accidental and premeditated feticides in *unregistered* districts of the vicious stratum of society, that without doubt far outnumber the figures given in a very small registration area. Registration districts betoken a higher sanitary and ethical standard than non-registration areas, and better conditions are expected to exist.

There are prenatal conjugal considerations here that census reporters do not recognize and enumerate.

Procreation when either parent is alcoholized, or tobacco narcotized, should be prohibited, whether this be acute or chronic. In either way it affords a good example of transient blastophthoria in which the germ-plasm, sperm-plasm, is damaged, so that degenerative progeny is very likely to result.

Nicotine begets very decidedly neuropathic stock. The heredity of nicotine-tainted stock is never on the right side. Nicotine is an ethical as well as a race poison. Heredity as a science has made rapid progress and is advancing. Humans are entitled to equal consideration with plants and animals. Propagation should be made selective from both sides. There might well be a parent inspection before there is the child and pupil inspection, before the "Better Babies" enter their contests. There needs be a standard of narcotic-free fatherhood before a standard of childhood and scholarship is demanded. Prophylaxis should precede prosecution and segregation. It is realized that statistics are the mystics of argument. The aggregate of life is made up of vicissitudes of transmigration, climate, environment, vocational disease and accidents, habit and habit-heredity, disease and disease-heredity, alcohol, syphilis, and tobacco. Alcohol is in almost universal use. Syphilis is all too prevalent; its spirochetæ leave their unmistakable trail in rural and mural "Damaged Goods." But there is a bane as prevalent as *all these combined*. It is the Race Poison, Tobacco; it is running a neck-and-wreck race with syphilis and alcohol for supremacy. No athletic or scholarship test has ever been made in which non-smokers did not excel the smokers; a similar comparison would militate against progeny.

Dr. Frankel-Hochwart, of Berlin, Germany, in an article in the *Deutsche Medizinische Wochenschrift* of December, 1911, relating to several thousand cases in his clinic, emphasizes the fact learned from his experience, that "the localization of the toxic action of nicotine is very much like that of syphilis." These observations are along the line more especially of nervous diseases, brain diseases.

Hesse, in 1907, made similar observations in tobacco intoxication; Huchard and Bunge confirm these clinical data. Much experimentation with tobacco has been done to ascertain the cause of the increase of arteriosclerosis and heart disease, the so-called



“hardening of the arteries,” also the cause of interruption of function and nutrition, leading to mental perversion, insanity, sudden deaths and the many palsies. The earliest observation on this line, and which establishes beyond doubt the deleterious action of tobacco upon the arteries, is that of Isaac Adler, demonstrating hardening in the end arteries of rabbits as a result of feeding them with a tea made of tobacco. Boveri confirmed these results by giving this tea by stomach tube, and caused damage at the base of the aorta in ten out of sixteen rabbits, while Baylac on the same line got the same results in each of eight rabbits into which tobacco tea was injected into veins or under the skin. Jebrowsky and W. E. Lee obtained the same results in other rabbits by making them inhale tobacco smoke. A great number of experimenters with tobacco in this country and Europe obtained results so akin to these that no other conclusion can be entertained. The general conclusion is that a toxic principle in the tobacco is the cause of arteriosclerosis. What more prevalent toxin is present than nicotine or other tobacco toxins?

Chewing, more than smoking, through absorption and hemolysis, also causes an acidosis of the blood which increases blood-pressure, strains the heart, impairs the kidney's function, precipitates the soluble calcium into calcium carbonate, whose granules find lodgment in the lattice framework of the media and produces the arteritis nodosa of arteriosclerosis. The *high blood-pressure* will account for some of the flights of genius and descents into iniquity of some great minds otherwise blameless. *Tobacco toremia is more to blame than alcohol.* A man usually knows when he is drunk, but rarely knows when he is tobacco inebriated.

Dr. Ludwig Jankau, of München, carried on experiments and observations in his nose and throat clinic through a period of three years before issuing his brochure “*Der Tabak*,” in which he pours a deluge of evidence against tobacco using. A society of scientists and physicians worked with him and confirmed his investigations.

That tobacco is a causative factor in heart and blood-vessel diseases is apparent in this—that tobacco is promptly excluded in the treatment in all diseases of the heart and arteries.

Dr. Hirschfelder, of Johns Hopkins University Medical School, author of a classic treatise on Diseases of the Heart and Aorta, says, “Tobacco should be absolutely excluded in both *organic* and *functional* cases.” A. Abrams, of California, places tobacco non-use ahead of alcohol in both prevention and treatment of heart diseases. Bovaird, of the Columbia University Medical School, New York, is equally emphatic in demanding immediate abstinence in



all heart affections. Similar quotations of eminent authors could be continued *ad infinitum*—and the users will say *ad nauseam*. Dawn is coming. If abstinence aids to cure, why not total abstinence to prevent? Nowhere would the adage of ounce of prevention and pound of cure be more appropriate. All alienists also recognize that in the insane, heart and blood-vessel diseases, congenital or acquired, prevail.

Experiments made with plants demonstrate that solutions of poisonous substances, accidentally or intentionally introduced into the interior of the ovaries of plants, mar their form and even change their character. Wisconsin University has a field lecturer making investigation and experiment in this line. Can man saturate his germ with poisons and escape so great a condemnation? Sterility is preferable to inferiority or imbecility.

A neuropathic inheritance is often a nicotine inheritance. In Switzerland idiots and imbeciles are called *Rausch-Kinder*, "jag children." In this country they might, with equal propriety, be called *Rauch-Kinder* or "smoke kids." If this recognition has become so apparent that it has reached the stage of popular jesting, should it not arouse the serious-minded? The Western World is shocked at the burning of widows on the funeral pyre of the husbands in India. We are slowly consuming on the pyre of tobacco beautiful boys in the prime of life and the vigor of manhood, father's pride, mother's darlings. We turn pale at the mention of the "Yellow Peril" in the East, while a yellow peril greater than the entire Mongolian horde is menacing our youth and our race. Race came from "the beginning," race should extend far beyond the eternity of "the beginning," into the eternity of the future, ever advancing, never receding.

Temples and tombs survive, but the earth is fertile with the bones of extinct races. No monument is so favored of God as that which in His image continues achievement in His name, through Race Betterment.

#### *Discussion.*

#### **The Cigarette**

MISS LUCY PAGE GASTON, Anti-Cigarette League, Chicago, Illinois.

Recently a returned missionary from China said that it was impossible for the Missionaries of the Cross to go so far into the interior of that great, giant land that the cigarette missionaries were not there before them. That is what they themselves call "cigarette" missionaries. They make the claim that by the introduction of cigarettes they are helping the people to free themselves from the curse of opium. The American Tobacco Company, and the British American Tobacco Company, and the different organizations



that are preying upon China today, estimated that they could afford to give from fifty to one hundred cigarettes free to every man, woman and child to upward of four hundred millions of population in China. They did, and now there are hundreds of factories pouring forth their products in that country. There is an organization being formed in China by Dr. Wu and other patriots to combat the evil, which is only second to the opium habit. Do you people know that the opium addict will smoke a cigarette at the close of his debauch for the added pleasure that it gives?

That is the product that is in the hands of the immature youth of this fair America. In this Race Betterment Conference I wish there might be some ringing protest that would reach every nook and corner of this land, warning the people against the dangers from this. Ninety per cent of the high school boys and the college students today are addicted to cigarettes or to some form of tobacco, and because tobacco in some form is the vice, the popular vice, of good men, it is only the most incidental mention that is given to this question.

But, friends, what can we do about it—this question that we are struggling with at our headquarters at the Woman's Temple in Chicago and that our paper, *The Boy* magazine, the official organ of the league, is dealing with? Today we are undertaking to organize a force. The strength or the charm of organization to youth is well known. We have a plan of organization that should be introduced in every community in the country. There seems to be something about this anti-cigarette movement, this "A. C. L." button, that arouses the heroic element in the young American.

Today the prohibition movement is the thing, but it is only part of the thing that is needed. What we need today is a great inspirational campaign for total abstinence, not forgetting tobacco and the other drugs that this good Doctor from Alabama brought to the front. We ought to have in every community a clean-life movement. Anti-Cigarette League stands not only for anti-cigarette league but for a Clean Life—yes, a Christian Life, a Consecrated Life. We have in our movement a thing that we can go into public schools with. There is a great opportunity for a getting together on that. People think I am loony, you know, on this cigarette question. Well, it is time somebody was. I see in this Conference an opportunity to reach out and do all of the things that are needed.

A minister of Chicago who is very active in law enforcement work in civic affairs stated to me in our headquarters at the Woman's Temple one day, "Miss Gaston, some of us have never gotten to the point of total abstinence of cigarettes and things like



that." He said, "Why, really, I would not care to introduce a total abstinence pledge into my church." He said, "The leading members of my church have wine on their sideboards and beer in their cellars." and he said, "Other than the children, who will do anything that they are asked to do, I don't believe there would be half a dozen who would sign a total abstinence pledge." It was not very long after when that man came into our headquarters and said, "Miss Gaston, what do you think has happened?" I replied, "What, Doctor?" "Why," he said, "you know my little boy, Robbie?" I said, "Yes." "Well," he said, "I found he was smoking cigarettes." "But," I said, "be careful, Doctor, now. Don't get hysterical." "Yes," he said, "but when a thing like that comes right into your own home, you have to wake up," and he said, "It was one of the boys of our own Sunday-School who was teaching him to smoke out in the alley, and his sister found it out." "What did you do, Doctor?" I said. "Oh, I sent the boy away and told him to keep off the premises." I said, "What I think you ought to do would be to organize a work in your church against the cigarette."

In New York City I was doing work among the boys of the Postal Telegraph Company. About one hundred of those boys, from homes of all nationalities, joined our league. I spent about an hour every night, from 5.30 to 6.30, among those messenger boys—gamblers, drinkers, all kinds of boys. One night a Hungarian boy came to me and said, "Miss Gaston, I want to sign for life against tobacco, but," he said, "I don't want to take the temperance pledge." (We have the temperance pledge on the anti-cigarette blank.) I said, "Why not, Frank?" He, a seventeen-year-old boy, said, "We are Hungarians and we have wine every night for dinner at our house and I don't think it would be very easy for me to see the others drinking and I not drink, but," he said, "I want wings on my button." We put a little red ribbon on the button to indicate total abstinence for life from both liquor and tobacco. A boy can join until he is twenty-one. That boy signed up for both. The last thing he came to me and I said, "Well, Frank, how did you get along without your wine last night?" and he said, "Well, my brothers never did a thing to me, but my father never said a word." I said, "Frank, I believe your father was proud to have a boy who stood for what he believed to be right. Are you sorry you signed up?" "No," he replied, "and I am going to stick to it as long as I live."

We are not giving the boys and the girls today a chance to have their blood stirred by any great splendid, heroic moral reform. We have the plan and I want to invite you all to help us.



*Discussion.***The Cigarette-Smoking Hero of Fiction**

DR. AMANDA D. HOLCOMB.

Because of my blind mother, I am obliged to read a good deal of fiction, and to select what she desires. I read the best fiction I can find. In that fiction I find the purest, sweetest, most ennobling hero smoking cigarettes. I believe this one thing has a very strong influence on the best-reared boys and perhaps girls. I tried to investigate this subject. I am informed that there are only two magazines in the world that are absolutely independent, that cannot be bought and are not bought by the tobacco trust. In many instances it seems to me that the writer of these pieces of fiction did not put that cigarette into the hero's mouth, but that it was interjected in the publishing offices. I should like to know more about this and what we ought to do.

*Discussion.***Magazine Advertising of Tobacco**

S. S. McCLURE, President S. S. McClure Company, New York, N. Y.

My name is S. S. McClure, of *McClure's Magazine*. I did not hear this address, except the last two or three words. Now, then, I have heard many times about newspapers and magazines being controlled by the trusts. Last year there was a meeting in Madison, Wis., of people to discuss that question. Professor Ely, of Madison, is here with us today.

Now, there is much loose thinking on this question. Magazines are controlled by the necessity of paying their expenses and making some money. If a magazine were controlled by the trust and it did not suit its subscribers and advertisers, it would fail. It is subject to exactly the same economic laws that obtain in every other business. The main support, the life blood, of a magazine is the confidence of and the money from its subscribers, upon which, secondarily, is based the revenue from its advertisers.

Now I know the magazine business very thoroughly, and I deplore the present quality of most of the magazines. I left the magazine business two years ago, since which time the magazines have not improved. But no magazine and no newspaper can prosper if it is the organ and the servant of any institution, financial or commercial, or of any trust or of any business like that. Such a magazine ceases to have revenue and ceases to have influence. When people supposed that Mr. Morgan, whom I greatly honored and respected, owned the New York *Sun*, which he did not, the New York *Sun* lost a large share of its influence.



No publication may have what makes a publication live if it is subject to outside control. The reason is this, that, after all, every publication depends upon pleasing the people. If it does not please the people, the advertiser does not find that it pays. It has to have the support of the people. Now if it tries to please a particular interest, it cannot please the people.

I heard that remark about the publisher putting a cigarette into the mouth of a hero in the office. He does not, as a matter of fact. I have often taken them out of their mouths. The editor, the publisher, generally takes things as he finds them. When a chap like Richard Harding Davis writes, the hero smokes a pipe—almost all of them smoke a pipe. I had certain rules about *McClure's Magazine*. One was this, that nobody except Rudyard Kipling could say "damn" in *McClure's Magazine*. I did not like anybody smoking in *McClure's Magazine*. I did not like any picture of smoking in *McClure's Magazine*. But if they had these pictures, it is not because of the trusts or of this or of that; it is simply because of the general taste of the public.

Dr. E. G. Lancaster, President Olivet College, Olivet, Mich.: Isn't it true that the tobacco advertisements are so valuable to a live magazine that they cannot do without them financially?

S. S. McClure: That is not true; that is not true at all. It is not half true. All advertisements are valuable to the magazine in the way of money. The advertising in magazines has grown a great deal less than it was a few years ago, so that many magazines that a few years ago would refuse tobacco advertisements are now accepting them. Some of them hate to accept them, but they all do it, they all accept them—just as *Harper's Weekly* for many years accepted whiskey advertisements, when other magazines would not. Magazines won't take whiskey advertisements and patent medicine advertisements, but their morality is just to the point where they will take tobacco advertisements.

### *Discussion.*

#### **A League of Employers**

MELVIL DEWEY.

There are many people who feel strongly, in this race betterment effort, that the tobacco evil ought to be combated as the opium evil is combated. Psychology teaches us that the human mind is incapable of seeing in any right light the evil of a habit of which it is the victim. The liquor user smiles at the facts presented by those who are opposed to liquor. We hate to say things when we know



all our personal friends are hit. It comes back to us. A negro clergyman who was asked why he did not preach about chicken stealing in his church, said that it would create so much prejudice in his congregation he did not feel like taking up the topic.

I have this practical suggestion to make in regard to tobacco. In talking with Dr. Kellogg, he suggested that an outcome of the Conference ought to be a national league of employers who would refuse to take into their offices, as I have for many years, a boy who uses tobacco or liquor or profanity or vulgarity. I have had hundreds of cases where a man says, "I won't do it in official hours. You don't mean to say you wish to interfere with my personal liberty?" "Not in the least," I always answer, "but you must not interfere with my personal liberty, and a part of my liberty is to be free from the annoyance of tobacco, and the people who go about our offices shall be free from that annoyance." I have had many cases where young men have given up their use of tobacco because they wished the position, and their wives have come back and thanked me heartily for breaking them of the habit, so that the men had no desire to return to it.

Then we run into this difficulty, that so many of our physicians are tobacco users. It is almost unheard of for a man who is a drink addict or addicted to opium or tobacco to share in a campaign against it. Many of our clergymen also use tobacco. I have known delicate women, with high ideals, to go to a communion service and be physically sickened and nauseated by the odor of stale tobacco on the garments of the priest officiating. [Voices, "Shame!"] It is a shame, and when one goes back to the question of professing the religion of Jesus, it seems like sacrilege that one should be a user of tobacco.

Now if we face frankly this question, we see that while it is a widespread evil and many of our friends whom we prize in the highest degree, whose feelings we would be very sorry to hurt, are addicts of this habit, we still recognize that it is a strong factor in making a race of runts. If we would begin with a league of employers who should say as a matter of economics and of practical business wisdom, "We will not employ in our offices or in certain places any young man who uses tobacco, liquor, profanity or vulgarity," it would help immensely. For the boy who wants to get on in the world, if he knew a thousand employers in America would absolutely refuse to have him in their employ, it would help him to take that attitude, and as a practical example, it would be easier to combat the evil. I wish we could prohibit in the magazines and all publications the advertising of tobacco. I believe the time is coming when we will recognize, as we have with the opium habit, that it is



a thing that is pulling down the race. We ought to push it into the background as persistently as we can.

This does not appeal to us as it ought to, because we are so familiar with it. But just stop for a moment and consider: If a person went into the street car or public elevators, and burned some chemical that gave off a fume that the chemist told us was as poisonous as they tell us the fumes of tobacco are, there would be a mob. The burning would be stopped. As it is, we go to the best hotels of the country and are put into rooms where the mattresses and the carpets and the hangings of the room are redolent with an odor that would not be tolerated from anything else in the world. But we are used to this.

My suggestion is the suggestion of the law. We should control the sale of tobacco, as the French do, and make it no longer an object for the small dealers to induce the boy to become a smoker. A woman has just as good a right to smoke as a man, and we find in the women's clubs of the great cities that the European habit is spreading, more and more women are smoking, but I believe that men who respect women in the highest degree feel that there is something lowering in it to womanhood. In the Lake Placid Club we have put our foot squarely down. Whatever a woman's social position or wealth, she cannot smoke at the Lake Placid Club. We feel that while she has as good a right to smoke as the men, it is pulling down the standard, and we will not tolerate it. Let us put our feet squarely against that growing habit of American women and girls to smoke.

Miss Lucy Page Gaston: May I add one word on that last point. Since the first of August, 1913 [to January, 1914], at our headquarters in Chicago, we have had over sixty thousand applications for our cure of the cigarette and tobacco habit. Of that number quite a good many were women who applied for the cure. So the women today are smoking.

Voice: Here is a good place for another "single standard," if you please.

#### *Discussion.*

#### **The Non-Smokers' Protective League of America**

DR. CHARLES G. PEASE.

My topic is the "Harm of Tobacco-Poisoned Atmosphere." The poisonous character of tobacco smoke is not generally appreciated. People know that the florist employs tobacco smoke to destroy the animal life in the greenhouse, but they make no application of that knowledge to the tobacco smoke in public places, as affecting the



human race. Surely, if a poison is great enough to destroy the animal life in the greenhouse plants, it will do some harm to the human family.

The poisons in tobacco smoke, or quite a number of them, have been enumerated by Vohl and Eulenberg and others. I will not attempt to name them now, on account of the hour, but I would refer you to the United States Dispensatory and the article on tobacco therein. Smoking in public is a violation of a constitutional right of individuals to breathe pure atmosphere. I will read here the declaration of the Non-Smokers' Protective League of America, which I represent:

First: "That the right of every person to breathe and to enjoy fresh and pure air, uncontaminated by unhealthful and disagreeable odors and fumes, is one of the inalienable rights guaranteed by the Declaration of Independence and the Constitution and the Laws of the Land."

Second: "That tobacco smoking in public and from our public places is the direct and positive invasion of this right, that it is dangerous to the public health and comfort, offensive and annoying to individuals, and an intolerable evil in itself. We do, therefore, pledge ourselves first to encourage and insist on the enforcement of all public laws, ordinances, rules and regulations prohibiting or restricting tobacco smoking in public and to secure the enactment of any other laws, ordinances, rules and regulations which may be or become necessary for such purpose, and to cooperate with Boards of Health, Police Officers and all Executive and Administrative Officials and Departments to secure full and effective enforcement thereof."

Third: "To secure the cooperation of all persons in control of buildings, halls, elevators, hotels, restaurants, theatres, street cars, railway cars, sleeping cars, dining cars and other places provided for the use of the general public, to prohibit tobacco smoking therein, and to limit and restrict it so that only those who indulge in the habit may be required to inhale tobacco fumes."

Fourth: "To create a wholesome public opinion, and to encourage individuals, whose rights and comforts are disregarded by tobacco users, to insist upon proper respect for such rights, and to protect the same from invasion to the fullest extent guaranteed by the Constitution and the Laws of the Land."

We issue a legal opinion in leaflet form which indicates the right to use force, if necessary, in terminating this most persistent nuisance. Our League is composed of some of the most prominent men



in this country. We desire, through the medium of this League, to accomplish the purposes that we have started out to accomplish.

In New York City we have, through the Public Service Commission, which gives us a hearing upon our application, the exclusion of tobacco smoking from our cars and stations, from the rear platforms of cars and from the four rear seats in convertible cars in summer time. We are on the way, I believe, to a still better order of things there. The United Cigar Stores Company endeavored to nullify our victory through securing 72,000 signatures to a petition which they issued asking for smoking cars upon the elevated railway structure and upon the surface lines or compartments therein. We combated that, and defeated the Company. I should like to read here some portion of our brief, which we handed in, as it will be helpful to others. We claim:

“First, that to require street railroad corporations to maintain a nuisance or for city corporations to maintain a nuisance would be a violation of a principle of law, and opposed to the provisions and guarantee of the Declaration of Independence and to the Constitution of our Land. The right to make laws and to prohibit smoking in public places was taken to the highest court in Alabama and was there sustained. To show also the poisonous character of tobacco fumes: There was a case in Alabama, Hudler versus Harrison 26 S. O. Rap, 294, 123 A. L. A. 292, where the fumes from a tobacco dry house made the people in a residence a little distance away very, very ill. The highest court stated in its opinion that that dry house was a nuisance and compelled it to be closed.”