

Junior NO-TOBACCO Annual

PRICE
FIVE
CENTS

OF OUR
LITTLE
FRIEND



"The race we'll lose
If tobacco we use"

*That's what the
manual says, Jim."*

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ERNEST LLOYD, Editor
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Ma and Me and the Guinea Pigs

AH, YOU'RE afraid! 'Fraidy calf, 'fraidy calf!" It was out back of our old barn, and it was Ned talking to Jimmy. You see Jimmy, he's a little boy, and Ned, he's bigger. And Ned, he had a smoke in his fingers, and he wanted Jimmy to puff it. And Jimmy did take a few puffs, but it hurt him up where his thoughts are, 'cause Jimmy's ma and my ma both talked to Jimmy and me and told us not to smoke—and why.

My ma took me one day to where a man had some guinea pigs, and they were the funniest little animals; and they were nice for pets, and I like pets. And the man took one in his hand, and it liked to be rubbed if you rubbed it the right way. And that's the way with other things besides guinea pigs.

Well, the man said, "This is a strange animal. If you hold him up by the tail, his eyes will drop out."

And I said, "Ma, will they?"

And ma smiled and said, "Try it, and you will learn something."

You know ma says there are two ways of learning; one is to try yourself. That's experience. And the other way is to learn while some one tells you what he knows. And that is learning from another's experience. But ma said, "Try it;" so I got ready to hold the guinea pig up by the tail. And I kept watching to see if his eyes would pop out, and just when I was ready to lift him up I found out that he didn't have any tail! And I tried another one, and it didn't have any tail, and another one, and it didn't have any tail either. And the man just laughed and laughed.

And ma smiled and said, "By experience you have learned that guinea pigs do not have tails."

And I said, "Ma, did you know they didn't have tails?"

And ma said, "Yes."

And then I said, "Ma, if you knew it, why didn't you tell me?"

And then ma, she just put her arm around me and said, "Well, you

see, this is one thing you could learn from experience without its hurting you. But remember, there are some things we should learn from another's experience."

And then the man said, "Come with me."



INTERNATIONAL PHOTO

Mr. Hoover Says—

There is no agency in the world that is so seriously affecting the health, efficiency, education, and character of boys and girls as the cigarette habit; yet very little attention is being paid to it. Nearly every delinquent boy is a cigarette smoker, which certainly has much to do with it. Cigarettes are a source of crime. To neglect crime at its source is a shortsighted policy, unworthy of a nation of our intelligence."



And ma and me, we followed, and in another room he had a pen of guinea pigs—six of them. But they were small and runty; and I said, "I wouldn't want them for pets!"

And the man said, "No. They are just experiments. You see, those guinea pigs, after they were only three days old, were given each day just a little tiny bit of the black, sticky juice that comes from a cigarette. It's called nicotine; and the guinea pigs didn't grow, and they are runty."

Well, I didn't say much, only I squeezed ma's hand, and she squeezed mine, and that squeeze seemed to say to me, up where the thoughts are, "This is one thing you should learn from another's experience." I felt sorry for those six guinea pigs 'cause they didn't know any better. As the man said, they were just "experiments."

When we were going home, ma and me, I saw a boy in the alley smoking cigarette stubs he had picked up out of the gutter, and his fingers were yellow, and he sold ma a paper.

And she said, "How old are you?" He said, "I be eighteen."

He wasn't as big as Dick (and Dick is only eleven), 'cause he's stunted in body and his face didn't look right. You see that boy was just like the guinea pigs. I don't mean he looked like a guinea pig, but he was stunted just like them. And up where my thoughts are I was thinking, "He isn't a real boy; he's only an 'experiment.'"

Well, when I came around the corner of our barn and heard Ned say, "'Fraidy calf" to Jimmy, I just wondered what Jimmy would do.

"Yes sir, Ned Brown! I'm afraid to smoke, but I'm not afraid of you and I'm not afraid of being sick nor of getting a lickin'; and I'm sorry I took that one puff."

That's what I heard Jimmy say to Ned back of our old barn, and it just made me feel good inside, 'cause Jimmy, he's my friend, and Ned, he's

WE
MUST
KEEP
OUR
CHILDREN
CLEAN
FROM
THE
BLIGHT
OF
NICOTINE.



How Three Boys Were Saved

INTO a Christian community of fine, healthy, athletic boys there crept one day—secretly and mysteriously—a pack of cigarettes. There were the usual behind-the-barn smokes of initiation; and before the evil was discovered, the contagion had spread until even Eden Ambrose's three sons—aged respectively eleven, thirteen, and fifteen—could, between them, smoke a package a day.

The tell-tale yellow fingers were carefully hidden when there was danger of detection, and the breath was camouflaged with sassafras and birch bark. But what was this lassitude that had come over the boys? Athletics were neglected until the boys were soft and listless. Their studies were being neglected until red ink was the rule instead of the exception. "What is the matter with the boys?" puzzled the anxious parents.

Besides the three boys in Eden Ambrose's family there was a little sister—aged six—who was the idol of the household. Her brothers almost worshiped her, and, having no sister, she spent much time in their company. So it was that little sister Minnie was the sole custodian of their secret. She often sat and watched them smoke under the cherry tree, out behind the hedge; and because her brothers did it, there could be no question about its being all right. So, when Minnie was asked not to tell mother and father, that was all right too; and Minnie kept the secret until it gave itself away.

It was late Saturday afternoon, and two other boys were with the Ambrose boys when Minnie joined them. They were all smoking cigarettes. Old Tige treed something down at the creek, and set up such a barking that all five of the boys threw away their half-smoked cigarettes and chased off to the creek, leaving Minnie with the stubs and a partially empty box of matches.

As Minnie gathered up the five stubs and the box of matches, the thought entered her little curly head, "I'd like to smoke one myself, and see how it feels to have the pretty smoke curl up over my nose. If it doesn't hurt the boys, it will not hurt me. Mother and father don't know about the boys, and even the boys don't know about me."

Thus, satisfied that all was well, Minnie carefully tucked the five stubs in one apron pocket, the match

Lindbergh and Tobacco

THE tobacco men and their friends would like to link the name of Lindbergh in some way with their business. They thought they had accomplished it when a report was sent out that Lindbergh smoked a cigarette at a reception in Cincinnati, stating that he did so because he objected to being made a "tin saint."

But the rejoicing among the tobacco men was stopped when, a few days later at Indianapolis, Lindbergh denied the report. William Hillman, one of the special writers assigned to Lindbergh matters, said of Lindbergh's attitude toward smoking, "Perhaps we have the secret of Lindbergh's great stamina and ability to go many hours without sleep. His strength has never been taxed by smoking or drinking." Woods Hutchinson, M. D., in an article on Colonel Lindbergh, said of him, "He does not cloud his exquisite balancing powers with tobacco smoke."



Colonel Lindbergh and his mother

a bully. If you've got a friend, you want him to be true; and to be true you sometimes need to be afraid. I don't mean to be scared, but just afraid to do what isn't right. Ma says it's brave to be afraid to do wrong. And being brave isn't doing great things so folks can see, like diving off the top of the ladder in a circus or walking through a field of sand burs barefoot just 'cause some one is fool enough to do it and says you're afraid. But ma says it's real bravery just always to do your duty, and it isn't your duty to do what isn't right; and when a bully like Ned or some other boys say you are afraid to smoke or do wrong, you have to be brave 'cause it's a bigger job to be afraid, and to say so, than it is to smoke and get sick. It's the nicotine that makes you sick. So I told Ned about the guinea pigs that were "experiments" and about the boy who wasn't a real boy 'cause he smoked; and then Ned, he threw away his smoke; he didn't like it, only he thought it was brave and grown up to smoke.

Now, Ned and Jimmy and I and my ma and Jimmy's ma,—Ned don't have one, 'cause she's dead,—we have a Unanimous Club. Unanimous—that means we are all agreed; and we are unanimous for everything that's good and we're unanimous against everything that's bad, like cigarettes. ROY E. HAY.

box in the other, and stole over behind the garden—out of sight completely—to smoke the tempting little stubs.

As Minnie smoked the first stub, and watched the sweet-scented smoke curl upward in spiral wreaths, she was delighted. The second stub also gave her a great thrill. But as the smoke of the third one curled past her nose, the sweet aroma was missing. In fact, Minnie was feeling light-headed and queer. Everything turned green, and Minnie was deathly sick.

With the tell-tale stub still pressed between her baby lips, she fell backward on the soft grass, and she knew nothing whatever of her surroundings.

The three boys returned from the creek for supper. "Where's sister?" one of them asked.

"I thought she was with you," replied mother.

Presently the whole family was frantically searching for Minnie. When they came upon her lying there so white, all thought she was dead. The cigarette stubs told their own sorrowful tale. A doctor was hastily summoned. For several hours he battled with all his skill to save the life so dear to them all.

When Minnie was finally comfortable enough to sleep, the boys were summoned to the sitting room, and mother and father waited for them with sad faces indeed.

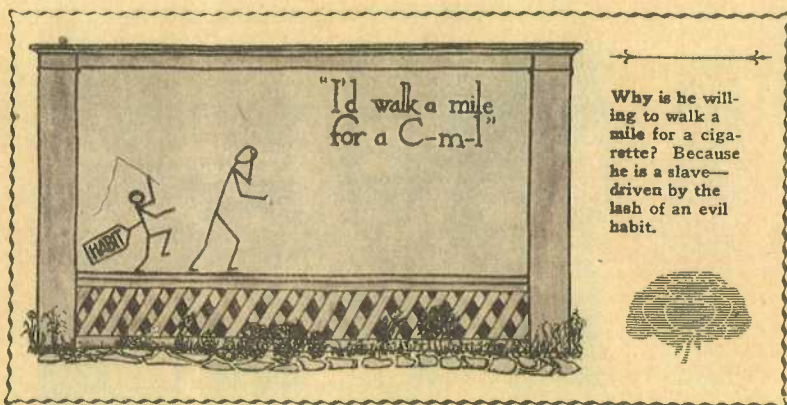
Addressing the older boy, Eden Ambrose said, "How narrowly we

missed losing our darling! Now, son, tell me where your little sister got those cigarette stubs."

So lately removed from the shadow of death, they all began to cry. Kindly and patiently Eden Ambrose waited. Finally the older boy controlled himself and made full confession, and added, "But I had no idea that cigarettes were poison, father. I assure you I'll never smoke another one." The other boys made the same promise.

Eden Ambrose did then what he had never before considered necessary—so safe had he felt. He explained to the boys the ruinous effects of cigarette smoking upon both mind and body; and he felt that even through his little daughter's suffering, he was glad the boys had been saved from the awful habit.

IDA LEE JOHNSTON.



The Cigarette

CIGARETTE smoking is a modern habit that is increasing with appalling rapidity. Boys and girls all over the country are acquiring the habit. It is estimated that seven out of every ten boys learn to smoke before they are fourteen years of age.

No habit in history has increased so rapidly or become so universal in an equal space of time as the cigarette habit among boys and girls.

The "breaking-in" process is always hard, and makes one deathly sick. This is because the body rebels against the poison. This fact alone is proof that a youth should never touch a cigarette. But, seeing others who walk the streets with a cigarette in the mouth as if it were the height of enjoyment, he tries it again and again, and at last conquers,—no, it has really conquered him.

There is an old fable about a young rat that had learned something about traps. He knew that rats were caught in them, and had seen old rats that had lost a tail thereby. And yet he was determined to get caught, just to see how it would seem to have a stump tail. All the old rats said, "Beware of traps!" But it made no difference to the young rat, until it was made fast in the trap himself!

The average boy is like that young rat. He wants to smoke because men smoke. Old smokers say, "Don't learn." But the more they say "don't," the more determined the boy is to try, until he becomes a slave.

Benjamin Franklin once said that he never knew a person who used tobacco that would recommend another to do the same. This is because it does them no real good; on the contrary, it does them much harm, and they find it next to impossible to break the habit.

The Boy or Girl Who Wishes to

- Excel in Scholarship
- Win in Athletics
- Build a Strong Body
- Invest Money Wisely
- Advance in Business
- Arm Against Disease
- Have Helpful Companions
- Do Good and Be Good

Will Not Smoke Cigarettes, for the Cigarette

- Closes Doors of Opportunity
- Costs Millions in Money
- Denies Others Their Rights
- Enslaves Even Strong Men
- Steals Brains
- Lessens Resistance
- Lowers Life Aims
- Strikes at Foundations

DOWN AND OUT CLASS

CIGARETTE-SMOKING BOYS ARE LIKE WORMY APPLES. THEY DROP LONG BEFORE THE HARVEST TIME

— DAVID STARR JORDAN



Lincoln and Tobacco

ONE day Abraham Lincoln was riding in a stage coach, as they rode in those days, in company with a Kentucky colonel. After riding a number of miles together, the colonel took a bottle of whisky out of his pocket, and said, "Mr. Lincoln, won't you take a drink with me?"

Mr. Lincoln replied, "No, colonel, thank you, I never drink whisky."

They rode along together for a number of miles more, visiting very pleasantly, when the gentleman from Kentucky reached into his pocket and brought out some cigars, saying, "Now, Mr. Lincoln, if you won't take a drink with me, won't

you take a smoke with me? for here are some of Kentucky's finest cigars."

And Mr. Lincoln said, "Now, colonel, you are such a fine, agreeable man to travel with, maybe I ought to take a smoke with you. But before I do so, let me tell you a little story,—an experience I had when a small boy." And this was the story:

"My mother called me to her bed one day when I was about nine years old. She was sick, very sick, and she said to me, 'Abey, the doctor tells me I am not going to get well. I want you to promise me before I go that you will never use whisky or tobacco as long as you live.' And I promised my mother I never would. And up to this hour, colonel, I have kept that promise. Now would you advise me to break that promise to my dear mother, and take a smoke with you?"

The colonel put his hand gently on Mr. Lincoln's shoulder, and with voice trembling with emotion said: "No, Mr. Lincoln, I wouldn't have you do it for the world. It was one of the best promises you ever made. And I would give a thousand dollars to-day if I had made my mother a promise like that, and kept it as you have done."

There is scarcely a man or a woman in the country to-day but believes that Abraham Lincoln's keeping his promise to his mother helped to make him the great and good and loved man that he was.

dred boys appearing in our criminal courts are cigarette smokers. These, too, are facts known to judges of our juvenile courts in every city. In the boy cigarette smoker we have the criminal in the making. In our prisons and penitentiaries we have the finished product.

The cigarette is to-day the leading source of crime. In the past girls have not smoked, and crime has been confined to boys. To every crime committed by girls, sixteen have been committed by boys. With the more common use of cigarettes by girls, a change is certain to take place in this proportion. Already girls are beginning to figure more and more in our criminal courts. The cigarette-smoking girl becomes brazen-faced. The finished product is never known to blush. The girlish modesty disappears. She, too, is a stranger to hard work. Money she needs in order to dress. She, too, associates with her kind. This leads to a desire for thrills and for association with young boy smokers, and this all ultimately leads to a life of impurity and shame and disgrace. This picture is not overdrawn. Again and again I have received letters from mothers in which they have told me the sad story I have been trying to relate here.

The boy or the girl who begins to smoke cigarettes at an early age at that moment begins the downward career. These are facts that every boy and girl should be taught from infancy up. Boys and girls who are taught this are not so liable to take up with the cigarette. They are on their guard. It is the boys and girls who listen to the deceptive radio programs given by tobacco concerns, exalting the supposed virtues of the "___," the "___," or some other brand, that are led captive by them.

The cigarette is not the innocent little thing it appears to be to the one who begins to smoke. It makes slaves of boys and girls. Not one out of twenty ever gives up smoking after the habit is once fixed.

D. H. KRESS, M. D.,
Washington, D. C., Sanitarium.

Burbank on Tobacco

BURBANK never used tobacco. He wrote: "Cigarettes are even more damaging than cigars, and their use by boys and girls is little short of criminal, and will produce in them the same results that sand placed in a watch will produce,—destruction. No boy living would commence the use of cigarettes if he knew what a useless, soulless, worthless thing they make of him."

Boys Cannot Afford to Smoke

THE boy who at an early age begins to smoke cigarettes and continues the practice to the age of twenty will never amount to much as a rule. In baseball, football, or as an athlete, he is an undesirable and a failure. He is a failure in school. Teachers can usually tell when the practice begins by merely observing the class records. When the boy begins to smoke, he finds himself unable to apply his mind to close study as he did before. The cigarette makes him nervous and fidgety. He drops behind in his classes. Then he becomes discouraged, and attributes his failure to something else than the real thing; and he concludes to give up the school altogether. These boys are not much in demand outside of school in any profession. Employers are not in search of cigarette smokers. They pass them by. Boys who smoke become deceptive, dishonest, and are not dependable. They are usually liars. These are facts well known to parents, to teachers, and to employers.

What becomes of these boys? They are never fond of work. Their aim is to get through life without much physical or mental exertion. They naturally associate with their kind on street corners, in pool rooms, and in other questionable places. Money

they must have in order to live. They begin to plan how to obtain it in the easiest way possible. This leads to crime. It is not surprising to find that from ninety-five to ninety-eight out of every one hun-



"I paid for this privilege,—now I'll get my money back, and millions more." And countless thousands of our boys and young men, as suggested by the picture, are foolishly helping to build a business that only harms, degrades, and kills.

LITTLE man, I want to enter into partnership with you," said the cigarette. "My business is growing so rapidly that I must have more assistants."

"Well, what will you give me? Please state your proposition," said the boy.

That was a wise question.—"What will you give me?" If every boy and girl would insist on having a satisfactory answer to that question before accepting a proposal, there would be fewer regrets at the end of the road, and fewer failures scattered along the way. It is a good question to think about.

"I will give you—why, let me see: I will give you a chance to stand in with 'the boys,' and then be your own boss and cut loose from your mother's apron strings."

"Is that all you will give me?"

"No, I will add soothing for your nerves when you are tired, and will take away care and worry."

"Is that all?"

"Why, yes, I think that is about all. Isn't that enough?"

"You said 'partnership'; I never heard of a boy's being 'partner' with a cigarette. I have heard that you are soon 'master,' and that your 'partner' becomes a 'slave.' Which is true?"

"What will you give me that will really help me?"

"Will you help me win prizes for scholarships? Or shall I lose?"

"Will you help me take honors in athletics? Or shall I fail?"

"Will you give me better health? or poorer?"

"Will you give me helpful friends? or hurtful?"

"Will you help me learn lessons of thrift? or waste?"

"Will you make me one of whom my mother can be proud? or ashamed?"

"Will you surround me with good influences? or bad?"

"Will you give me ennobling ideals? or baser?"

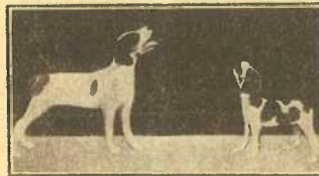
"Will you make me more respected? or looked down upon?"

Among the many leading men of America who are on the honor roll of tobacco ab-stainers is Ex-President William H. Taft, now head of the Supreme Court.



Theodore Roosevelt and Woodrow Wilson never used cigarettes or tobacco in any form.

I Will Not Be a Slave



The Tiny-Dog Secret

MARGARET J. BILZ, national lecturer for the Woman's Christian Temperance Union, said before one of the public schools of Baltimore, Maryland:

"When I was in Paris some years ago, I met a man who had very tiny dogs for sale. The mother dog, though small, was normal in size. I asked the owner how it was that her offspring were so abnormally small? What had he done to them?"

"At first he refused to tell me, fearing that I would divulge his secret or become his business competitor. By a little friendly conversation, I convinced him that I was simply in pursuit of knowledge. Then, with many cautions, he confided to me his process of producing these dwarfs:

"You see I put a little speck of nicotine in their food when they are quite young. Then I put in a little more, and a little more; and then they never get big."

"But doesn't the nicotine ever kill them?" I asked.

"Oh yes, many of them die; but I get a big price for the little fellows that live."

Thus he was willing to sacrifice the lives of many of his dogs for the gain brought by the sale of the few that survived.

On our streets are hundreds of nicotine-poisoned little boys—poisoned by the nicotine in the cigarette.

"But doesn't this nicotine poison kill them?" you ask.

Oh yes, many of them die; but the manufacturers of cigarettes keep right on making boy destroyers, that thus they may become wealthy.

"Will you make me more efficient? or less efficient?"

"Will you make my chances for a long life better? or rob me of years?"

"Will you make me a better man, a better citizen, a better member of society, honored, and worthy of trust? I doubt it."

"No, Mr. Cigarette, I cannot trust you. There may be some you have not injured seriously, but there are untold millions whom you have harmed. Slowly you have thrown threads of habit about them until they have become enchained. You have robbed them of mental keenness and physical dexterity; you have taught lessons of extravagance and waste; you have lowered ideals, and taken away the user's zest for the church and things that are good; you have lessened both respect and self-respect; you have closed doors of opportunity and decreased efficiency; you have stolen years right out of life, and made the body more open to the attack of many diseases; you have never made one person more unselfish, more respected, more useful. Your work has all been negative, never positive. You do nothing but break down; you never build up.

"I cannot trust you. While there may be some whom you have hurt but slightly, I might not be one of that number; so I dare not run the risk. You will not have me for your partner. I will not be a slave."—*Temperance Banner.*

A Noted Scientist Says—

THERE is no justification for the cigarette habit from any point of view. I believe it would be a great blessing to humanity if by legal enactment the use of cigarettes or tobacco in any form by minors could be averted. I believe that all educators, and especially school teachers and parents, should use every means in their power to prevent pupils in the public schools and children at home from acquiring the cigarette habit.

HARVEY W. WILEY, M. D.

Washington, D. C.



Mr. Ford says—

"If we can educate the boys to the dangers of smoking, we shall perform a great service for the nation."

Dr. Kellogg Says—



TOBACCO is a highly poisonous drug. It has no useful function in the world except as an exterminator of vermin. In Detroit, there is a large factory which manufactures rat poison, the most efficient rat exterminator known. Each bottle bears the words in plain letters, "Pure Nicotine." In Detroit, there are also numerous factories that put up packages containing nicotine [cigarettes], but instead of placing upon the label a skull and crossbones, with a warning that the contents are

poisonous, these packages bear pictures of pretty girls, flowers, and other attractive decorations, and are covered with fascinating descriptions of the character of the contents, while there is a potential homicide or suicide in every package.—John Harvey Kellogg, M. D., Chief Surgeon, world's largest sanitarium, Battle Creek, Michigan.



not to do, and have not followed the good advice of my parents, yet I have now made a solemn vow never to drink another drop of liquor or smoke any more tobacco; and if you will only try me, it is all I ask."

The merchant was favorably impressed with the decision and energy of the boy, and at once employed him. At the end of five years this boy was a partner in the business with the merchant. He has faithfully kept his pledge, and to this he owes his promotion.

Cigarette Smoke Contains

NICOTINE—a narcotic poison that takes less to destroy life than any known poison save prussic acid.

ACROLEIN—a chemical used in making poisonous bombs, of which Thomas A. Edison, after making many experiments and doing much laboratory work with it, says: "Acrolein is one of the most terrible drugs in its effects on the human body. The burning of ordinary cigarette paper always produces acrolein. It has violent action on the nerve centers, and produces degeneration of the brain cells, which is quite rapid among youth. Unlike most narcotics, this degeneration is permanent and uncontrollable."

FURFUROLE—a substance many times as poisonous as alcohol, and which irritates the nerves and the throat, and destroys lung tissue, and is a cause of paralysis. Furfurole spots on the lungs furnish fine nesting places for tuberculosis germs.

SIXTEEN OTHER POISONS, and poisonous gases too many to describe.

DON'T think you can stop smoking when you please, boys and girls. Stop now! If you have never begun, don't be a slave. Remember that the cigarette wrecks one physically, mentally, morally, and spiritually; therefore, *leave it alone!*

The Boy Who Conquered

A FEW years ago a boy of good natural abilities, who was left without father or mother, went to New York City, alone and friendless, to get a position in a store as office boy. I am sorry to tell you, however, that he had been influenced by bad company, and had formed the habit of smoking tobacco. He had a fair education, and, on looking over the newspaper, he noticed that a prominent merchant in a certain block wanted a boy about his age; so he called on the merchant and made his business known. "Walk into the office, my boy," said the merchant, "and I will talk with you very soon."

In a few moments the merchant came into the office; and as he took a seat near the boy, he noticed a cigarette case in his pocket. This was enough for the merchant. "My boy," he said, "I want a clean, honest, faithful lad to help me here in the office, but I see that you smoke, and in my experience of many years I have found that tobacco smoking in boys is always connected with various other evil habits. I am sorry, but I am afraid you will not suit me."

John—for this was his name—bowed his head and left the store; and as he walked along the street, a stranger and friendless, the counsel of his parents against bad habits came forcibly to his mind. The hot tears trickled down his cheeks as he remembered his promise. He went to his room; and, throwing himself upon the bed, gave vent to his feelings in sobs that were heard by others in the house.

But John had some moral courage left. He also had energy and determination; and, before an hour had passed, he had made up his mind

never to smoke another cigarette as long as he lived. He went straight back to the merchant, and said to him, "Sir, you very properly sent me away this morning for habits that I have been guilty of. I have neither father nor mother, and, though I have occasionally done what I ought



See that cigarette lying by the roadside in the picture above? It reminds us of the terrible loss of life and property each year in America, due to the thoughtlessness of tobacco users who carelessly toss aside burning stubs of cigars and cigarettes.

My No-Tobacco Pledge

For God and Home and Country, I hereby promise never to use tobacco in any form, and to encourage others to make the same pledge.

Name

Address

Pledge of "The No-Tobacco Juniors of the World." Sign and keep as a reminder.

Tell the Youth the Truth About Tobacco

A Message From Dr. Howard A. Kelly

Chief Surgeon, Johns Hopkins Hospital, Baltimore, Maryland

"Boys, if I were you, I would let tobacco alone. As a physician, I see and constantly hear of many who are seriously hurt by it. It is a wasteful habit, and easily becomes a harmful one, readily interfering with your success in life. The national bill for tobacco is something appalling; it is a terrible indictment against a nation like ours, where so much good can be done with modest sums of money, that so much is utterly wasted yearly in smoke.

"If you master your body, the other fellows may for a little while think you are odd, and you may feel somewhat estranged from some of the companions you like; but after a while they will rally around you again, and you will become a kind of support for many who need just such an example and just such a friend."

Dr. Mayo's Advice

DR. WILLIAM MAYO, eminent American surgeon, when entertaining a company of surgeons from all parts of America and Europe at his home, at the close of the dinner remarked: "It is customary, as we all know, to pass around cigars after dinner; but I shall not do it. I do not smoke, and I do not approve of smoking. If you will notice," he said, "you will see that the practice is going out among the ablest surgeons, the men at the top. No surgeon can afford to smoke."



If the cigarettes consumed in the United States during a period of twenty-four hours were placed end to end, they would reach nearly halfway round the earth at the equator.

How Cigarette Fumes Harm the Youth

QUESTION: How does the use of cigarettes by boys and girls cause them to be nervous, to lose their power of concentration, and to have lower mental efficiency in their school work?

ANSWER: The red blood cells are damaged and destroyed by the cigarette poisons. Therefore the tissues and vital organs of the body are constantly fed impure and poisonous blood, and thus are rendered incapable of doing good work.

QUESTION: Does cigarette smoking tend to make the boy or the girl careless and unreliable?

ANSWER: Yes, the smoke is inhaled into the lungs, the poison gases are carried through the blood to the brain and to the nerve centers that control the moral sensibilities, and have a destroying effect upon them. Soon the fine edge of moral distinction is so blunted that the difference between right and wrong is blurred.

The First Law Is the Law of Health

THE good citizen tries to gain and keep in perfect health. The welfare of our people depends upon those who try to be physically fit for their daily work. Therefore—

1. I will take care of this wonderful building,—my body,—made up of thousands and thousands of cells, each a living part of the body. I will protect these cells from the poison alcohol and nicotine.
2. I will keep my clothes, my body, and my mind clear.
3. I will avoid those habits that would harm me; and will make, and never break, those habits that help me.
4. I will try to take such food, sleep, and exercise as will keep me in perfect health.

The second law is the law of self-control; the good citizen controls himself.

Those who best control themselves can best serve their country.

1. I will control my tongue, and will not allow it to speak mean, vulgar, or profane words.
2. I will control my temper, and will not get angry when people or things displease me.
3. I will control my thoughts, and will not allow a foolish wish to destroy a wise purpose.—*Children's Code of Morals.*

"DARE to be a Daniel,
Dare to stand alone;
Dare to have a purpose firm
Dare to make it known"—
that you will not smoke.

The sun, with a diameter of 866,400 miles; Jupiter, 86,500 miles; Saturn, 73,000 miles; Neptune, 34,800 miles; Uranus, 31,900 miles; the earth, 7,917 miles; Venus, 7,700 miles; Mars, 4,230 miles; Mercury, 3,030

miles, together with the earth's moon, could all fit side by side on a row of cigarettes four deep, consumed in the United States during a period of but one year.—"Science and Invention."

