

No. 34.

THE
DEADLY CIGARETTE.



PHILADELPHIA:
PUBLISHED BY THE
TRACT ASSOCIATION OF FRIENDS,
NO. 304 ARCH STREET.

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"LET'S see what auntie says." Presently two little boys came in.

"Please, Aunt Sarah," asked James, "has anyone ever been known to be injured by cigarette smoking? We have learned," he went on, "what the text-book says, and the teacher tells us it is ruinous; but some of the boys do smoke them, and say it doesn't hurt at all."

Aunt Sarah looked lovingly into the earnest faces upturned to hers, as she replied:

"Yes, my dears, I do know of boys

ruined by cigarettes, 'harmless' ones, too, the dealer called them."

"During the summer vacation three boys but little older than you, began smoking them. Before the fall term of school ended two were obliged to leave, Charlie having convulsions, and Edward, sore throat, both caused by tobacco poisoning, the doctors said. A few weeks later Charlie died; while Edward, in spite of the most skilful care and nursing that love and money could supply only lingered till early spring."

"And the other boy, Auntie," asked Harry, "what of him?"

"Well," resumed Aunt Sarah, "he says 'Tobacco never hurt me,' but from being at the head of his class he has dropped down near the foot. Instead of being the industrious, ambitious, wide-awake boy of one year ago, he is now idle, careless,

apathetic, enjoying nothing as much as what he calls a good smoke with some one as dull as himself."

Nicotine poisoning shows itself in many forms, and often is not so quickly visible as in the cases I have mentioned; but you may be sure it is a viper that never forgets to bite. Like the alcohol curse there is no safety save in total abstinence from tobacco using. Avoid it as you would a deadly reptile.—*Word and Work.*

WHAT CIGARETTES DO.

WHEN cigarettes had put into his grave a boy of sixteen—mark you, lads! he's *only one of many* hurried away in this awful fashion—the press of the country had many things to say.

The "Des Moines News" gave its boy-readers a little editorial talk, and plainly outlined their danger to them.

We reproduce part of the excellent information and counsel:

"It is because cigarettes have such a dangerous effect on young boys that we want to tell you about it.

"To begin with you must know that

cigarettes contain at least two actual poisons. One is called nicotine, and one drop of it will kill a full-grown dog. Another is called empyreumatic oil, and two drops of this will kill a cat almost instantly.

"This is the way these poisons work: When you draw cigarette smoke into your mouth, or, worse still, into your lungs, these poisons are taken into your system, and then they immediately begin to affect your heart, your stomach, your lungs, your brain, your blood, your spinal cord, and all the forces that are trying so hard to help you grow into a strong man. You see all these forces are tender in you. They are growing the same as you are. They cannot resist these terrible poisons; so they stop developing, and you stop developing, too.

"That would be bad enough if cigarettes only stunted you, but they do more

than that. They induce dyspepsia, loss of memory, headaches, indigestion and palpitation of the heart. They may induce blindness, paralysis and palsy, so that your hands tremble and shake like those of very old people. They result sometimes in convulsions and epileptic fits and early death.

"Cigarettes encourage a boy to form the habit of drinking. They make you a slave. You cannot hold up your own head and be your own master. You lose your self-respect, and your proper respect for the customs and wishes of cultured society; and as your body becomes stunted and diseased, you lose courage, you lose your ability to persevere and be a man. Boys, it's a bad business. There isn't any use in it, and there isn't any sense in it.

"It is not a matter of personal opinion,

nor the prejudice of a narrow mind which condemns the cigarette. It is the voice of Science and Wisdom."

A cigarette is not a mathematician, but it can "add to a boy's nervous troubles, subtract from his physical energy, multiply his aches and pains, divide his mental powers, take interest from his work, and discount his chances of success."

