

Narcotic Catechism

(Prepared from Temperance Educational Quarterly.)

1. Does not the burning of the tobacco destroy the poison?

Ans.—It does not. The nicotine is drawn into the mouth with the smoke and is then absorbed in the blood. This makes the cells act too slowly and prevents proper growth.

2. What are some of the effects of tobacco-using?

Ans.—Tobacco lessens the sense of taste, often causing a poor appetite, and has an unwholesome effect upon the organs of digestion. Catarrh, hoarseness and throat trouble are common among those using tobacco.

3. Why are cigarettes more dangerous than cigars, or the use of tobacco in the pipe?

Ans.—Those using pipes and cigars seldom inhale the smoke into the lungs, while over nine-tenths of the cigarette-users do. This permits the carbon monoxide, a poisonous gas generated from the burning of the tobacco, and the nicotine to pass readily into the blood and poison the nerves.

4. What are some of the effects of cigarette smoking?

Ans.—Cigarette smoking irritates the delicate lining of the mouth, throat and lungs. At the same time it narcotizes the nerves that control the breathing and the smoker suffers from lack of air. It weakens the nerves that control the heart and makes it beat irregularly, and while working much harder than before, it accomplishes less and the blood becomes purplish instead of a bright red. This loss of oxygen makes the smoker feel nervous and blue.

5. Does cigarette smoking affect digestion?

Ans.—As the boy smokes the stomach becomes overstimulated and overworked. It secretes digestive juices that are not needed and cannot be used; therefore it grows weak and fails to produce enough when needed and the boy, digesting badly, begins to be pale and half-starved.

6. Does cigarette smoking affect the desire for exercise?

Ans.—A cigarette smoker does not wish to exert himself and, as he gets too little air, has a weak heart, and does not exercise, he begins to stop growing as he should.

7. Does cigarette smoking affect the moral character?

Ans.—Nearly all business houses refuse to employ cigarette smokers because they cannot be trusted. The users of cigarettes are careless, dull and irresponsible, if not dishonest.

8. What does Chief Justice Brewer of the United States Supreme Court say of cigarette smokers?

Ans.—Chief Justice Brewer says: "No cigarette smoker can attain the highest position in the world."

9. Why is the chewing of tobacco harmful?

Ans.—While a person is chewing tobacco, the salivary glands are kept in a continual state of activity, so that much saliva is lost in spitting. The result is that the saliva that enters the mouth when food enters the mouth is of a poor quality. The nicotine absorbed by the vessels in the membrane of the mouth has an injurious effect upon the heart.

10. How does the use of tobacco affect the muscles?

Ans.—Nicotine causes the involuntary muscles of the small blood vessels to contract and thus some of the nourishment intended for the growth of the

muscles is shut off. Tobacco users have hands that tremble because they cannot control their muscles.

11. What do the records made by college students show with reference to the use of tobacco?

Ans.—A careful study of the records made by college students shows that those who use tobacco are mentally inferior to those who do not have the habit.

12. How is the growth affected by the use of tobacco?

Ans.—The organs removing the poisonous waste from the growing bones are made unfit to perform their duties by the use of tobacco. This unremoved waste affects the cells. Dr. Alvin Davidson says: "In many young persons, using much tobacco, the bones grow about one-fourth slower than in healthy boys and girls."



"And it came to pass, when He had sat down with them to meat, He took the bread and blessed; and breaking it He gave to them. And their eyes were opened, and they knew Him; and He vanished out of their sight."—Luke 24: 30, 31.

THERE was more than hospitality in the urgent invitation that He should be their guest. Their More-Than-Friend who had gone from them was gone still, and yet, as the Stranger had shown its meaning, the loss was not the same, the sting of death was less sharp, its victory incomplete; dimly, as through the trailing tatters of scattered storm-clouds, began to emerge the outlines of a future in which one could hope again; and, as if to make that hope more certain, He came in to abide with them.

A servant had laid the cloth. There were but the three of them. At a sign from Mark, the Stranger blessed the food—a poignant moment, for He began: "Our Father." They raised their heads to see that He had taken the bread; He gave it to them, and suddenly—He was gone—and the two men were searching each other's faces, the same wild question flaming in the eyes of each. "Did you see—did you see His hands?" gasped Cleopas. "Yes," Mark burst forth, the joy as of a new day flooding his face. "Yes—there were nail prints! How could we not have known Him, Cleopas? Did not our hearts burn within us, as they used to, while He was talking with us along the way?"

And they rose up that very hour and returned to Jerusalem . . . saying, The Lord is risen indeed.—Frederick Hall, in "A Voice in the Night."