

Sir William Kingston, M. D., of Montreal, on being asked his opinion of the Cigarette, said:

"To youth generally, hurtful, sometimes disastrous, never beneficial." When asked in what way or on what organs replied, "The digestive, nervous, and circulatory chiefly."

Heber Bishop, M. D., Boston, Mass., Surgeon U. S. Mutual Accident Association, N. Y.; late Surgeon Her Majesties' 58th Regiment, Canada.

"I have seen death from inhaling Cigarettes and persons incapacitated from business and made wrecks. It is explained in this way: The smoke when inhaled is brought in contact with over 500 cubic feet of surface in the lungs, with immense facilities for absorption, and at once the nicotine is deposited in a fruitful field, and incorporated in the blood."

500 Cubic Feet Lung Surface.

INCIDENT.—Five years ago the only son of a wealthy New Yorker died at twelve years of age of excessive Cigarette smoking. The physician asked the father if he might not examine the remains. Consent was given and the body was taken to Bellevue Hospital. It was found that the throat, bronchial tubes, and even the smallest air cells were perfectly black. They were covered throughout with a deposit of nicotine.

James Stewart, M. D., Lecturer McGill University; Head of Medical Staff Royal Victoria Hospital, Montreal, and

A. D. Blackader, M. D., Head Medical Staff, General Hospital, Montreal.

Injuries Inflicted

"Most injurious results follow the use of tobacco in youth, during the age of growth and development. Nutrition is impaired and growth hindered; the liability to disease of the nervous system is increased, and catarrhal troubles of the throat frequently induced. At the same time, as pointed out by Dr. Kellogg, a desire is in some instances created for alcoholic stimulants in order to antagonize the thirst and feeling of depression caused by the use of tobacco. When the smoke of Cigarettes is inhaled deeply into the lungs, or remitted through the nostrils, its poisonous action is more readily manifested."

Dr. J. S. Leonhardt, Specialist in Heart and Nerve Diseases, Lincoln, Neb.

"Cigarettes not only poison the blood temporarily, but permanently disturb it. The heart is the hardest-worked organ in the body. If it has bad blood to live on, it becomes weakened and diseased. The nerves, fed by blood in which the red corpuscles have been greatly lessened in number, and the white ones half killed, will express their starvation in various kinds of nerve diseases."

Poisons the Blood.

Isaac Wood, M. D., Kingston, Ont.

"I have carefully studied the effects of tobacco and its alkaloids upon the human system, and am convinced that when used by the young, especially in the form of Cigarettes, it delays and limits the development of the great nerve centers and leads to serious impairment of the physical and mental powers."

Delays Development.

W. O. Lambly, M. D., Cookshire, P. Q.

"The effect of Cigarette smoking on the young and undeveloped system is certainly most injurious, not only effecting the mucous membrane of the nose, throat and lungs, but also having its most injurious effect on the nerve centers."

Injuries Throat and Lungs.

Dr. A. L. Monroe, Dean of Southwestern Homœopathic College.

"Cigarette-smoking boys are smaller in stature than others. They are usually emaciated and colorless. The heart becomes very weak and irregular in its beat and incapable of standing up to its work if any extra call be made upon its resources. With watery blood and a crippled force-pump to drive it through the nicotine-saturated tissues, with a dull brain and sluggish body, the youthful Cigarette-smoker starts life sadly handicapped. One of the most serious results of the Cigarette habit is that it creates a longing for stimulants and soon starts the whiskey habit."

Weakens Heart.

C. F. McPherson, M. D. C. M., Prescott, Ont.

"I regard Cigarette smoking as the worst form of the tobacco habit, and especially destructive to the young."