

Case No 911

Testimony
Concerning
The



“Cigarette”



For The
Ministry and Members
of The Parliament
of Canada.

With the Compliments of
The Dominion
Woman's Christian
Temperance Union.

1903

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"The Lord of Hosts is with us; the God of Jacob is our refuge."

Dominion Woman's Christian Temperance Union

BADGE—A Knot of White Ribbon

TIME OF PRAYER—Noontide

METHODS—Preventive, Educational, Evangelistic, Social and Legal

WATCHWORDS—Agitate—Educate—Organize

"Laws forbidding the sale to minors are encouraged by a mythical society which seems to exist only in the elaborate letter heads which have named San Francisco, St. Paul, and other cities as headquarters. As long ago as 1897 a Chicago morning paper assisted the editor of 'Boy' in investigating this pretended organization, which continues to send to legislatures and others most specious arguments and many absolutely false statements, and found it a fraud. 'The Society for the Suppression of the Sale of Tobacco and other Narcotics to the Youth of the Nation,' is a name that carries weight when the fraud has not been exposed."

The members of this House who proposed an age-limit, under which sale would be illegal, could not have been aware that the worthlessness of such legislation has been abundantly proved by existing provincial laws, in which the limits set are 18, 17 and 16 years. So long as the Cigarette is in the market, unprincipled dealers will sell and uninformed, or habit-bound young men, will buy.

UNWORTHY TACTICS.

In the same issue of 'The Boy' from which the previous quotation was taken, appears this editorial paragraph.

"The easiest method of disposing of an Anti-Cigarette bill in a legislature, by the trust representatives, is to treat it as a huge joke, and to laugh it out of court. This has been done in one or more States this year, but the matter is being taken too seriously in most of the States to make this safe or effective."

Articles in the Canadian press of April 2nd and 3rd show a concert of effort along this very line. Ridicule is a potent weapon, but when wielded for wholly selfish purposes, it is a despicable one and ought not to move manly men.

With the hope that the next vote may show an increase over the last, as a result of enquiry into the merits of the case by some who voted 'Nay' April 1st, we remain,

On behalf of the Dominion Woman's Christian Temperance Union,

Yours for the preservation of the Canadian Home,

Annie O. Rutherford, President.

Annie M. Bascom, Cor. Secretary.

Jennie M. Waters, Dom. Supt.

Anti-Narcotics.

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Toronto, April 25th, 1903

To the Ministry and Members of the Dominion Parliament,

Gentlemen,—

The news that the wires brought us April 1st was a joyful surprise. We had expected a favorable vote, but that the representatives of 103 constituencies should declare themselves for the total suppression of the manufacture, importation and sale of the Cigarette, was beyond our anticipation.

Yet, why should it have been?

The Cigarette is a menace to our national life. That the guardians of that national life should pronounce in favor of the Home as over against sundry business interests and a vicious appetite, is but natural and rational. On behalf of the Home-Makers, the Churches and the Temperance organizations of Canada, who have united in petitioning you, we tender you our grateful thanks.

AGE-LIMIT LAWS.

A point raised in the debate, but not pressed to an issue, demands attention. Several speakers referred approvingly to age-limit laws and suggested amendments of this nature. Without calling in question the honorable intent of these gentlemen we desire to say, on behalf of those whom we represent, that we would consider such a disposal of the question, a death-blow to the whole movement.

Cigarette manufacturers are not afraid of age-limit laws. The Secretary of the National American Anti-Cigarette League, writes us that in several American States where prohibitive legislation was pending, the defenders of the Cigarette introduced and carried through age-limit laws, with the invariable result that the sale and use of the Cigarette was in no whit diminished. An editorial in the April number of 'The Boy', the organ of the National League, reads as follows:—

"Any state legislature that has failed to have the Cigarette issue up in some form this winter is decidedly behind the times. Almost every method of dealing with the question has been suggested by the bills introduced, some of which were, evidently, devised by those friendly to the vested interests at stake. There has been no opposition to license measures, or those forbidding the sale to minors. Only when a straight-out prohibitory bill has been introduced, which would clear the markets of Cigarettes, has there been vigorous opposition.

EDUCATIONAL.



Daniel McIntyre, Superintendent of Schools, Winnipeg, Man.

The reports of the Principals of our schools, as well as my own observation, convince me that the Cigarette habit is a growing evil among our school children. It is found to lessen the mental power and lower the moral tone of the lads that indulge in it. The testimony of our teachers on this point is unanimous. I see no remedy for the evil except legislation that will make the Cigarette less accessible.

(15 years Sup't Winnipeg Schools).

An investigation set on foot in Winnipeg by the *Tribune* of that city, revealed that, on their own admission, nearly one-fourth of the lads attending the city schools used tobacco.

The 154 Teachers in the London, Ont., Schools, including 16 upon the Collegiate staff and the Principal, Mr. Merchant, and Vice-Principal, Mr. Deerness, of the Normal School, signed a petition to the School Board asking that the parents of the scholars be in some way warned of the injury the Cigarette is doing.

The London School Board passed a strong resolution endorsing the passage of the Cigarette Bill now under consideration.

The following Ontario Inspectors of Schools have furnished strong opinions for publication. It is impossible to print them all, and finding it difficult to make a selection, the names only are given.

- T. L. Mitchell, M. A., Perth, Ins. Lanark Co.
- Thos. McKee, Barrie, Ins. Simcoe Co.
- Rev. W. H. G. Colles, Ins. Chatham.
- N. Mackintosh, Madoc, Ins. North Hastings Co.
- Charles A. Barnes, London, Ins. Lambton Co.
- D. A. Maxwell, Windsor, Ins. Essex Co.
- Arthur Brown, Morrisburg, Ins. Dundas Co.
- James O'Brien, Prince Albert, Ins. North Ontario Co.
- G. D. Platt, Picton, Ins. Prince Edward Co.
- Robert Meade, M. A., Ins. Brockville.
- J. Scott Deacon, Milton, Ins. Halton Co.
- W. E. Tilley, Bowmanville, Ins. Durham Co.
- R. H. Cowley, Ins. Ottawa.

W. Peterson, Principal McGill College, Montreal, P. Q.

"My personal observation would go to show that young men such as we have in attendance at our Universities are in danger of becoming slaves to the practice of smoking so soon as they begin to feel that at such and such an hour of the day (or night) they *must have their smoke.*"

L. D. Von Iffland, Principal Cowansville Academy, Cowansville, P. Q.

"The effect of Cigarettes upon boys is usually lassitude, nervousness, lack of memory, and a pale, sallow complexion. The Cigarette is responsible for many affections of the eyes and has produced insanity in certain cases. Boys who smoke are not as active in athletic sport as those who do not, and the later almost invariably defeat them in intellectual contests."

Kingston, Ont.

Last year a deputation of Physicians, Principals of Schools, Ministers, etc., waited upon the City Council to beg that something be done to guard the children from the Cigarette. The Principal of one public school said that of his class of 25 boys all but 10 were Cigarette users.

W. T. Kennedy, Principal Halifax Academy, N. S.

"Of all forms of tobacco the Cigarette I regard as the worst. It is the road to business failure and moral ruin."

George N. Parkin, C. M. G., M. A., L. L. D., late Principal of Upper Canada College, Toronto, Ont.

"I am much alive to the harm, both physical and moral, which is caused to boys by the use of tobacco, and especially just now in the form of the Cigarette."

H. P. McDarmid, Principal Brandon College, Brandon, Man.

"I sympathize most earnestly with the W. C. T. U. in the efforts being made to abolish from our country the corrupting and deadly Cigarette and most heartily wish that with it, tobacco in every form might be effectually consigned to the place to which it belongs."

Alex. Anderson, L.L.D., Chief Superintendent of Education, P. E. I.

"The most stringent regulations to control the manufacture and sale of Cigarettes ought to secure the sympathy and support of all who have at heart the highest good of our boys and girls."

A. H. Mackay, Superintendent of Education, Halifax, N. S.

"In reply to your note of the 2nd instant, I beg to say that I heartily approve of every reasonable movement to prevent the use of Cigarettes and tobacco, especially among minors."

Thos. Harrison, University of Fredericton, N. B.

"Perhaps the most effective way in which I could testify against the Cigarette habit would be as follows:

On Thursday evening last I presided at a Firemen's dinner in Fredericton.

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a Fire
lgade.
Having your request in mind I introduced as a topic for after dinner discussion, the subject of the Cigarette. From the Chief down to the youngest member of the force, each man testified strongly against the use of the Cigarette and several of them gave instances, from personal knowledge, of the mental and physical wrecks that had been occasioned by no other bad habit, but solely by Cigarette smoking. They then and there authorized me to say that it was their unanimous opinion that the best way to stop the evil was to prohibit the manufacture and sale of the Cigarette."

James M. Palmer, Principal Mt. Allison Academy and Commercial College, Sackville, N. B.

"Having had an opportunity of observing the effects of Cigarette smoking upon growing boys, I have no hesitation in expressing my strong conviction that no habit is doing more than this to impair the young manhood of our country."

J. R. Inch, Chief Sup't Education, Fredericton, N. B.

"I feel it is a duty to co-operate in every way possible with those who are endeavoring to suppress a habit so detrimental to the health and morals of the young, as that of Cigarette smoking. There is too much reason to believe that this pernicious practice is on the increase in the Province of New Brunswick, and that many of the boys of the public schools, especially in the cities, are suffering both physically, intellectually, and morally by indulgence in this vice."

John B. Calkin, Principal Normal School, Truro, N. S.

"In common with many who have given serious thought to the matter, I am fully persuaded that very serious evils result to our boys and young men from the use of Cigarettes. While they are tolerated as articles of lawful merchandise it seems impracticable to so restrict their sale as to keep them beyond the reach of boys of the most susceptible age. It is therefore my opinion that the general well-being of our people justifies and demands the absolute prohibition of their manufacture, importation and sale."

Rev. W. I. Shaw, LL. D., D. C. L., Chairman Council Public Instruction, Quebec.

"I sincerely trust the present effort may be successful in diminishing the terrible evils of the Cigarette habit, the appalling effects of which are manifest everywhere."

John E. McFadden, Knox College, Montreal, P. Q.

"I strongly approve of the proposal to abolish, if possible, the use of the Cigarette, not so much because it is a hurtful expenditure of money which might be devoted to much more profitable uses, but because of its pernicious influence directly on the physical and indirectly on the moral nature."

Mr. L. S. Levee, School Trustee, Toronto, Ont.

In view of the increasing use of Cigarettes amongst boys of tender age, the writer believes that,

"A more aggressive crusade should be inaugurated by the authorities to suppress the evil. The extent to which the practice is growing is becoming alarming in the extreme, and if allowed to continue is bound to do irreparable injury, both in dwarfing the intellect and injuring the physical condition of our boys."

Professor J. H. Farmer, of McMaster University, Toronto, Ont.

"No one who keeps his eyes open as he walks our streets today can fail to notice how very sadly common the Cigarette habit is among our boys and growing men. And no one who watched the results of the examination of volunteers for the Spanish American War can doubt that the habit is striking at the strength of our young manhood and of our country. This being the case, surely every patriot, and especially every Christian, should heartily support the Women's Christian Temperance Union in their crusade against the manufacture, sale and importation of the deadly Cigarette. Let us protect our boys."

Jno. McIntosh, B.A., of McMaster University, Toronto, Ont.

"I am glad of this crusade against that abominable man-destroyer, the Cigarette. It begins its destructive work in boyhood and there shatters the only hope of manhood. That it unfits for the stern duties of life is abundantly testified to by scientific research. We are glad to see that the W. C. T. U. recognizes the importance of the State guarding the innocent boys from this cursed practice."

S. P. Wells, M. A., Principal Model School, Goderich, Ont.

"I cannot too strongly condemn the use, by the young, of the Cigarette, or, in fact, tobacco in any form. It effects the appetite, causes headache, and weakens the body, giving a peculiarly sallow look to the countenance. It is a great foe to digestion, and predisposes to mental as well as bodily disease."

Mr. R. C. Rose, Principal High School, Prescott, Ont.

"I wish to express myself in the strongest possible manner as to the crime of allowing young boys to smoke Cigarettes. It is a patent fact that the Cigarette is injurious to both the mental and physical activities of grown men, how much more injurious must it be to the physical constitution and mental progress of growing boys. Boys who use Cigarettes are always among the most backward in school work. I would like to see Cigarettes prohibited so that neither men nor boys could have the chance to use them."

W. A. Kneeland, Principal Riverside School, Montreal, P. Q.

"Asked for my opinion regarding the effect of the use of Cigarettes upon pupils of the public schools, I beg to say I have watched with a good deal of interest and no less anxiety the growing habit among our young people, and can honestly say that I believe it is ruining many a bright boy, both mentally and morally, to say nothing of physically. I have seen boys in this school, who had every good prospect, suddenly begin to collapse in their powers, and, in time, become wrecks entirely through this curse, as certified to by their physicians. I am fully persuaded that it is the evil of the day among boys."

T. Trotter, D. D., President Acadia University, Wolfville, Nova Scotia.

"As one who has had much to do with boys and young men, and has seen the baneful effects of the Cigarette habit, I beg to express my earnest sympathy with any and every effort to curtail the sale and use of Cigarettes."

Rev. Frank W. Gunsaulus, D. D., President of Armour Institute, Chicago, Ill.

"I do not believe there is an agency more destructive of soul, mind and body, or more subversive of good morals, than the Cigarette. The fight against the Cigarette is a fight for civilization: This is my judgement as an educator."

"A Fight
for Civil-
ization."

The
Opinion of
a Noted
Educator.

Dr. Allison, President Mt. Allison University, Sackville, N. B.

"The evil is, I fear, a growing one, and how successfully to check it is one of the most pressing moral problems of the hour."

James Mabon, Principal Waterloo Academy, P. Q.

"The use of tobacco among pupils has a most deteriorating influence, blunting the intellectual and moral sensibilities, retarding progress, taking away all inclination for study, and leaving them with little desire to make any preparation for life's duties."

L. E. Embree, Principal Jameson, Ave. Collegiate Institute, Toronto.

"I am in sympathy with any movement that will banish the Cigarette abomination."

W. H. Muldrew, B. A., Gravenhurst, Ont., Principal High School.

"The Cigarette introduces, in a specially dangerous and insidious form, the narcotic poison. Its growing use by young men and boys is greatly to be deplored."

A. A. Jordan, Principal Model School and Ex-President Ontario Educational Assn., Prescott, Ont.

"I am of the opinion that the use of Cigarettes among boys, many of them very young, is becoming altogether too prevalent. There can be no doubt of the most injurious influence of these, especially upon the growing boy. I shall hail with delight anything which can be done to mitigate so great an evil."

Rev. Elson I. Rexford, B.A., High School, Montreal, P. Q.

"My experience of more than a quarter of a century in educational work has been that boys who indulge in tobacco prove in almost every case to be below par, not only in reference to moral status, but also in reference to intellectual and physical power. This fact has been so definitely fixed upon my mind that I have felt compelled, during the past ten years that I have been in charge of the High School of Montreal, which receives boys from seven to eighteen years of age, to decline to undertake the responsibility of caring for a boy who uses tobacco in any form. I believe that this practice among growing boys is demoralizing in the extreme, and I consider that all legitimate efforts to discourage the use of tobacco by our boys is entitled to receive the active support of all who are interested in the development of good Canadian citizenship."

Professor John Scrimger, Knox College, P. Q.

"The habit of Cigarette smoking is one that presents a peculiar temptation to many young men. Experience points to the conclusion that it is even more injurious to the constitution of the young than other forms of smoking, and that the consequences are not infrequently of the most lamentable kind. It seems to be a case in which the State authority might very well interfere to protect the inexperienced from the hidden dangers of thoughtless indulgence, without any undue limitation of personal liberty."

Charles Stewart, D. D., Professor in Mt Allison University, Sackville, N. B.

"I have, during a ministry of forty-eight years, thirty of which have been spent in College work, seen much of the iniquitous effects of tobacco and other narcotics. The use of Cigarettes I regard as peculiarly offensive in the case of young people, and injurious alike to their physical and mental power, and therefore tending to the shortening of their days."

SIX HUNDRED TORONTO TEACHERS have signed the petition to the Dominion Parliament for the prohibition of the manufacture, importation and sale of the Cigarette.

THE TORONTO SCHOOL BOARD was so impressed with the headway the Cigarette habit was making in that city, they threw open the schools to a lecturer on this subject, permitting him to address the pupils in school hours.

Mr. C. Ferrier, Principal Victoria Industrial School, Mimico.

"Boys are not admitted here over 14 years of age. The average age is 12 years. Fully 75 per cent of all youths committed to my care are Cigarette users.

"I don't pretend to say that all Cigarette smokers are criminals, or that a large percentage of them are. What I do assert is that boys, who habitually indulge in this habit, are treading in the path that leads to a criminal life; that the great majority of those who commit crimes are Cigarette smokers. Why this is so, I cannot say unless it is that the effect of Cigarette indulgence is a general weakening of the character. I have invariably observed that the Cigarettee fiend is always UNTRUTHFUL and nearly always DISHONEST.

Institutions for Boys.

"AS A GENERAL RULE, the Cigarette smoker is among the dullest in the school room. His entire nature is rendered sluggish so that it is an extremely difficult matter to arouse any mental activity. I have seen what may fittingly be termed 'Cigarette Fiends' remain utterly stupid for three or four months after entering our school of letters, simply as a result of past indulgence, for they have had no opportunity of gratifying their taste for the Cigarette during this time. They remain like logs, utterly sluggish and incapable. After a period of abstinence, normal conditions again assert themselves and the change is a most marked one."

His Honor, Recorder Weir, Montreal, P. Q.

"I have remarked the fact that Cigarette smoking is usually one of the accomplishments of the young vagrant and those youths who give evidence of moral decadence. It would be going too far to denounce the practice as in itself a necessary cause of crime or disorder, but it certainly is one which seems to possess some subtle influence in initiating, or encouraging, a dangerous momentum in young people towards the fast life."

James R. Dick, in Charge of Boys' Home, Montreal, P. Q.

"Any boy who has been addicted to this habit before being admitted to the Home is specially looked after. Signs of the habit will be found in stomach trouble, dulled brain, mental depression, and nervous excitability, a lack of will power, forgetfulness of common duties, catarrh of the throat and nose, with irritating cough and sleeplessness.

"I believe that the large majority of boys from eight to fifteen years are habitual Cigarette smokers. I am on the street a large portion of the day, and note this state of things. In some cases, when spoken to and told of the effects for present and future years, the lad will throw the stub away and promise to stop the habit. But I have met boys, twelve years of age, who deliberately said, 'I cannot give them up.'

"If the manufacturer could be prohibited from making Cigarettes, the evil would be lessened."

HON. GEO. TORRENCE, EX-SUPT. STATE REFORMATORY, PONTIAC, ILL.,

"Of two hundred and seventy-eight boys between the ages of ten and fifteen, in the Illinois State Reformatory, when the investigation was made in 1899, ninety-two per cent. were found to have been in the habit of smoking Cigarettes at the time they were committed for the crimes for which they were sent to the reformatory. Even more astonishing is the fact that eighty-five per cent. had become so addicted to their use as to be classed at the time 'Cigarette fiends'. Eighty or eighty-five per cent. of the boys who come to our Illinois Reformatory come from good families—families in which the parents, brothers and sisters are all doing well and are living above suspicion. Other reformatory managers who have made investigations find what is true of Illinois to be true elsewhere."

WALTER M. DAY, ACTING SUPT. LYMAN REFORM SCHOOL, WESTBORO, MASS.

"Eleven years in this institution has shown me that the Cigarette has very bad effects. During the year ending Sept. 30th, 1902, we received 195 new boys, of whom 121, or 62%, acknowledged to having used Cigarettes. This is, I think, about the usual average. My experience would tend to prove that the liquor habit is reasonably sure to follow the Cigarette habit."

FRANKLIN H. BRIGGS, SUPT. STATE INDUSTRIAL SCHOOL, ROCHESTER, N. Y.

"There are some who come to us whose cases are so marked that there is no question as to their confirmed Cigarette habits. Such boys are always untruthful, dishonest and morally depraved. I am sorry we cannot give you the exact proportion of our boys who have been users of Cigarettes, but in my judgment the percentage as given at Mimicoe would be essentially correct."

MEDICAL.

THE LONDON LANCET.—An extract from a Lancet editorial was republished in many Canadian papers. The Ontario W. C. T. U. took the matter up and wrote, officially, to the Editor.

In reply the Editor sent the full article, which related to the report of a committee appointed to determine whether or not the Cigarette was impregnated with opium, etc., and said that the committee was not dealing with the Cigarette on general grounds, but merely cleared it of the accusation that it contained morphia, arsenic, etc. The extract, when put into its context, gave a very different meaning than when read alone.

Those who have petitioned for the prohibition of the manufacture, importation and sale of the Cigarette are not basing their complaint on the presence of opium in any form, arsenic or other such drug. AS DR. J. H. KELLOGG, OF THE BATTLE CREEK SANITARIUM, MICHIGAN, says :

"We should remember that there is always present in Cigarettes, nicotine—a far more deadly poison than opium."

IN EXPLANATION.—Many hundreds of Canadian physicians have signed the anti-Cigarette petitions. In but few places was the attempt to secure medical evidence made; and as the decision to publish such testimony was arrived at after the opening of the House, it has been impossible to secure opinions from sections unrepresented in this pamphlet.

A few American testimonies are interspersed.

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.

"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."

Injuries Inflicted

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 had 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."

Injures 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."

Dr. Leslie E. Keeley, of the Gold Cure Institute, Dwight, Ill.

"The appetite for Cigarettes is stronger and less easily cured than the liquor or opium habits."

N. D. Gunn, M. D., Demonstrator of Histology McGill University, Montreal, P. Q.

Like Alcohol. "The habit of smoking Cigarettes entails catarrh of nose and throat, weak heart, anaemia, impaired digestion and stunted growth. These are among the physical effects; while irritability, neurasthenia, and depraved mentation are among the nervous disturbances produced by this poison. It will be noted that the consequences are practically the same as those attending the use of alcohol, which being the case, the sale of tobacco should be governed by laws equally as stringent as those governing the sale of alcohol."

J. A. McArthur, M. D., Winnipeg, Manitoba.

"Cigarette smoking is greatly on the increase notwithstanding the deleterious effects on the human system."

Geo. Hodge, M. D., Clinical Med., London, Ont.

"Tobacco in any form is very injurious to young people, and I believe it to be specially so in the form of Cigarettes."

Dr. J. N. Nelson, of Danville, Va., says:

Inhalation. "Cigarette smoking is dangerous because of the fact that much of the smoke is filtered through the air passages and lungs, every whiff leaving on them a deposit of nicotine, which is a very deadly poison."

D. F. Gurd, M. D., Montreal, P. Q.

Stunts Growth. "The Cigarette habit is bad, in every way bad. It stunts the growth of the child, lays the foundation for nervous troubles, and often, as in the adult, does serious harm to the eyes and heart. To my mind, what is of greater importance, it has a very decided demoralizing effect—making it easier to do wrong and harder to do right."

R. Keeley, M. D., Analyst and Microscopist Leslie E. Keeley Co.

Weakens Will. "Aside from the tendency to inebriety, Cigarette smoking by the immature causes a partial arrest of growth, both physical and mental, so that a bright child will develop into a weakling, exhibiting little or none of the bodily or intellectual perfection promised during the pre-Cigarette period. In this, as with other evils, prevention promises more than correction; for in this addiction, as in others, there is a mental bias that in many cases prevents co-operation in the matter of cure."

Dr. L. Bremer, late Physician at St. Vincent's Institution for the Insane, St. Louis, Mo.

Leads to Opium. "There is an alarming increase of juvenile smokers, and, basing my assertion on the experience gained in private practice and at the St. Vincent's Institution, I will broadly state that the boy who smokes at seven will drink whiskey at fourteen, take morphine at twenty-five, and wind up with cocaine and the rest of the narcotics at thirty and later on."

ONTARIO W. C. T. U.—A series of questions sent by the Ontario W. C. T. U. to its 250 Unions contained this inquiry: "What is the age of the youngest smoker in your locality?" The average reply was eight years, though some said seven or six, and one five years.

Dr. C. A. Clinton, of the San Francisco Board of Education, has made a special study of the effects of Cigarette smoking among the public school children of that city, and expresses himself in the following unmistakable language:

Cigarette Fiend will Lie. "A good deal has been said about the evils of Cigarette smoking, but one half the truth has never been told. I have watched this thing for a long time, and I say calmly and deliberately that I believe Cigarette smoking is as bad a habit as opium smoking. I am talking now of boys, remember. The effect upon grown men is, of course, not so marked."

"A Cigarette fiend will lie and steal, just as a morphine or opium fiend will lie and steal. Cigarette smoking blunts the whole moral nature, and has an appalling effect upon the system."

Robert C. Blair, M. D., Quebec, P. Q.

"The Cigarette is responsible for many a pale-faced, sickly boy in the City of Quebec. In this old Rock City the girls are ahead of the boys physically, and this is doubtless due to the tobacco habit, in which many of the boys indulge very early."

C. S. Parke, M. D., Quebec, P. Q.

"I quite agree with those who have found tobacco hurtful to the young, and even to the adult if abused. As far as my experience goes, I have invariably found a stunted growth with more or less dullness of perception in the young boys who smoke, if carried on for any length of time."

T. Buller, M. D., Eye Specialist, Montreal, P. Q.

"I believe it has been shown that tobacco used freely before adult life stunts the growth. Anything that depresses the vital powers naturally would have that effect. Blindness from the excessive use of tobacco is by no means rare."

E. MacNeill, M. D., Charlottetown, P. E. I.

The use of Cigarettes by young boys and young people generally is highly injurious to their physical and mental development.

A. R. Griffith, M. D., Montreal, P. Q.

I believe legislation should be enacted prohibiting the sale of Cigarettes. It has been my misfortune to treat, professionally, a number of growing boys who were afflicted with the Cigarette habit. Words are inadequate to describe the misery and the absolute degradation of those youths. Pinched and pallid faces, Cigarette-stained fingers, an utter disregard for personal appearance, mind enfeebled and unbalanced—the once promising boy now a physical and moral wreck.

Body
Wrecker.

Chas. L. Hamilton, Examining Physician, the Leslie E. Keeley Co.

A fact of great interest is that the continual dryness of the mucous membranes of the mouth and pharynx, due to the paralyzing influence of the Cigarette on the nerve terminals, and which the drinking of water will not relieve, is readily quenched by alcoholic drinks. This discovery, once made by the Cigarette habitue, leads to frequent indulgences in liquor and aided by the effort to combat mal-nutrition and its attendant weakness, almost invariably causes him to finally become an alcoholic inebriate."

Leads to
Liquor and
Opium
Habit.

B. Broughton, M. D., Physician in Charge, Dept. of Opium and other Drug Patients, the Leslie E. Keeley Co.

More young men are led to the opium habit by Cigarette smoking than by patent and proprietary medicines. Sixty per cent. of all males under forty years of age, treated at Dwight for opium, morphine, or cocaine using in 1896, had been smokers of Cigarettes, and sixty per cent. of these had no other excuse than that they needed some stimulant more than the Cigarettes furnished them.

Dr. Constan was appointed by the French Government to investigate the effect of tobacco upon boys. In his report he said:

The depressing action of tobacco on the intellectual development is beyond all question. It clogs the intellectual faculties, and especially the memory. It is greater in proportion to the youth of the individual and the amount of smoking he does.

French
Government
Alarmed.

R. Owens, M. D., L. R. C. P. & S. Edin., London, Ont.

The use of tobacco in any form is injurious. The toxine it contains will, in many cases, cause a total or partial loss of vision through its action on the optic nerve.

The Cigarette is the most baneful form in which tobacco is used, and to prohibit its sale and manufacture would be a benefit to mankind.

G. A. Slack, M. D., Farnham, P. Q.

My experience as to the effects of the use of tobacco, especially Cigarettes, upon the young, is, after nearly thirty years experience as a medical man, that tobacco used in any form whatever by the young acts as a slow but very deadly poison, not only physically but morally.

30 Years'
Experience

Charles T. Moore, M. D., London, Ont.

I am strongly of the opinion that Cigarette smoking is one of the worst habits which the youth of the day can become the victim of. It destroys their mental and physical powers, lessening their will power, and in this way rendering them more likely to become victims of other habits.

Hadley Williams, M. D., F. R. C. S., England; Asso. Prof. Clinical Surgery, Western University, London, Ont.

The Cigarette habit, which has become so prevalent within the last few years brings up questions, from a medical standpoint, which should give grave concern for a high standard of mental and physical development, not only in the present, but future generations as well. The pernicious effects of the active principles of tobacco on the system are too certainly known to be denied. I have the greatest sympathy with any legis ation which seeks the suppression of this method of the use of tobacco.

THE BUSINESS WORLD.



**The Cigarette is injurious, not only to the Boy,
but to the Man.**

The following Railroads prohibit the employment of Cigarette users :

CHICAGO, ROCK ISLAND & PACIFIC R. R.
UNION PACIFIC R. R.
LAKE SHORE & MICHIGAN SOUTHERN R. R.
CHICAGO, BURLINGTON & QUINCEY R. R.
CENTRAL RAILROAD OF GEORGIA.

Director Harriman, of the Union Pacific.

"A railroad company might as well go to the County Lunatic Asylum for its employes as to continue to engage Cigarette smokers,"

General Manager Parker, of the Rock Island Road.

"In my judgment it is impossible for a Cigarette smoker to make a good railroad man. As a rule they are dull and half asleep most of the time. These are not the kind of men the Rock Island wants to operate its trains and its great system, which is daily responsible for the lives of thousands of people."

George Baumhoff, Supt. Lindell Railway, St. Louis, Mo.

The Cigarette Has Been Called the Job Loser.

"Under no circumstances will I hire a man who smokes Cigarettes. He is as dangerous on the front end of a motor as a man that drinks; in fact he is more dangerous. His nerves are bound to give way at a critical moment. If I find a car beginning to run badly and getting irregular for any length of time, I immediately begin to investigate the man, to find out if he smokes Cigarettes. Nine times out of ten he does, and then he goes for good."

F. J. Tolans, owner of six Business Universities in Wisconsin and Minnesota.

"I would just as soon think of commending an habitual drunkard to a position of responsibility as to commend an habitual Cigarette smoker."

The National U. S. Weather Bureau, Wellis S. Moore, Chief, has prohibited the employment of Cigarette users. Such action was prompted by discoveries made through investigation

of cases where observers were charged with indolence, forgetfulness, and failure to render prompt reports. The Cigarette was generally at the bottom of the shattered physical and mental condition that produced these results.

Chief Moore says :—" I would rather have in the service a man who drinks a quart of whiskey a day than a confirmed Cigarette smoker."

A number of large Telegraph and Telephone Companies, and Business Houses by the thousands, have barred out the Cigarette Smoker.

Annapolis Naval School.—Major Houston, of Annapolis Naval School, says one-fifth of the boys who apply for admission are rejected on account of heart disease, and 90 per cent of those rejected have induced the heart disease in themselves by the use of tobacco.

Geo. W. Mersereau, Doaktown, N. B.

" At this epoch-marking period in our Empire's history, when the success and even the existence of our nation may depend on the brawn and sinew of our young men, a movement to suppress this, the Cigarette evil, is peculiarly appropriate."

W. D. Lighthall, Barrister, Montreal, P. Q.

" All persons interested in public health and well-being must be on your side in this matter of protecting our youth against the Cigarette."

D. C. Fraser, Barrister, New Glasgow, N. S.

" I am in full sympathy with the movement of the Woman's Christian Temperance Union in respect to legislation against the sale of Cigarettes."

M. Hutchinson, Montreal, P. Q., Member of the Legislative Assembly.

" No boy can use tobacco without positive injury to his health. The boy who smokes Cigarettes is handicapped when seeking a situation. He must take second place every time; and rightly so."

Handi-
cappers

W. F. Parker, Pastor Temple Baptist Church, Yarmouth, N. S.

" For years past I have sadly noted the terrible work this pernicious thing is doing among our boys and young men. It is doing incalculable injury to the boys who use it, and their number is constantly increasing. Hence it is a menace to the welfare of our country. It is a law-breaker. No laws have yet been made to regulate this traffic that it does not violate. Hence it should not have the semblance of law to protect it. Down and out with the Cigarette!"

Breaks
Every Law

THE CANADIAN PRESS



Since the agitation for the prohibition of Cigarettes, many articles defending them have appeared in our press. Through Editors and Business Managers we have learned that, as a rule, these emanate from Cigarette manufacturers, and their insertion is paid for. Of such tactics THE NEW YORK JOURNAL, says:

"The Cigarette Trust gives employment to a large and presumably high-priced literary bureau, whose duty it is to prove that the popular prejudice against Cigarettes is unfounded, and that the products of the trust are really calculated, in the highest degree, to promote the physical, mental and moral health of the community. Notwithstanding the lying advertisements sown broadcast by this literary bureau, the fact remains that any young man attempting to secure employment with the Journal would find his chances reduced by thirty per cent. if he smoked Cigarettes, and his chances of keeping his job would decline by another thirty per cent. if he continued to smoke them after he got it. Cigarette smoking clouds the brain and saps the nerves. Nobody ever regretted letting it alone, but a good many people have regretted beginning it."

THE FARMERS' ADVOCATE, London, Ont.—Should Pass Law at this Session.

Acts like that in Ontario, against the sale of tobacco to minors, have been found to be practically inoperative.

In Canada in 1900 there were consumed 116 million Cigarettes, 121 millions in 1901, and 134 millions in 1902 so that the habit is increasing with frightful rapidity. Productive of evil, and only evil, and without a single redeeming feature, the manufacture, importation and sale of the Cigarette should be absolutely prohibited by the Canadian Parliament, and a Government measure to that effect should be brought down at the approaching session. It ought to have the unanimous support of both political parties.

THE HERALD, Hamilton, Ont.—Why the Cigarette is Popular.

The reason why Cigarette smoking is more dangerous than other forms of the tobacco habit is not, probably, that the material used in the manufacture of Cigarettes is more deleterious than that used in cigars and pipe tobacco, but that the Cigarette smoker usually smokes more than do those addicted to the cigar and pipe. It is so convenient—so easy—to light one of the little tubes and consume it. It can be enjoyed in places where and at times when the cigar and pipe would be tabooed. Thus the craving for the Cigarette becomes not intermittent, but perpetual, and the moderate Cigarette smoker easily drifts into excess.

Another reason is that it is the habit of Cigarette smokers to inhale the smoke—to fill their lungs with it. The effect of this practice on the lung tissues, and upon the blood that comes there to be purified, cannot be other than deadly.

FREE PRESS, London, Ont.—American Action.

The agitation against the Cigarette has taken on such widespread proportions in the United States that it is tolerably certain the traffic in these "Coffin nails" must be seriously curtailed, if not altogether abolished. An investigation just completed shows that the Legislatures in at least thirteen States are considering the adoption of more or less drastic measures, that eleven States already have laws on their statute books prohibiting the sale of the paper-wrapped weed, and that the W. C. T. U. and other organizations are urging the adoption of stringent legislation in half a dozen other commonwealths.

The most radical anti-Cigarette measure yet proposed is now under consideration in the Minnesota Legislature, having been introduced by Senator Halverson, one of whose constituents recently died from smoking too many Cigarettes.

THE TIMES, Hamilton, Ont.—Worse than Cigar or Pipe.

There can be no doubt that tobacco in any form is injurious to growing children, and physicians agree that the Cigarette does more harm than the cigar or pipe.

THE CONFEDERATE, Mount Forest, Ont.—Extending to the Girls.

The use of tobacco by growing boys is simply disastrous. Medical testimony is clear on this point and business men are beginning to see it, too. More emphatically is this the case with regard to Cigarettes, the smoking of which has become so prevalent among our boys, and is even extending to the girls. Our laws should safe-guard our youth.

THE REPRESENTATIVE, Mount Forest.

The prevalence of the Cigarette habit is a source of concern to all who have the welfare of the rising generation at heart.

Rev. H. R. Grant, Editor TRUTH, Trenton, N. S.

In this County of Picton hundreds are addicted to the Cigarette habit, and many more are learning every day. If the Cigarette is prohibited numbers of these will be saved.

THE DAILY TIMES, St. Thomas, Ont.—Worse Than Liquor.

An evil as bad, if not even worse, than the liquor curse, is the Cigarette habit. The peril to the human race from the Cigarette lies in the fact that boys of tender years acquire the habit, and even girls and young women are often known to smoke the "paper pipe." The Government should enact a law prohibiting the manufacture and sale of Cigarettes, because their use is harmful continually.

THE ADVERTISER, London, Ont.—Tobacconists in Favor.

The great majority of smokers will join heartily with non-smokers in supporting the movement for the prohibition of the Cigarette. The man who enjoys a pipe or a cigar usually has a thorough contempt for the Cigarette, and most of the dealers would prefer to be rid of it for business reasons, as it lessens the demand for better and more expensive qualities of tobacco. The habit is terribly prevalent among the youth of the country, and appears to be growing in spite of the restrictions thrown around the sale of Cigarettes in many municipalities. The physical instructor of the Y. M. C. A., in this city, has detected a number of cases of heart palpitation among boys, which he traces to Cigarette smoking. The boys are not far out in nick-naming the little tubes "dopes" and "coffin-nails."

THE NEWS, London, Ont.—A Curse to Society.

If there is any one campaign in which the Woman's Christian Temperance Union deserve extraordinary support, it is in the campaign against Cigarettes. The Cigarette is useless, and is a curse to society. It saps the energy of the man or boy who acquires the habit, and renders a mere booby what should otherwise be a brilliant mind.

THE DAILY NEWS, Amherst, N. S.—Government Should Act.

There can be no denying or disputing the fact that the use of tobacco by the younger portion of our generation is simply an unmixed evil and from the statistics which we have furnished above, it will be seen clearly that the use of Cigarettes is assuming such proportions that our Governments—Federal, Provincial and Municipal—should endeavor to grapple with and regulate it in some way.

THE ADVANCE, McLeod, N. W. T.—A Desperate Remedy Needed.

It is astonishing to what an extent the Cigarette habit has grown upon the young men of this country. Young lads, even of very immature age, have become slaves to the habit. It seems to us that this is a case where desperate diseases call for desperate remedies.

THE POST, Leamington, Ont.—Invoke the Arm of the Law.

One of the worst, possibly the most deadly of modern vices, to which the boys and many of the very young men of today are addicted, and which is ruining thousands every year, is the Cigarette habit. No language can be too strong in denouncing the habit. It is a terrible evil, and the sooner the strong arm of the law can be invoked in destroying it the better.

THE ENTERPRISE, Chesley, Ont.—The Accursed Cigarette.

There is a Provincial statute prohibiting the sale of Cigarettes to minors, but that law is evaded. The Dominion Parliament has power to stop their manufacture, and it is to be hoped our Legislators at Ottawa will accede to the request and pass an act prohibiting the manufacture of the accursed Cigarette.

THE AGE, Strathroy, Ont.

There can be no doubt about the baneful effects of the Cigarette habit and its rapid growth, which is becoming more noticeable in our town. Anything that can be done to lessen the evil and remove its insidious temptation from the path of the young should receive earnest support from all lovers of young life.

THE ADVERTISER, Lacombe, Alta.

A war is being waged against the Cigarette through Canada. This is a step in the right direction to save the youth of our land from this evil and vile habit.

THE UNION STANDARD, Owen Sound, Ont.—300 Boy Smokers.

It is a startling statement but a well-established fact, that there are three hundred boys in Owen Sound under eighteen addicted to the Cigarette habit, and the evil is growing. It is unfair to say that the dealers sell to boys under age, for, indeed, it is well known that they observe this clause of the law carefully. The "coffin tacks" are usually obtained through the agency of some older person who is either thoughtless or unprincipled.

THE POST, Sarnia, Ont.—The Cigarette Evil.

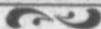
The Post, with the great majority of citizens, notes with satisfaction the agitation for legislation from the highest power in the Dominion, to do away with the deadly Cigarette, and will hail with pleasure the day when its manufacture, sale and use in this fair Canada of ours will be an unknown quantity.

The wealth of the few who traffic in it, and who have made their millions from its sale, is as nothing compared with the ruin it brings to the teeming millions of our country who are brought under its baneful influence, and without bringing undue hardship to anyone, let the evil be stamped out at the earliest possible date.

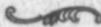
THE SUN, Owen Sound, Ont.

Of all the pernicious and highly injurious practices to which the human race is addicted, that of Cigarette smoking may be said to be the worst. The law prohibits the sale of Cigarettes to minors, but the boys invariably find some way of getting them. The law is evaded and the evils of the Cigarette practice are ruining the boys from whose ranks our future great men, philosophers, statesmen and professional leaders must necessarily come.

Cigarette Figures



1898	• •	76,000,000
1899	• •	100,000,000
1900	• •	116,000,000
1901	• •	121,000,000
1902	• •	134,000,000



These figures do not include the Cigarettes imported—which would only be a few millions each year, or the very much larger number rolled by those who smoke them.