

Let's Now Talk Finance:—

The other day a certain young man told us that every year he takes a holiday to one of the other States. "How do you finance it?" he was asked. "I don't smoke," he replied.



A Sydney barber, who sells cigarettes and tobacco, stated recently that many men and women spend 15/- to a £1 a week on cigarettes, and that an expenditure of 5/- to 10/- a week is quite common. Just think how many useful things that money would buy! Over the years it would build and furnish a home.

THERE IS NO INSURANCE ON HOUSES THAT GO UP IN TOBACCO SMOKE.

Talking About Character:—

Lord Baden Powell, the famous founder of the Boy Scouts, said:—

"I am aware of the bad effects smoking is having on our rising generation."

And on the same subject Mr. Herbert Hoover, ex-President of the United States of America, made this arresting statement:—

"There is no agency in the world that is so seriously affecting the health, education, efficiency and character of boys and girls as the cigarette habit."

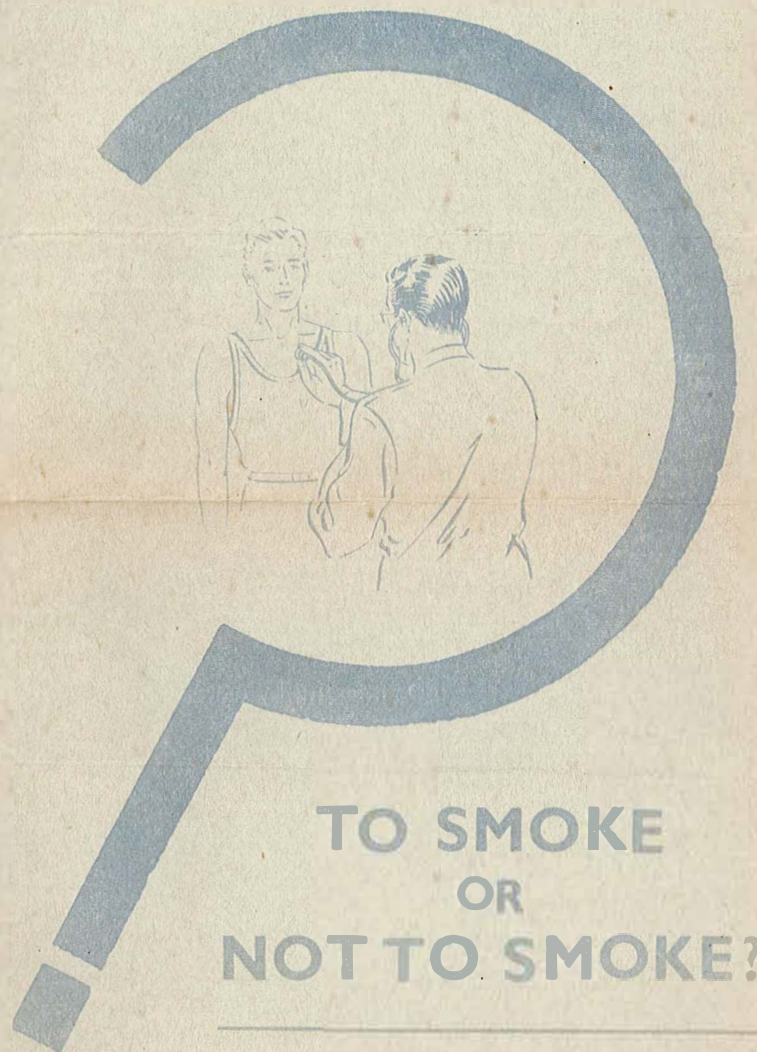
Judges, Magistrates and the Police have said the same thing over and over.

Now ask yourself this question: "IN THE FACE OF THESE FACTS, WOULD I BE WISE TO BECOME A SMOKER?" WHAT IS YOUR ANSWER?



METHODIST CHURCH OF AUSTRALASIA

N.S.W. Young People's Department



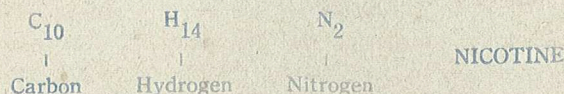
TO SMOKE
OR
NOT TO SMOKE?

Why Young People should not Smoke.

Talking About Health:—

SMOKING is the deadly enemy of physical fitness.

This is from a young medical man of high repute in Sydney.



NICOTINE:

The villain of the piece.
Possesses poisonous properties.
Present in tobacco.
Liberated by heat.
Stimulates—and then **DEPRESSES**.

A well-known Sydney military doctor puts it this way:—

“Heavy smoking is injurious to all—
Light smoking is injurious to many—
ANY smoking is injurious to YOUNG PEOPLE.”

In that noted and up-to-date book, “**How to Live**,” with a circulation of nearly half a million, Professors Irving Fisher and Haven Emerson tell that at **YALE**, one of America’s most famous universities, actual measurements showed in non-smoking students: more weight, more height, more chest, more lung power.

These are the things that make men and women big, strong and healthy.

“From school records of young people we learn that in mental tests and other examinations the non-smokers show a marked superiority over smokers.” (“**Tobacco and Physical Efficiency**,” Dr. O’Shea, a leading educational authority in U.S.A.)

Published by the N.S.W. Methodist Young People’s Department in pursuance of the following resolution passed by the 1940 N.S.W. Methodist Conference:—

“That the Young People’s Department be directed to co-operate with the Christian Anti-Smoking League for the purpose of furthering the education of our young people on the evils of tobacco.”

Now About Sport:—

In the world of sport, tobacco destroys fitness and efficiency. Nearly every great event is won by the last ounce. That is why so many champions in all sports are non-smokers. If they smoked they could not get there.



Here is an important statement by the manager of the Australian Women’s Athletic Team for the Sesqui-Centenary Empire Games in Sydney:—

“I know that some athletes smoke when not in training, but when training, of their own accord they give it up. They know if they are to achieve championship form they must take every precaution to reach their top.” (“**Sydney Morning Herald**,” 6th May, 1940.)

The “**Springbok**” footballers, straining every nerve to uphold the world reputation of South African Rugby in the 1937 Test matches against Australia and New Zealand, were requested by their manager to abstain from smoking and strong drink. These fellows were not in any sense weaklings, but probably the most powerful team of footballers ever seen in Australia.

The same rule was observed by the brilliant British Soccer football team during its recent successful tour of Australia.

The Principal Medical Officer of the N.S.W. Department of Education, Dr. A. E. Machin, has just made this statement:—

Smoking—

- (1) Causes the heart to beat more rapidly, but weakens its power.
- (2) Results in shortness of wind.
- (3) Weakens general muscular power and vitality.
- (4) Excessive smoking affects the eyesight.

Cricket and tennis skill depends upon good eyesight: that is no doubt the reason why so many great cricketers and tennis players **DO NOT SMOKE**.

