

You Can Quit Tobacco

VANCE FERRELL

*The book that can change
your future.*

ONE OF THE MOST COMPLETE
BOOKS on quitting tobacco you
can find. And it is all carefully and
simply explained.

Reasons you must quit - Step-
by-step how to quit - Ways to help
you carry it through to success -
Nutritional information that will
help eliminate cravings - Weight
control helps - more.



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You Can Quit Tobacco

by Vance Ferrell

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This book is dedicated to all of the mothers and fathers in America who do not use tobacco, have quit using it, or are about to quit: For it is their example that will give the children and youth of our nation the courage to say “No” to nicotine when that first cigarette is offered them.

Chapter One

How to Use This Book

You have read in the newspapers all the medical reasons why you should quit tobacco, and you realize the nuisance it is in your everyday life. You personally know some of the many ways it is injuring your body, and you understand what is ahead —suffering and an earlier death—if you keep on as you are.

In addition, you are aware of the fact that by continuing on with the weed, there is a greatly—increased likelihood that your beloved children will later start using tobacco because they grew up watching you.

Now it's time to quit—and for good.

You have in your hands one of the most complete books on how to quit tobacco that is available anywhere at any price. You will find here literally dozens of pointers to help you quit, plus helpful nutritional information on eliminating nicotine craving,—information not to be found in the usual “how to quit” books.

The information given in this book will help you quit any and every form of tobacco. You can stop smoking white coffin nails, chewing messy cud, gritting your teeth on a pipe stem “for relaxation.”

Tobacco contains over 2,000 chemicals, most of them harmful to one degree or another. Some are among the most violent poisons known to mankind. When you have quit tobacco, you will be free from addiction to every way people put the deadly stuff into their bodies!

But first, we will give you scores of reasons medical and non-medical why you should quit. These are solid, practical reasons that will firm up your decision and help you carry it through to success.

You now have the information needed to make the break. The very fact that you are reading this shows you want to do it. And that is half the battle!

So start reading, and get ready to kick the habit. You have wanted to boot it out the door for a long time. —vf

Recent clinical investigation has disclosed that one pack a day will take five years off your life; two packs a day will remove ten; three packs will eliminate fifteen.

If someone tells you of a friend who smoked two packs a day and lived to be 75. Just know that if he had not smoked at all,—he would have lived to be at least 85!

In the summer of 1986, the Surgeon General reported that tobacco was the Number One drug abuse killer in America.

At the present time, 15% of all the deaths in the United States are tobacco-based.

Chapter Two

Why Do You Smoke?

Why do people smoke? Because others were doing it and so they got started—and later couldn't stop. And that's about it.

Years ago a friend told me he started smoking because a girl on a date dared him to do it. A man who wishes he had never started, said he began so he could prove to himself he was “a man.” Since then he has decided that the real men never start. They are the ones who have the courage to say No to social pressure.

“I had a girl friend who always asked me for a smoke,” one man said, “so I began carrying them around with me, so I would have one when she asked. Then I started for no particular reason. Now I can't stop.”

“My parents did it, so I thought I should too,” is the comment of another.

When asked whether he got a lift out of smoking, one older man replied, “No, the only effect I notice from smoking is that it makes me want more cigarettes. It is a vicious cycle; something like a drug. I get so I don't know when I light up another one.”

Another comment: “I started smoking to be like other people, but it grew on me and now I can't seem to taper off.”

Someone else says, “Oh, I smoke because it's good for my nerves.” If someone stuck a gun in your back, or if a bull began chasing you across a field, you would be quite nervous. If you lit up a cigarette just then it would calm you down—for about one—and—a half minutes, to be exact. But after that, for about twenty minutes, you would be more nervous than a man who never smokes.

Actually, if you only took a smoke when a real crisis occurred—you would rarely take a smoke. The truth is that you smoke not to meet the problems of life, —but because the cigarette you finished smoking awhile back left you nervous for another one.

What has happened is that you have let yourself get into a habit. Your body has come to expect feeling this depressant, “soothing” effect every so often. And if the nicotine flow down your throat does not begin again soon enough, you become even more edgy and nervous till you get it.

It's not that you enjoy it. Who enjoys smoking rope and breathing in hot air? Yet it's not that you are really unhappy with life. The truth is that using nicotine is a way of life all its own. But before long, the tobacco user begins

excusing the addiction by telling himself that he needs it to meet the “nervous situations” he meets every day.

Wait a minute! Nervous crises every fifteen to thirty minutes? If you smoke a pack-and-a-half a day, you smoke one cigarette every thirty-two minutes, on the average (assuming you sleep eight hours at night). If you are a two-pack smoker, it’s one cigarette every twenty-four minutes. That many crises do not arise every day! And you don’t need that much assurance that you are now grown-up or sophisticated. And you don’t need that many “pleasures” to make life more bearable.

You smoke because you have become addicted to it. Face it. And you can only stop the addiction by stopping the smoking.

Well, then, why not just “taper off”—lessen the amount smoked each day—until you finally stop entirely? Some people do begin smoking less, and this is always good. But lessening your smoking will not result in stopping your smoking.

There is one other reason why people keep smoking: They do it in order to continue the habit of fingering the cigarette pack, lighting the match, and holding the cigarette.

The mechanical “carry around, light up and smoke” procedure is a definite aspect in the problem. People begin feeling assured just because they have cigarettes with them.

Seeing what we are faced with helps us realize that smoking can be conquered. There is nothing as successful as success. And looking over the large numbers of individuals who have successfully stopped smoking, we find that quitting was the only way they were able to do it.

The addiction to the drug effects of nicotine and the habit of “having something in your hands”—both are conquered in the very same way and at the same time—by touching something else beside a pack of cigarettes, and by tasting something else beside cigarettes.

Something was mentioned earlier about the “pleasure” of smoking. Veteran smokers have little to say about the “pleasures of smoking.” They will honestly tell you that they do it not because of pleasure.

Burning tobacco is not much different than is other burning vegetation—wood, leaves, or weeds. Yet there is not much that is pleasant about sticking your head just above a burning pile of it—and breathing in the smoke. Yet, with tobacco, that is what many manage to do through much of the day.

Yet people will continue to keep their heads in the smoke. Roger Riis in his book, *The Truth About Smoking*, tells of a man with Buerger’s Disease (a peculiar problem nearly always confined to smokers, and which can be cured alone by quitting it), who was told by a physician at the Ochsner Clinic in New Orleans that he must discontinue smoking or it would be necessary to amputate his leg.

After a few minutes of painful silence during which he thought over the

alternatives open to him, he finally spoke up and asked pathetically, "Above the knee, or below?"

Do you smoke because you are comfortable with tobacco? As you smoke a cigarette, think to yourself: does it really satisfy in the way that good food does when you're hungry? or a warm coat when you're cold? Of course it doesn't. Light it, breathe it in, taste what you're getting, put it out. Even as you do, you know that you'll soon want another and be lighting it. Not because you enjoy it. You simply want it.

Divorced from all the glamour and excitement of your first smoke years ago, just what is it worth? Nothing. How did that first smoke taste? Gaseous, strong, bitter. Has it really gotten any better as the years went by? Not a bit.

You have become a smoking habit, putting up day after day with the harsh taste, the hot dryness, the mouth bite, and the after let-down—and all for a reason you don't really know.

Life is full of habits. Eating, dressing, thinking, working, even attitudes, are the result of habits. Habits make it easier to get things done. But habits are not our masters. We change the habit simply by consciously changing our actions. Do it differently for awhile and soon you have veered away from an old habit into a new one.

With worthwhile habits functioning automatically, that which you do proceeds more smoothly. The skilled musician who tries to think through the next portion of a difficult number is sure to make a mistake. But if he instead trusts to his habit patterns of fingering, timing, and following of musical notations, will probably do just fine.

And so with the cigarette habit: taking it out of the pack, tapping it on the thumb nail, using a match or lighter, keeping it burning even on a windy day, puffing away. And then other habits form: taking a smoke upon arising, and then right after breakfast, and on and on through the day. It becomes your buddy that you carry around with you.

So in order to stop, you keep a careful watch over your habits and the new ones you are substituting for the old ones. Not only what you do in place of lighting up, but what you do after those regular events of the day when you would normally light another one. In this way you safeguard that you will not unthinkingly begin again.

"I have discontinued my use of cigarettes on more than one occasion. Twice I have gone as long as three months without smoking. But then I would go to a party and take a few drinks. After the party was over, I would find myself smoking again." That is how one man explained why he kept going back to something he didn't want to do: He did not remain on the alert.

There is embodied in the above story a powerful truth: The person who allows himself to indulge one bad habit weakens his will so that it becomes easier to indulge another. There need not be a chemical relationship between hot spices, coffee, nicotine, alcohol, marijuana, crack, meth, cocaine, or heroin. —Yet it is a known fact that building a desire for unnatural cravings,

uppers and downers, starts one on an uncertain road. It is a matter of personal mastery. Indulgence in one habit that is harmful to the body will condition the mind to accept other harmful habits.

The individual who refuses to be dominated by any habit, is the individual who can the most easily say No, when invited by people or circumstances to light up. In contrast, the person who becomes involved in tobacco may find it hard to maintain his independence of decision in the face of other habits that confront him.

The Keeley Institute for the Cure of Alcoholism requires all patients to abstain from tobacco. When asked why they have this requirement, they explain that the cure of alcoholism requires a restructuring of the personality. A strengthening of the will is needed in order to resist alcohol when friends and associates offer it to graduates of the Keeley Institute. The professionals at Keeley have concluded that the conquest of tobacco is equally important.

A man must be able to assert his will and say to tobacco as well as alcohol, "No, I am the boss here; out with you both."

The cigarette smoker finally recognizes that he really has not enjoyed smoking; he was in a habit. He sees that it really is injuring his body, his family, and his work. He admits that it will lay him in an earlier grave if he does not quit. And, last but not least, he decides that he has to do it now and not later.

A typist can not type without certain typing habits and nearby physical accessories, such as a typewriter or computer. A violinist cannot play without certain note-reading, fingering, and bowing habits, and also a violin, and bow.

So with the smoker: it takes just the right combination of habits and circumstances so smoking can occur. To break with the nuisance of smoking, first the packs need to be thrown out, then the ex-smoker must keep his fingers busy doing something else. This may also mean avoiding some associates.

We're getting closer to Quit Day. Take courage in the fact that thousands of others have successfully quit the habit. Just as surely as they did it, you can too.

The following two chapters outline reasons, non-medical and medical, why you should stop using tobacco.

You may wish to read them next—or you may wish to skip over them and begin the chapters on how to quit. (Some folk may want to save the next two chapters for encouraging reading after Quit Day: after they have made the break with tobacco.)

Chapter Three

Why Quit -1

Non Medical Reasons

Well, we always think first of money when it comes to most everything else, so let's start with that here. It is not likely that someone gives you a year's supply of cigarettes every Christmas, so what is it costing you?

When I was in high school, my fellow students spent twenty cents a pack for cigarettes. Back in those days, even cigars didn't cost much. But now, depending on local taxes, the cost of maintaining this habit, can really eat into your budget. In our area, they cost about \$3.50 a pack at this time. With such prices, it is not difficult to go through a lot of money every month.

Americans are spending an average of \$50 billion a year on cigarettes. No, I did not say "million," I said "billion." And it is even more than that, if the total were to include cigars, snuff, and pipe tobacco.

At the above rate, a two-pack-a-day-man spends \$49.00 a week, or \$196 a month, or \$2,352 a year to smoke. To the well-to-do, that is not too much. But for the rest of us, it is a bite in any man's wallet.

Yet this is only the beginning. It also takes matches or cigarette lighters, ashtrays, and cigarette boxes. Or it may involve the expense of humidors, pipes and pipe racks, tobacco pouches, pipe cleaners and scrapers, cigarette holders, and often filters for them.

There is not only the cost of all this, but the bother of keeping track of it: where it is when you need it, resupply and replacement costs, and all the rest. No longer will you ruin your best suits or dresses with burns from falling embers. Your furniture and rugs will remain in better condition. And you will be safer also. Many fires are started by smoking in bed. My father owned two rooming houses, but none of us could ever get him out of town overnight. He was afraid to leave, lest someone go to sleep with a cigarette and he lose his houses. Finally, one night that which he had expected occurred: one of the boarders fell asleep with a cigarette in his hand. But quick work restricted the damage to only one room.

Perhaps you may think he was worrying too much (he himself didn't

smoke). People with burning cigarettes need to worry more. Cigarettes, or matches tossed after lighting them, are responsible for many fires in America. Years ago, the present writer worked for a time as an assistant fire underwriter. The insurance companies maintain that a third of all U.S. fires are caused by smoking.

Whether you are a smoker or non-smoker, you help finance all those fires in the annual insurance premiums you pay. The entire nation would save on fire losses and insurance costs if more people would stop smoking.

There are even more non-medical factors involved in smoking:

If you are in the habit of smoking thirty cigarettes a day, you will remove half an hour to every day of your life. “Yes,” you might reply, “those coffin nails do shorten my life!” That is true, but this is the non-medical chapter; we’re not talking about that. The point here is that—believe it or not—every time you smoke a cigarette, it takes a trifle over one minute. That is not the time spent in smoking it, but only the fumbling one cigarette out of the package, getting out the match or lighter and lighting it up, once or twice putting down the cigarette and taking it up for more puffs, and then the final snuffing out. Okay, so you don’t believe it: time it yourself and you will see it’s true.

About fifteen years ago I stopped by a mechanic’s shop to have something spot-welded. With nothing else to do, I stood there as an experienced welder set to work. He wasn’t the type to talk much, so I just watched. First, he lit up a cigarette. After so many minutes had passed, it was time for another one. Perhaps he needed it in order to get through the spot welding. But then, he was smoking before he started, so the welding couldn’t be the reason.

Since he didn’t need an arc weld for this one, he broke out the oxyacetylene rig, began to set it up, and move it where he wanted it. In order to do this, he needed both hands, so he put the cigarette in his mouth. But doing that was no help since the smoke lazily flummed up directly into his eyes. He tried to minimize the hot, acrid fumes by squinting his eyes. But that didn’t seem to solve the problem, for the smoke was too irritating. Getting nowhere, he took the cigarette out of his mouth and, being right-handed, put it in his most dexterous hand—his right one. At last, he could get the rig ready for the weld. But now he only had one hand to do it with. Yet this seemed to be a way of life he was used to, for he made the best of it and pretty much did most of what was needed with one hand. When the going got tough, he would put the cigarette back in his mouth for several seconds and get to work with both hands. But that could not last long, because his eyes were being smoked again. It was either two hands and a vision problem, or one hand and clear-sightedness. Of course, he could have stopped, to smoke the cigarette through, but that’s a poor way to spend the day: standing around smoking cigarettes instead of getting the work done.

So if you stop smoking, you will get your right hand back . . . and no more smoke in your eyes. This may seem like a little thing, but when you live with it day after day . . . well, perhaps it’s a pretty big thing. You only have so many years; why not make them pleasant?

Here's some more:

When you give up smoking, your teeth will start looking cleaner—because they are cleaner. That yellow stain on your fingers will disappear in a few days or a week. When you get up in the morning, the inside of your mouth will not taste like a workman's glove.

And moreover, you won't have that ever-increasing cough. If you're only occasionally coughing now, just think of what is ahead, if you keep smoking. That cough will become more and more raw and hacky with the passing of the years. Sometimes when you wake up in the morning you will feel like you are going to choke to death on the phlegm coming up. This is because the delicate hairs (called cilia) inside your throat and bronchials continually wave unwanted "throw-away" substances back up into your mouth. But the cilia in a smoker's respiratory tract is gradually damaged so that the phlegm comes up when he arises in the morning. Eventually, as the smoking continues, the small hair-like cilia will stop working entirely. When that happens, the choking lessens—for the dust, coal tar, and waste products are collecting in the lungs. Did you ever hear of lung cancer?

Did you know that food can taste really good? Not if you have been smoking for awhile. Drop cigarettes for good, and the delicate flavor of food can again be yours. No longer will you be flooding your taste buds with some six to eight hundred mouthfuls of harsh, acrid smoke each day.

And that is more smoke than many professional firemen encounter in a year's time. What does life smell like? When you walk into a garden you will begin smelling it, instead of just seeing it—as best as you can see it through the smoke of your latest cigarette. As soon as you step in the door in the evening you will be able to smell what your thoughtful wife has prepared you for supper.

No more ashes all over your papers, shirt, and the tablecloth. And something else,—your nervousness will subside! Here all this time you imagined that smoking reduced nervousness. It did—for about 2½ to 3 minutes. But quitting the smokes entirely will reduce nervousness all the time. Now, really, that should be worth the trouble of stopping tobacco, all by itself. For "getting rid of nervousness" is a frequently-given reason for continuing with them.

Ask someone who has stopped smoking how it affected him. He will tell you that he has more energy now than before. Did you know that no smoker ever wins a long-distance foot race? Never. That is because smoking heavily reduces physical endurance. Both facts are well known.

Feeling so much better, you will find that you have more time to do the things you want to do. Life can be so much more enjoyable when you are living healthfully.

Somewhere here, we should bring up a matter that some folk worry about: "If I stop, will I gain weight?"

Yes, you may gain a little weight when you stop. But in most cases, this

will not be more than a few pounds. Seriously, now, which is more important: keeping off a few pounds—or getting away from tobacco? All the facts, details; and collected misery that you live with today and will face in the future over tobacco; really now, is it worth keeping it going in order to avoid a few pounds? Wouldn't you really rather stop inhaling the "yellow death."

When you stop smoking, your energy level will increase—strikingly so. And that energy will drive you to getting more things done. It is fun to work and accomplish things, and with the new fund of energy, you will hardly be able to keep yourself back from daily using it up on things you want to and like to do. In so doing, you will tend to burn away many of the pounds you may have added.

But face it: tobacco has to stop, no matter what! That's all there is to it! You must become serious about it. Most Americans that keep at the smokes for several decades live with a miserable present and face a terrible future. The answer is obvious: Figure out some other ways to lower weight (and there are other ways—we list some in a chapter near the end of this book), but don't use tobacco to do it!

Here are yet more advantages of quitting: You won't have to pat your pockets every time you go anywhere, to make sure you are carrying your little god around with you. No more early or late trips to the corner store for another pack, or for the matches to light it.

Speaking of matches: Don't you get tired of bumming matches off people because you ran out? No more carrying ashtrays around with you, or looking for one, or emptying one, or apologizing when your ashes don't land in one. And no more having to keep alert to maintaining the routine of continually tipping ashes into one,—so they don't fall on you, the desk, the floor, or someone else.

You will not have to interrupt meetings by going out for a smoke. No more loose fibers of tobacco in your pockets or purse. No more bulging pack or pouch in your pocket for your children to keep looking at . . . and wonder wistfully how soon they can be old enough to be like Dad—and carry a bulging pack around in their pocket also.

You can go to sleep at night knowing that, at last, you are giving a right example to your little ones; you have thrown the stuff away and will have nothing more to do with it. And they know it, and are already beginning to rethink what they are going to decide about tobacco later on.

One man told me, "I'd give anything if my boy would never get into this stuff later!" He pointed to the cigarette in his hand.

Above everything else, when you stop using tobacco, you free yourself at last from a deadly compulsion that is slowly killing you off. You are parting company with a slow poison that formerly had a powerful grip on you. You will be able to walk by tobacco shops and know that there is nothing inside them for you.

You have just read a chapter that has told you stacks of advantages to

quitting. But there is more to it than that,—much more.

Most of that which was discussed in this chapter dealt with nuisance or convenience aspects. But there is more to this thing. Death or life are in the taking up or laying down of a cigarette.

Do you believe it? Read the next chapter for convincing evidence.

Chapter Four

Why Quit - 2

Medical Reasons

It was the summer of 1954, and I was in San Francisco taking coursework that would enable me to complete college the next year.

One morning, just off Market Street, I walked by the Civic Center Convention Hall—and discovered that the Annual Meeting of the American Medical Association was in session. Inside I found the entire hall filled with medical exhibits of various kinds. One was a twice-size plastic model of a human being, showing blood vessels, nerves, and organs beneath the transparent skin. Another key exhibit was a display in honor of Dr. Albert Schweitzer, “the physician of the year.”

Yet among the dozens of exhibits, the most interesting to me was one that few stopped to look at. It was as if no one had called attention to it. This exhibit, of photographs and papers mounted on the wall, told about pioneer research by Drs. Evarts Graham and Ernest Wynder into lung cancer. Their recently-completed findings showed a clear link between cigarette smoking and that rapidly-increasing disease that was causing the death of large numbers yearly.

The next day, all America became interested in that research, for on that day the Graham-Wynders research was publically reported on the floor of the Annual Meeting of the American Medical Association. Immediately the news media caught the story and sent it around the world. It quickly became the medical news sensation of the decade.

The rest is history. The AMA immediately voted to ban tobacco ads from their influential *Journal*, and extensive new tobacco research projects were launched that would ultimately reveal many diseases one more easily contracted by using tobacco.

This chapter will explain that—for you —quitting tobacco is a matter of life and death:

THE POISONS IN TOBACCO

Let us first examine the contents of a cigarette: Tobacco leaves have very complex chemicals in them—over 2,000. When tobacco is *chewed*, these chemicals go directly into the body; when it is *smoked*, the only chemicals that are not taken into the body are those that have been changed or com-

bined by burning into new chemical combinations. And once inside you, the physical weakening and disease begins. Remember, that when it comes to tobacco, you always lose and the tobacco industry always gains. Unless, of course, you say goodbye to the whole thing. Smoke is a mixture of chemical gases and very small particles of solid chemicals. Oxygen combines with the original substance and converts it into other chemical compounds.

Nicotine (named after Jean Nicot, who first introduced it to France in 1559) is one of the most powerful poisons in tobacco. But there are many others, including such things as arsenic, carbon monoxide (the highly-dangerous automobile exhaust gas), ammonia, hydrogen sulfide, hydrogen cyanide, and other hydrocarbons. Some volatile acids, such as formic acid, acetic acid, and benzoic acid, are included. The aldehydes in tobacco are also highly irritating. It is the poisonous chemicals combined with these acids and aldehydes that irritate your throat as you smoke. But those “great American chemical factories”—cigarettes, pipe tobacco, and snuff,—do more than irritate your throat; they cause trouble to your lip, mouth, bronchial passages, lungs, internal organs, and brain.

One of these 2,000 chemicals is benzopyrene, one of several proven cancer irritants in tobacco smoke. Then there is the arsenic. Arsenic is not natural to tobacco; it arrived there through insecticides, but for some reason tobacco farmers are applying much more arsenic to their crops than twenty years ago.

And, of course, there is nicotine. This is the principal alkaloid found in tobacco. It stands near the top of the list for its powerful, and very harmful, effects on the human body. Any experienced gardener will tell you that nicotine is one of the best bug killers there is. This is because nicotine is one of the most powerful poisons known to mankind.

There is a surprisingly large amount of nicotine in tobacco; it averages about 2%. The tobacco in an average cigarette weighs about one gram. Therefore an average cigarette contains about twenty milligrams of nicotine. The 440 billion cigarettes consumed each year in the United States contain about 2.2 million gallons of nicotine. This chemical is so poisonous — that only fifty milligrams of it, injected into a vein, will kill a person. That is the amount of nicotine in two-and-a-half cigarettes. All the cigarettes used each year in America contain enough nicotine to provide 176 billion lethal doses! And that is enough to kill, through single doses by vein,—one thousand times as many people as live in the United States.

It is of interest that only part of the nicotine in each cigarette is in the “main-stream” smoke that enters the body of the smoker; much of that nicotine goes into “side-stream” smoke —and is inhaled by your family, children, and everybody else that is nearby as you smoke your cigarette!

About 90% of the nicotine in the “mainstream” smoke you inhale—is absorbed into your body.

Tar is another problem, but what is it? There is no tar in tobacco. It is

only as tobacco is burned that tar formed. It is a recombination of some of the chemicals. Tar is a dark, sticky substance that collects on the walls of your lungs as you smoke. Dr. A.C. Hilding of the Research Laboratory of St. Luke's Hospital in Duluth, Minnesota, discovered that when a smoker inhales and holds his breath for only ten seconds,—the smoke will be colorless when it comes out. Think about what is happening inside you, every time you smoke a cigarette! After extensive work on this, Hilding determined that, normally, one-half of the tar in the smoke you inhale—is deposited on the surface of your lungs!

FACTS ABOUT THE SPECIAL CIGARETTES

While we are on the topic of nicotine, we should mention that “denicotinized” cigarettes (which, on the label, say “less than 1% nicotine”) have about one-half as much nicotine as regular cigarettes, but just as much of the other poisons. The tendency is for people to increase the amount they smoke of the “denicotinized” packs, thereby obtaining about as much nicotine as before.

“Low-nicotine” cigarettes, use varieties of tobacco containing less nicotine. But it has been found that each “low-nicotine” cigarette produces more tar than usual. So less nicotine and more tar.

King-size (extra long) cigarettes are supposed to be safer because they provide a longer distance for the nicotine and other poisons to travel before being inhaled. But how many people half-smoke a cigarette and then throw the other half away? Research by the AMA Chemical Laboratory revealed that a half-smoked king-size yields slightly less poisons than usual, but a fully-smoked one-is far higher in its output of nicotine and tar.

Then there are filter-tip cigarettes. A House of Representatives subcommittee declared in February 1958 that filter-tips only add to the problem! Their report said that instead of quitting, people switch to filter-tips, thinking that these will protect their health, when in reality they are still smoking cigarettes, still inhaling poisons, and still sharing poisons in the “side-stream” to those around them.

Here is the dirty little secret behind this: The tobacco companies know it is the chemicals and tar which give the “taste” to cigarettes. So they are careful to only filter out a small amount of those poisons so sales will not be jeopardized. By producing a filtered cigarette that still has taste, the cigarette manufacturers have canceled out the advantage of the filter. They do this by shifting to stronger blends of tobacco containing higher contents of nicotine and tar for their filter cigarettes. Then they can advertise that they have filtered out 30 to 40% of the smoke, yet the taste remains about the same, and the chemical and tar inhaled from a filter cigarette is comparable to that of regular cigarettes. Pretty neat trick.

“Sales of filter-tips zoomed with the controversy over a link between lung cancer and smoking. At first, says the committee, tips did cut down on tars and nicotine, but, to satisfy smokers’ tastes, manufacturers then ‘loosened’

filters and switched to stronger, coarser tobaccos. As a result, the committee says, smokers now get more tars in filter-tips than in the regular cigarettes they switched from.”—*U.S. News & World Report, February 28, 1958.*

CANCER

We have reached the 553,500 mark in America. That means that—day after day, every day in the year —1,516 people die of cancer. More people die of that dread disease in our nation every year—than died in the entire Viet Nam War! Over eight times more! A lot of tobacco research has been done since Graham and Wynder reported their findings to the AMA in 1954. It is now known that smokers significantly increase their chances of contracting many different types of diseases—and dying from them.

Did you know that cigarette smokers die at a 70% faster rate than non-smokers? Think about that a moment. There is no doubt that your decision to read this book and move out from tobacco—may be one of the most important decisions of your life. Did you know that stomach cancer occurs twice as frequently in smokers as in nonsmokers? And then there is cancer of the lower part of the large bowel; it is the most common internal cancer and clearly afflicts smokers more frequently than nonsmokers. These are facts that should sober any smoker.

Then there is cancer of ‘the throat. This is a living horror that no one wants. Corrective surgery for this problem often removes the vocal cords. If you lose your vocal cords, you must learn to speak by “regurgitating swallowed air”! 80% of all incidents of cancer of the throat occur in cigarette smokers. It is the irritating effect of the various chemicals in the smoke that induces this form of cancer.

The advertisers talk about “cigarette country” with its he-man cowboys, lariats, and all the rest. But cigarette country is leading a lot of people to cancer country,—for if you smoke, your chances of dying from some form of cancer are 110% greater than that of those who have never smoked on a regular basis!

LUNG CANCER

Well, we haven’t come to the back part of this book yet—the part that tells you how to quit smoking. So you may be taking a deep drag on a cigarette as you read these words. Every time you inhale that smoke, it is plunged deep into each corner—every remotest part—of your lungs. Thus, tar, nicotine, and many chemical compounds are taken into your lungs, and from there go to other parts of your body. The tar, itself, is primarily deposited on the inside surface of the lung. *And it is tar!* It is black, sticky, and tarlike.

Ordinarily, cilia (small, waving, hairlike structures) in your respiratory tract try to brush dust and dirt back up into your throat so you can spit it out. But the tar immobilizes the cilia, eventually destroying them.

As the tar builds up, the surface of the lung changes in appearance and more cells are formed. Eventually, cancer cells begin forming. This is the way it begins. But it does not end there. The cancer cells in the lung enter the

blood and lymphatic vessels and spread to other parts of the body.

Unfortunately, by the time a positive diagnosis confirms the presence of lung cancer—the disease is out of control and spreading.

People may talk about the “spectacular advances in medical science,” but they are not able to solve the lung cancer problem. This is because the solution is to stop smoking!

So, by way of summary, think about these two facts—and, having read them, determine that you are going to read this book all the way to the end, and do what it says:

(1) 90% of those who contract lung cancer die of it, and (2) If you smoke, your chances of dying from lung cancer are 700 times greater than that of non-smokers or those who have never smoked on a regular basis.

EMPHYSEMA

Emphysema is a big word, but it is bad news to those that get it. Emphysema occurs when the surface cells of the lungs begin to grow abnormally. They do this because too many irritating substances have been deposited on them. As this growth continues, these added cells begin to block the very small air tubes inside the lung. But it is the purpose of these tubes to exchange body air with the outside air that has just arrived, fresh, into the lung. Because these tubes are increasingly becoming blocked, you feel as if you are drowning! Your carbon dioxide cannot get out, and fresh, oxygen-filled air cannot get in. But the condition keeps getting worse. Tobacco chemicals in the lung weaken the air sacs, which then break open and make larger balloonlike sacks, called “blebs.”

Would you like to have constant shortness of breath, lack of energy, inability to carry on your work properly, and an increasing drowning sensation? If so, just keep smoking and emphysema may be a special gift to you before long.

More than a million Americans now have emphysema, and 15,000 die every year because of it. A major problem is that if you acquire emphysema, and then stop smoking,—your lungs may work better, but the broken air-sac walls will never heal to normality. How shall we summarize this terrible problem?

In just one sentence: If you smoke, your chances of dying from emphysema are about 10 times greater than those who have never smoked at all or have never smoked on a regular basis.

HARDENING OF THE ARTERIES

We have all heard of hardening of the arteries, and we know that it can have a number of causes but did you know that tobacco is one of the biggest?

More people die of hardening of the arteries (arteriosclerosis) and other cardiovascular diseases, than any other single cause of death in our nation. This amounts to about 50% of all deaths.

Extensive scientific research has shown that a high-fat diet is a major culprit here,—and that nicotine is another one. For some reason, nicotine

speeds up the buildup of fatty deposits on the inner walls of your arteries. But more: Nicotine also causes the arteries to narrow, or constrict! This double-whammy effect means that if any of your friends want to stick with tobacco, they might as well begin thinking about where they wish to be buried.

The arterial fat buildup, combined with arterial shrinkage, makes it more difficult for the blood vessels to carry urgently-needed blood throughout your body. This shortage of blood especially shows up in the heart, brain, other organs, and extremities. Tissue damage from lack of fresh blood results, but don't worry about that,—for the big problem is the greatly increased likelihood of a small blood clot at some point in those clogged arteries. A heart attack or stroke immediately occurs.

Really, is tobacco chewing, cigarette smoking, and pipe smoking really worth all this danger? Okay, let's summarize this one: Tobacco can increase your chances of dying from heart disease by 103%, over those who leave it alone!

EFFECTS ON THE BRAIN AND NERVES

There is no one who would not agree as to the importance of his brain. But research is now revealing that tobacco can bring injury to delicate brain tissue, and even produce brain damage.

Tobacco slows mental activity and reflex responses. At first it does this temporarily, but a gradual buildup effect eventually develops. Earp and Clark did research studies on college students—and found that only 18.3% of the smokers received academic honors, while 68.5% of the nonsmokers did. Bush, another research clinician, found that a 10.5% drop in mental efficiency occurred following smoking.

Experiments conducted at George Williams College revealed that unsteadiness of the hand increased as much as 100% after smoking just two cigarettes. Calm you down? No, they make you more nervous!

In order to function properly, the brain must have an adequate supply of blood with its nutrients and oxygen. A major cause of brain damage, through strokes or apoplectic seizures, is cholesterol buildup in the arteries. Strokes result from blood clots on the roughened surface of blood vessels, or from brain hemorrhages from these vessels. Either of these conditions stops blood flow to a portion of the brain, and produces loss of speech, partial or total paralysis, or death.

But this cholesterol buildup can also bring on senility through brain tissue starvation. It is now known that this cholesterol buildup has two primary causes: improper diet (eating animal fat or certain vegetable oils, especially the hardened ones) and tobacco. Nicotine has the strange property of speeding up the laying down of cholesterol on the walls of veins and arteries.

We all know that carbon monoxide can be a killer. This is due to the fact that it replaces oxygen in the body. Cigarette smoke contains 1 to 2½% car-

bon monoxide. Experiments show that the smoking of only one pack within a seven-hour period results in a 5 to 10% carbon monoxide saturation of the blood! This reduces the amount of available oxygen within the body, and hinders muscle action and mental function.

The problem here is that blood hemoglobin is the carrier of oxygen to the entire body, and whenever it is given a preference, it will always link up with carbon monoxide instead of oxygen.

HEART ACTION AND PHYSICAL ENDURANCE

Knute Rockne, the well-known football coach, said this: "Tobacco slows up reflexes, lowers morale; any advertising that says smoking helps an athlete is a falsehood and a fraud."

Ty Cobb, a leading baseball player of yesteryear added: "Cigarette smoking stupefies the brain, saps vitality, undermines health and weakens moral fiber. No one who hopes to be successful in any line can afford to contract so detrimental a habit."

Muscles work because nerve impulses tell them to do so. But the use of tobacco weakens those nerve impulses. And carbon monoxide and other tobacco poisons in the blood stream weaken the muscle itself. Slower reaction time and weaker muscles; this is the conclusion of scientific studies on the relation of tobacco to physical endurance.

The recently-developed ballistocardiograph has established that after smoking a single cigarette, many individuals undergo a temporary change in heart function. The cause was nicotine. The amount of change increases with age, and is most often found among people with coronary artery disease. This is an ominous warning to anyone who uses tobacco.

Dr. Walter Bastedo, a well-known pharmacologist, sums it up this way: "At the time of smoking there is a lowered cardiac efficiency, with diminished power of the heart to stand strain, and in some cases there are premature beats. In the young adult recovery from this state is prompt. The continued use of tobacco sometimes results in a chronically lowered cardiac efficiency, in over-rapid pulse, in palpitation, and in subjective discomfort about the heart, or in disturbance of rhythm."

So, let us say it again: Nicotine weakens nerve impulses to the muscles; carbon monoxide and other tobacco poisons in the blood bring on muscle tissue weakness; Nicotine reduces heart rhythm, efficiency, and strength.

SMOKING AND PREGNANCY

Studies in Germany among women workers in tobacco factories show more abortions and a greater infant mortality rate (while their babies are between one and three years of age). Miscarriages were also significantly higher among such workers. Similar studies in Brazil indicated that abortions and stillbirths were double the normal rate.

In animal experimentation, the offspring of female rabbits exposed to cigarette smoke were smaller at birth by 17%; the stillbirth rate was 10 times

higher; the mortality rate was much higher.

Dr. M.F. Ashley Montagu, one of America's leading physicians, says this: "There can be no question that consistent smoking places a very dangerous strain on the heart and other connected organs. There is not the least doubt that smoking mothers are responsible for the increase in cardiac trouble." He bases his conclusion on the fact that a single puff of cigarette smoke inhaled by a pregnant woman has been shown to increase the heart beat of a seven-month fetus from 140 to 179 times a minute!

Three-year research of 7,499 hospital patients by Dr. W.J. Simpson, of the San Bernardino (California) County Health Department, clearly proved that the number of premature births is twice as great for smoking mothers than for non-smoking mothers.

OTHER SIGNIFICANT EFFECTS

There is not adequate space to describe the many other effects that science has traced to the use of tobacco. But here are a few samples: It is now known that the poisons or tars from chewing or smoking tobacco strangely speed up body metabolism and pulse rate. This puts the entire body on emergency status, as the heart works faster and fuel is burned up more rapidly. The body, and especially the heart, are being worn out more quickly.

There is a very definite and, for some, a very dangerous increase in the blood pressure. For example, the blood pressure of a person who has a high blood pressure of 190, and then smokes one or two cigarettes will raise it to as much as 240!

Smoking greatly aggravates asthma. So much so, that a Mayo Clinic report disclosed that "the best possible regimen for the relief of chronic asthma may fail if the patient is allowed to continue smoking." We will not take time here to explain why this is so.

Smoking hurts the eyes. Continual irritation from the smoke has long-term effects that are not good. In addition, some smokers contract "tobacco amblyopia," which blurs vision and color identification at the center of visual focus. A similar-but different-form of amblyopia is caused by drinking alcoholic beverages.

Smoking affects the ability of the nose to detect and identify odor. The sense of smell is decidedly weakened. Continual irritation of the nose by tobacco smoke also brings on a "postnasal drip" which is common among smokers, especially on awakening in the morning.

And there is the chronic cough that smokers develop. This cough, which exists in about 80% of smokers, is actually dangerous for it damages lung tissue and, in many persons, causes a rupture of the walls of the minute air sacs of the lungs. What you are here reading is the beginnings of emphysema, a condition relatively rare in non-smokers. But once established, emphysema brings chronic invalidism. And who wants a future like that?

Smoking increases stomach acid output and leads to peptic ulcers. This relationship has been well established, both by research and by clinical studies. And the same holds true for duodenal ulcers, as well.

SHORTENING YOUR LIFE

Several studies have been done on the relationship of tobacco to longevity, or length of life. In 1938, Dr. Raymond Pearl, of Johns Hopkins University, working with the records of 6,813 males between 30 and 95 years of age, found that the smokers lived shorter lives than non-smokers. Here are a couple of examples from this study: At age 45, nonsmokers have a death rate of 12.04 deaths per thousand individuals. For heavy smokers, it is 25.69 per thousand. Thus, at 45 years of age, there are twice as many deaths by the heavy smokers. Comparing those who use tobacco with those who do not: A person of 30 years of age will live, on the average, ten-and-a-half years longer than a heavy smoker, aged 30.

Drs. Richard Doll and A. Bradford Hill did research in England on 34,497 male physicians, aged 35 and above. Over a period of nearly four-and-a-half years, 1,714 deaths occurred among these 34,497 individuals. The smokers died much faster than the non-smokers.

A group of 187,783 men between the ages of 50 and 69 were checked over a 44-month period by Drs. Hammond and Horn. The number of deaths among the regular cigarette smokers was 2,763 more than the corresponding non-smokers. In those forty-four months, 1,644 non-smokers died, and 4,406 cigarette smokers died. Their statistics were also broken down by number of packs smoked per day. It was obvious that the death rates increased with the number of cigarettes smoked per day.

Dr. Harold F. Dom studied 200,000 military veterans, and found that the death rate among all types of cigarette smokers was 58% higher than among non-smokers.

Chapter Five

Why Quit - 3

Smokeless Tobacco

What about snuff and chewing tobacco? They are often thought to be good substitutes for cigarette and pipe smoking. But medical facts reveal they are just as bad.

In the U.S., there are four primary types of smokeless tobacco: The first three are chewing or dip tobaccos: loose leaf (scrap tobacco), plug, and twist or roll. The fourth is oral snuff.

Dip is made up of dark, moist tobacco leaves which the user places between the cheek and gums. Snuff is dry, powdered tobacco plant material which users inhale through the nose.

Loose leaf has 52% of the U.S. smokeless tobacco market, plug is 7.2%, Twist or roll is only 1.1%. Oral snuff is being increasingly used and accounts for 39.0% (*USDA report, 1990*).

To date, 28 carcinogens have been identified in smokeless tobacco. Of these, the major cancer-causing factor is *N-nitrosamines*, only found in tobacco. This chemical is formed from *Nicotiana* alkaloids during tobacco processing.

Smokeless tobacco produces cancers of the lip, tongue, floor of the mouth, gingiva, buccal mucosa, hard palate, and oropharynx (upper throat). Any one of these is a miserable way to die.

In one study of 116 patients by Wake Forest University Medical Center, of 150 cases of oral cavity cancer, 116 of the 150 patients used only smokeless tobacco and had never smoked cigarettes or pipes, so their cancers could not be blamed on smoking (*L.V. Ackerman, "Verrucous carcinoma of the oral cavity," Surgery, 23:670-678, 1948*).

In chewing tobacco, the highest risk area was where the quid (the plug) was held, but all areas bathed by saliva containing the carcinogenic agents that leach from the tobacco were also in high risk. It did not matter what form of chewing tobacco was used.

The researchers noted that the cancer tended to develop slowly and be little noticed until the lesion was so advanced that there was little hope of a

cure. For chewers, the best that the physicians knew to do was to cut out parts of the mouth or throat and hope for the best. For snuff users, they cut out most of the nose, and perhaps the throat. Welcome to cancer country; smokeless tobacco is part of it.

The researchers concluded, "Prevention through education of young potential users of smokeless tobacco promises to be the most effective therapeutic measure." That is understandable, because a miserable, later death is the only other alternative.

What about snuff; also called oral snuff, or snuff dipping? This is a powdered product. It is said to be safer than smoking, a good way to quit the use of cigarettes and pipes.

But on May 5, 2000, BBC News reported that Dr. John Spangler told a medical conference in Orlando that a research study found that taking snuff produced significantly high levels of cancer, both of the oral and nasal cavities.

Cigarette and pipe smokers also have oral cavity cancers, with pipe smokers especially at risk for cancer of the cheek and lower lip.

An April 1998 Amherst College report, by Ned B. Friend, noted that "snuff composition is generally 0.6 to 0.9% nicotine, the most addictive drug on the market." He added, "Both dip and snuff contain many added chemicals, including cyanide, arsenic and lead. Because of its high nicotine content, smokeless tobacco is highly addictive. Its harmful effects, like cancer, do not show up until long after the initial use of the drug."

There are more problems than cancer in these products: The use of snuff decreases the sense of smell and damages the inside of the nose, along with the throat and lungs.

Aside from long-term problems, such as cancer and heart disease; there are also others that come more quickly: Dipping produces brown teeth and bad breath, decreases the sense of taste, causes dental problems and the gums to recede. Both add nicotine to the bloodstream, causing the blood vessels to constrict, which inhibits sports performance in young men and later lead to heart attacks. Users of both are 15 times more likely than non-users to develop cancer after only one year of use.

Throughout the remainder of this book, we will assume you smoke. But all the methods for quitting apply equally to smokeless tobacco.

Getting Ready For Quit Day

First, decide how you are going to quit. There are several ways to tackle it:

1. A sudden impulsive break with tobacco. All at once, you get angry with the weed and stop. It is probably the morning after a late night and your throat and mouth feels like a tingling, raw porcupine. And so you say you are done with it. But that frequently lasts till the craving in your nerves becomes stronger than the rawness in your mouth. And back you go.

2. Then there is the “taper off” method. This is the old ploy of “cutting down,” a method that, for most people, just doesn’t work. Trying to “ration out” the cigarettes over a longer period of time, in the hope of eventually cutting them out entirely, only gets your mind on the smokes all the more, and encourages you to think you can’t overcome—as you see that you aren’t.

Trying to count the cigarettes all through the day and taper off, and then discovering that the number of butts in the ashtray is far too many. You forgot to keep the count going—and spaced out properly. This is because a lot of your smoking is automatically, unconsciously started. If your mind thinks that it is all right to keep on with tobacco, it will continue to do it in the routine way, which is an automatic reach and light up way.

Trying to ration yourself to one after a meal, only increases your psychological craving for the next meal to come sooner! Your nerves will get no rest. The trouble with this method is that it is almost more trouble than smoking is. All you can think about is the count or the clock. How is the pack count doing? Can I still have another today? What time is it? Is it time for another yet? Should I smoke it now—or save it till after lunch?

Then along comes an emergency and you toss out the scheduling, and go back to your cigarettes in abundance.

3. Then there is the “place a bet” method. You make a bet with someone for a fair-sized amount of money that you can stop smoking for a month or two.

4. Lastly, there is the better than bumming” method. This technique calls for going about without smokes or lights —and depending on your self-respect to not keep asking others for the “makings” needed to keep the nicotine flowing down your throat.

The experience of many others can tell you that, in most cases, the above four methods are not successful.

But there are ways that work. And in this book you will learn about them:

1. A definite plan of action that has been well thought-out, and is carefully carried out, either alone or with the help of another. A number of variations of this plan are known to succeed. Many of the best points in them will be found in the forthcoming pages. These are ideas and methods that work, and have worked for thousands. They are based on sound, practical facts and common sense.

2. In addition, in this book we are going to give you some information that you will rarely find in any “how to stop smoking” plan: nutritional information that will enable your body to work together with your will in forever getting rid of tobacco in every form.

3. There is yet another way of overcoming that you may never have known about. There is more help available to us than we often recognize. All three of these important factors are to be found in the coming pages of the book you now have in hand. Second, you must accept the fact that quitting is more than desire; it is a decision coupled with an act of the will. Mere desire is not willpower. Along with your desire to stop smoking, you will want to mobilize your willpower into a clear-cut, positive action.

Third, your decision is based on definite facts about tobacco and what it is slowly, insidiously doing to your body—and, in fact, to the bodies of everyone who lives and works near your tobacco smoke (including your children).

Now for some preliminaries to quitting:

1. Start thinking about it. Strength of will and a renewed determination of character comes even as we think about it: what is involved, what will happen if you don't quit—happen to you, to your wife or husband, to your children.

The very fact that you have read this far in this book is very encouraging. You are on the right road. You are thinking about it, getting a new mind-set on the topic. You are moving toward a decision that you will stick with.

Thinking about giving up smoking always precedes giving it up. Think about what it has done to your life already. Think about the problem it is right now. Is it really “satisfying,” “pleasant”? Is it a habit you want your sweet children to copy later on?

What would it be like to never take another smoke?

2. Make a list of reasons why you should quit. It would be best to write it right now. List all the things you don't like about smoking. Now, go over your list. You will think of some more items; write them down.

Reread parts of this book. You may want to add a few more items. Over the next few days, carry a card or slip of paper around with you. Other reasons may come to you.

And keep thinking: “I have to quit; I am going to quit.”

3. Select the right time to begin. That day will be “Quit Day, and it will not

be far off. Keep thinking about it, and get used to the idea. And, along with it, be thinking about the advantages you will gain when you do. Freedom to live a better, happier life. No more slavery to a habit that you are secretly ashamed of. A healthier, more energetic life. And a longer life than you otherwise would have had.

Actually, there are three things you could be thinking about: (1) the bad things about tobacco; (2) all that you will gain by quitting; (3) worry and fear lest you not succeed. Let me tell you this: Those who succeed—think about the first two a lot, and they do not give much attention to the third. What you think about affects you. Focus on the first two and ignore the third—and stick with the first two after Quit Day and stay off the third after Quit Day—and your future will be bright. Remember F.D. Roosevelt's famous statement in the dark days at the beginning of World War II: "The only thing we need to fear is [dwelling on] fear itself."

What is the right time to begin?

The right day to quit is the day you wake up in the morning and know it is time to quit right then. Or it is when a series of "stop smoking" meetings takes place locally. (Later in this book we will tell you how to find out when one of these stop smoking clinics will be held in your area.)

But, at this juncture, let us consider the first of these two just-right days:

Watch and wait for a day when things are going on a fairly even keel. No special problems or crises are expected for the next few days at least.

Some morning, perhaps on a weekend, you will wake up feeling especially good. You will have had a good night's sleep and you feel ready for action. Somehow the idea of stopping today doesn't seem quite as impossible as at some other times. Then and there, you tell yourself that you are through with smoking! This is it!

Quit Day has arrived.

You have studied this book; you understand the issues; you have given thought to the matter and are well aware of the serious consequences—for you and your loved ones—if you continue on with tobacco. You have made up your mind that you are going to quit —and now the day has come!

No more hot, dry, poisonous fumes in your mouth! No more of that yellow juice in your body. No more odor of burning nicotine and pyridine and aldehydes and all the rest of the hundreds of peculiar chemicals in nicotine. No more jail-cell living, chained to a tobacco leaf.

Before, you weren't prepared; this time you are. The last sections of this book are filled with worthwhile material on helping you succeed. And, whatever may have been the past, this time it will be done. You are ready this time and you will carry it through.

But before ending this chapter let me add this: Do not wait too long to

quit. If you postpone it too long, you will lose the momentum you are building up. Success in quitting requires selecting the time and then quitting.

And the time you select should be a favorable one. You know that quitting is not easy, so give yourself every reasonable advantage. Choose a time when there is not that extra tension and pressure. Try for a time when life is running more smoothly and evenly, a time when you are feeling well and up to the challenge of what needs to be done.

If an opportunity does not seem to be presenting itself, then make one! Take a long holiday weekend to get started.

For you do not need to wait till a certain morning to decide; you can decide the night before or several days ahead. Pick a convenient night to go to bed earlier than usual. Go over your lists and be thinking about what you are going to do, but do not smoke that evening. Read for a time, or listen to the radio, or do something else that is quiet and relaxing. Then go to sleep. The next morning has been selected to be Quit Day.

As soon as you awaken, tell yourself that this is it!—the day you have looked forward to.

It is really “Freedom Day.” Don’t see it as something negative, for the negative—the slavery—is behind you. Ahead is a better way of life. Sure, there will be some storms, but that’s all right. There will be a lot of bright, sunny days also. It will be a better future without nicotine.

Chapter Seven

How to Quit Tobacco - 1 Over 40 Ways to Do It

Here are a lot of pointers in succeeding. Go over them many times, now and in the weeks ahead, as you bid goodbye to the Golden Death.

J. Wayne McFarland, M.D., co-developer of the famous *Five Day Plan to Stop Smoking*, says this: “The best way to quit smoking is to stop all at once—none of this tapering-off business. The reason: It is better to have a few rough days and be through with it than to drag it out for weeks and months. Slow torture is no fun. You can make a clean sweep of this thing and do it easier than you think. It is our purpose to help you get over the craving as rapidly as possible—in fact, in five day’s time.

“After quitting, the hardest part comes in the first three days, but by the end of five days the majority of individuals find the craving definitely less or gone. Stay by it for ten days, and you make it.

“Say to yourself, ‘I choose not to smoke.’ Keep repeating your decision throughout the day from morning eye-opening through the final yawn at night. As you repeat it, be sure to mean it! In repeating the decision ‘I choose not to smoke,’ many people discover within themselves a positive, growing resistance to the physical craving for tobacco.”

Dr. McFarland is one of the nation’s leading experts in helping men and women withdraw successfully from the use of tobacco. Literally thousands of *Five Day Plan* sessions have been held all over North America, and overseas as well. Later in this book we will tell you how to contact this no-charge stop-smoking group, so that you can attend their next nearby five-day meetings. In the days ahead, keep thinking about his words: “After quitting, the hardest part comes in the first three days.” “But by the end of five days the majority of individuals find the craving definitely less or gone.”

“Stay by it for ten days, and you make it.” That’s what McFarland, an expert in getting people to quit, says. And he added to keep repeating your decision, “I chose not to smoke,” from morning till night. As you repeat it, mean it.

1. You know the issues that are involved, for yourself and your loved ones.
2. You have made a personal decision to quit,

3. You have made a list of reasons why you are quitting.

4. You will keep thinking about the issues, the decision, and the list in the days to come. This will be on your mind more, frankly, than most anything else during those first ten days.

5. Learn to depend on prayer. Only God can give you the help you need. They say there are no atheists in foxholes; everyone there prays, for life is too serious not to. You need God in the crises of life, and you need Him all the rest of the time. And just now you surely will need Him also.

6. If you are able to, find a prayer partner someone who cares enough to pray with and for you; someone who is a real friend and not just a critic.

7. Call your friend on the phone and talk to him when things get rough. The “buddy plan” is used in Alcoholics Anonymous for alcoholics, and it is used in the *Five Day Plan* for smokers. It can help you also, even though no *Five Day Plan* may be nearby.

8. Carry with you some Bible promises, written on a card or piece of paper. These can include such promises as: “I can do all things through Christ which strengtheneth me” (*Philippians 4: 13*). “But thanks be to God, which giveth us the victory through our Lord Jesus Christ.” (*1 Corinthians 15:57*). “Fear thou not; for I am with thee. Be not dismayed, for I am thy God. I will strengthen thee; yea, I will help thee” (*Isaiah 41: 10*). Believe that these premises were written just for you and your need just now. Repeat them often.

9. Dispose of all your tobacco products. Not only in relation to tobacco, but also, in other things, getting rid of the tempting article will itself serve to strengthen your resolve to be done with it.

10. Stay away from other smokers as much as possible for the next few weeks.

11. It is time for a little luxury: Two or even three times a day take a warm bath for 15 or 20 minutes at a time. Relax and enjoy it. And if you feel that you cannot stand it any longer without a smoke, just hop right back into the tub or shower. It’s pretty hard to smoke in a shower. It is medically known that part of the addiction craving that you are experiencing during the withdrawal is caused by the nicotine in your body. It is known that the quicker that nicotine leaves your body, the quicker the craving will cease. Frequent warm baths will help draw it out through the skin. (Steam baths pull out the yellow fluid even faster.)

Some people who go off tobacco report that they will sweat more than usual in the night—and that their perspiration yellows the bed sheets. This is the nicotine coming out. Warm baths and showers are a friend at this time; use them. They do two important things: They relax you from your withdrawal tension, and they help the nicotine leave your body.

12. After the bath or shower, take a “cold mitten friction.” Here is how to do it, as described by Dr. McFarland:

“It will help jangled nerves, step up the circulation, and make you feel like a million! Here is the procedure. First, get up in the morning a few minutes earlier than usual. Second, in a warm bathroom fill the washbasin with tepid or cool water. Third, immerse a washcloth in the water, then wring it out thoroughly, without dripping ends. Fourth, rub an arm until the skin begins to glow.

“Keep rubbing until the desired pink color appears, denoting an increased peripheral blood circulation. Some people discover it requires considerable rubbing before the skin turns pink, which fact often indicates the peripheral or surface blood vessels are somewhat sluggish in dilating. However, the same mitten friction applied the next morning will usually cause the surface vessels to dilate much sooner.

“Use progressively cooler water each morning in order to obtain a greater tonic effect. Do not attempt, however, to cover the entire body with the cold mitten friction on the first morning. On the second morning the second arm can be covered in addition to the first. On the third morning the sequence can run as follows: left arm, right arm, and chest. On the fourth morning the legs may be covered, in addition to the arms and chest, so that the entire body will have been covered by the cold mitten friction. Some Spartan souls find themselves eventually tossing a tray of ice cubes into the morning washbasin. A cold, vigorous mitten friction, will make you feel more wide-awake and stimulated without triggering the craving for another smoke.”—*J. Wayne McFarland, “How to Stop Smoking,” page 4.*

When one quits nicotine, the withdrawal is accompanied by a tension and a let-down. The baths help relax and relieve the tension and the brisk cold mitten frictions counteract the let-down feeling with a refreshing lift.

13. Each time you crave a drink or a smoke, begin slow deep breathing. Do it in this way: Slowly take in as much air as you can and then exhale it slowly. Repeat your resolve: “I choose not to drink; I choose not to smoke.” Silently, ask God to help you in your new resolve, and mean it. You are learning to trust Him and find in Him the help you so much need.

There is energy in fresh drafts of air. Whenever you first step outside, also take in several deep breaths.

14. Drink the equivalent of six or eight glassfuls of water each day. Do this between meals. Keep a record if needed. This is important, for the nicotine can only leave the body through body fluids. Give your body water, and then the poisons can more easily be washed out, or come out in sweat.

Drink a glass or two of water upon arising. Between breakfast and lunch take two more, and in the afternoon another two. “By substantially increasing your fluid intake during the first twenty-four hours, you may find yourself rounding the corner on craving much sooner. After twenty-four hours you can cut down on the water, but keep your intake of fresh fruit and fruit juices high.”—*J. Wayne McFarland.*

15. Take no alcoholic beverages—no beer, no wine, etc. You have started

on a new program to be the boss of your body. Handing the reins of control over to alcohol is a sure way to lose your much needed self-control. You are on a program that will strengthen your self-determination and willpower. Indulging in liquor will only destroy all you are seeking to achieve.

16. Eat all you want of fruit, grains, vegetables, and nuts. Fresh fruit just now is excellent. It brings to your body vitamins, minerals, and more of that fluid needed so much to carry off the poisons. It also has vitamin C, which works with your white blood cells to eliminate many poisonous substances in your body.

You may find that you add some weight during this time. But getting rid of nicotine is more important than the few pounds gained! Also, you are entering upon a program that is actually strengthening your willpower. You will later be able to use this new help in tackling food problems that seemed impossible before. (And remember: there is a chapter at the back of this book on weight control.)

17. Walk outdoors for fifteen to thirty minutes after each meal, breathing deeply as you go. And don't just sit after a meal, for this is the time of day that you will especially want to smoke. Instead, get outside.

18. Open up the curtains and raise the windows and let in the purifying sunlight and freshening air. There is tobacco odor all over your house. Get it out. Clean the nicotine out of your home as well as your body.

19. Avoid mustard, spices, pepper, vinegar, catsup, hot sauce, chili, and horseradish. These foods tend to arouse cravings, and this is not what you want. If you wish to eliminate tobacco, alcohol, and overeating, then you want to stay away from these foods. "When it is hot when it is cold, then leave it alone."

20. If you will skip all sweets, pastries, cake, ice cream, and chocolate during the first ten days at least, you will have far more command of the withdrawal, and will be able to carry it through successfully. Avoid the rich, sugar-heavy desserts.

Heavy smokers often like highly-spiced foods, and frequently a heavy meat diet, plus gravies, fried foods, and other rich foods. But such a diet makes it harder to say goodbye to the tobacco habit.

21. Do not use fish, fowl, meat, tea, coffee, or cola beverages. The uric acid, ammonia, purines and other wastes in meat, gives it its flavor, stimulates your nerves and steps up your craving for nicotine and alcohol. The caffeine in tea, coffee, and cola drinks can so trigger your nerves that in a matter of minutes you will have an uncontrollable desire to light up.

A well-seasoned rare steak is in itself sufficient to stimulate a strong craving to smoke. This craving may be related to the stimulating purine substances in the meat, and the increased blood ammonia absorbed from protein breakdown in the meat.

22. White, refined sugar has no calcium, phosphorus, iron, or vitamin B1. In fact, it steals several important vitamins and minerals from your body

in the white sugar-oxidation process. This includes calcium and several of the B complex vitamins which are so much needed to strengthen and calm your nerves. This is why a lot of sugar in the diet makes you more jumpy and irritable. So at this important time in your life, you are wise to pass up the rich pastries and desserts with their liberal amounts of sugar. A possible exception to this might be the use of a little sweetening between meals to help tide you over the low blood sugar problem for the first couple of weeks (see number 26, below).

23. Vitamins and minerals can really help you. More information on this will be found in a later chapter in this book. (In another of our books, *How to Quit Alcohol*, we outline ways to help you quit alcoholic beverages. Included in that book are several very helpful nutritional aids.)

24. Treat yourself while you are coming off tobacco. This may mean a little indulging during that first ten days.

25. Don't try to solve any major problems just now. Make life as pleasant as possible; keep on the positive.

26. Be thankful for the blessings you have. Name them one by one. Thank God for all you have and for all He is doing for you. And tell others also. Cravings and addictions have a hard time fastening on people who are quite happy without them.

27. Try to avoid all sedatives and stimulants just now. In this way you will strengthen and build up your nervous system more quickly. And this is what you want.

28. Some people carry a few honey drop candies in the pocket they formerly reserved for the cigarette pack. If the going gets rough, chew on some. Tobacco raises blood sugar for 2% to 3 minutes, and it is known that this is part of its addictive power. Some keep lemon drops nearby for the first couple of weeks.

29. Stay away from liquor gatherings! There are always those who try to kick the cigarette habit who then drop in to visit old drinking friends. One drink quickly leads to another and they wonder later what got them back into smoking a pack before it was all over. The liquor dazed their thinking, reduced willpower,—and they're smoking again!

30. Special tablets or other aids in kicking the tobacco habit are available and may help you. You will find them in the drug store. Some receive benefit by them; others don't.

One is gentian root. This is an herb that can be chewed. It has a tendency to remove the taste for tobacco. It should be available at your local drug or health food store.

Camomile is an herb. Camomile blossoms may be chewed between meals whenever there is a desire to smoke.

Another is silver nitrate. Some folk rinse their mouth three or four times a day with a weak solution of silver nitrate (1 part to 5,000 parts or 1 part to

8,000 parts) after eating, then spit it out.

(Here is clinical information on this chemical compound: Silver nitrate, USP, is a toxic preparation made from silver. It is primarily used as a germicide and local astringent. It is incompatible with aspirin, and sodium chloride (table salt). Since it is a poison, it must be administered only in weak solutions. Symptoms are burning in throat and stomach; rather prompt vomiting. Taken over a longer period of time, it causes "argyria," which is a peculiar bluish discoloration of all exposed body tissues. Treatment is large quantities of ordinary table salt in water, which precipitates the silver as a slightly soluble chloride; follow with egg whites, oils, and other demulcents.)

If you use silver nitrate, rinse your mouth after meals with one-half of one percent silver nitrate solution for one week; spitting it out each time. Six ounces of silver nitrate will be enough. Do not swallow any of the solution. It is almost as poisonous as tobacco. Keep the solution in a colored bottle.

In addition, there are other "stop tobacco" aids that are sold in drug stores. But no medicine can ever be a substitute for willpower. A determination to break the habit, plus the help of God in doing it, is the most helpful medicine there is.

31. The most important part of this program is prayer to your heavenly Father for help, and trust in Him to do for you that which you cannot do for yourself. If you have never prayed before, this is the time to learn. Place your will on the side of God, and determine that, with His help, you will succeed. You can never fail if you are sincerely trying to do your best and are trusting Him to give you the strength to go through with it.

32. A sweat bath once a week will help eliminate the nicotine from your system.

33. Keep in the open air as much as possible.

34. Keep your mind occupied. When tempted, repeat, "Through the power of Christ, I choose not to smoke."

35. Carrot sticks or raw celery at the close of a meal will lessen the desire to smoke. Chewing raisins helps somewhat. You may wish to carry a small package of raisins with you in your shirt pocket or purse.

36. Keep reading back over the list of items in this chapter. When the going gets rough, breath deep, send up a prayer to Heaven, and go out and take a good walk, breathing deeply as you go. Keep on with those showers or baths, and be careful to eat good, nourishing food. Keep saying to yourself, "I choose not to smoke." Then take another drink of water. If you feel you are going to break down and smoke, phone your prayer partner. He will either pray with you over the telephone, or come in person. Do not drink coffee during the time that you are overcoming the tobacco habit! The two go together. A cup of coffee calls for a cigarette. Get rid of both habits together.

37. You will notice that each time a strong craving for tobacco comes, it will greatly weaken within just a few minutes. The various suggestions outlined in this chapter will enable you to get through each of those periods of

craving.

38. Many people announce to family and friends in advance of their intention to quit. Or they may wait until the actual Quit Day to tell others of their plans. Either way, once you begin—do it with a positive enthusiasm! This is it! Done with the stuff forever! From that point onward, you are not trying to quit tobacco;—you are now a non-smoker and do not wish to have a smoke. If anyone asks, you do not say, “I am trying to get off tobacco.” Instead you say, “I am a non-smoker; No, thanks, I do not smoke.”

Use your sense of humor. Remind yourself how ridiculous it is for a person to become so dependent on a little tobacco-filled paper tube. Laugh a little at the situation, and yourself.

39. When your friends tell you it can't be done, do not become angry, but pleasantly tell them to wait and see. Oddly enough, all the derision and laughing directed at you may, at some point, be just what was needed to help carry you through to success. They say that you cannot do it (usually, frankly, because they do not think that they themselves can). All right, you shall do it anyway.

Take the initiative: Talk to your friends about your having given up smoking—and tell them the benefits that have already resulted. Encourage them to give up the weed also.

40. There may be some situations that you know are coming which you cannot avoid: certain smoking environments and people. Avoid as many as possible for the first few weeks, but those you must face, brace yourself to resist. Tell yourself it is coming and get ready to meet it. And then meet it when it arrives in a positive manner. You are not a timid rabbit. Tobacco is a thing of the past for you.

41. When you see another light up and begin smoking, and the smoke goes outward, think candidly to yourself a few tobacco facts: What a waste of time and money this is. How tasteless it is. I know! Smoke from a burning rope in my mouth, with its hot, acrid, bitterness. Continually blackening lungs that later become cancerous.

Tempted by seeing someone else smoke nearby? Not at all, for you are too preoccupied with far different thoughts; thoughts of why you remained enslaved to that habit so long yourself; thoughts of pity for the poor soul before you who is still fastened to a chain.

Those are not idle thoughts. They are very truthful, very real. For life is real . . . and so is death.

In contrast, from the very first day that you have quit, you have had your sufferings, but from the very beginning you have noticed benefits: a more energetic feeling, more alertness, better sleep at night, food now tastes better. And you know that, with the passing of time, these benefits will increase.

42. Each night, before going to sleep, get on your knees and thank God for the help He has given you that day. You know very well that without His enabling strength you could not do what needed to be done. Make this a habit in the coming months and years. Let Quit Day mark a major turning point in your life. Begin reading your Bible and praying through the day. Find others to help, for there are many around you who need a peace of heart that they do not have.

We will let Dr. McFarland conclude this chapter: “Recently a heavy-smoking business executive declared, ‘I am amazed at how many beneficial side effects there are in this plan to stop smoking.’ Whereupon he listed a number of benefits experienced through more exercise, deep breathing, and the stronger willpower to regularize personal habits. For him the plan had already paid off in an improved sense of well—being. He concluded by saying, ‘And all these benefits have come to me within the framework of giving up tobacco.’

“We believe this is as it should be. In ceasing to smoke, you are certainly not the victim of some negative decision that deprives you of a cherished habit. Instead, in the process of quitting you can open other doors leading to new avenues of altogether better living.

“Now for a word of definite warning. If you allow your willpower to drift into gradual inactivity, thus becoming careless in habits of eating, drinking, working, and sleeping, your guard will be imperceptibly but steadily lowered. Don’t forget that just beneath the surface’ lies a once well-established neuro-muscular, psychological addiction, ready without warning to unleash a savage craving to smoke.

“Keep your guard up. Your job now is to establish the habit of not smoking just as firmly as before you had established the habit of smoking. Remember, this will take time, but you can make it.”—*J. Wayne McFarland, M.D., “How to Stop Smoking,” page 11.*

And, we might add, we can know you will make it, for this time you are doing it with God. The future is always bright. . . when He is the center of it . . . and the reason for it.

AND LATER ON

Weeks and even months later, the temptation to smoke can come at moments least expected. It might be when you are in a tense situation, or when you are totally relaxed. But you catch yourself, and say, “No, I choose not to smoke.” You have said No, and in a moment or two the sudden strong temptation leaves almost as quickly as it came.

Remind yourself that were you to smoke now, you would gain little, for the very first puff would tell you that you were back with the old acrid, bitter, hot poisoned air again.

“But, then,” someone will ask, “cannot I later take a drag on a smoke safely?” No, it will never be safe. Keep reminding yourself: There is a deep satisfaction in refraining; but no satisfaction in smoking. Your only safety is to stay away from it forever.

We dislike having to bring up such an unpleasant topic, but what should you do if you ever do later slip and smoke a cigarette?

Well, what does a pilot do when he crashes a plane? He immediately goes back up in another one! If you were to slip—and that would be very unfortunate and not something to even consider doing you would immediately get back on guard, continue to fight off temptations and stay off tobacco from then on. You've successfully been through the “coming—off party” before, so you would know you could go through it again, with the help of God.

However, let us not fool ourselves: It is very dangerous to play around with temptation. Leave dangerous things alone. You do not want to fall into an on-again-off-again pattern!

Get off and stay off! Always, only, forever. That is the only way you can be happy and stay happy. And you know that to be true.

Chapter Eight

How to Quit Tobacco - 2

Vitamins that Reduce Craving

This chapter is one that you will not find in most on quitting tobacco. You are about to learn nutritional information that can help you conquer the craving for the nicotine weed.

VITAMIN C AND TOBACCO

W.J. McCormick, M.D., of Toronto, Canada, was one of the first to make the discovery that the nicotine and other poisons in cigarettes and other forms of tobacco, when introduced into the body, rapidly use up the available reserves of vitamin C.

This, of course, should not be a difficult conclusion to come to. In addition to other helpful features, vitamin C specifically works in the body to neutralize and destroy poisons. Smoking, cigars, and snuff put a lot of poison into the system, and the vitamin C is quickly used up in trying to eliminate it.

Yet, oddly enough, it has been discovered that when the supply of vitamin C is exhausted,—the body tends to crave the nicotine in the tobacco even more than before!

Dr. McCormick's first articles on this new discovery were published in the April 1952 issue of *Archives of Pediatrics*. In it, he described how he used massive amounts of vitamin C to so saturate body tissue with this protective agent, that it helped people overcome the tobacco habit.

In clinical and laboratory testing, Dr. McCormick found that the smoking of one cigarette neutralizes in the body approximately 25 mg. of vitamin C. This is the amount of vitamin C in one tree-ripened orange. But many smokers consume a pack-a-day. His first cigarette after breakfast will use up whatever vitamin C he took with the meal, if any. From then on, his body is trying to function normally on a short supply of a very necessary vitamin. On through the day he goes, using all available reserves of this crucial vitamin. Even a moderate smoker will always be extremely short on his supply of vitamin C.

But how important is this vitamin? Vitamin C is used by the body, not

only to fight toxins and poisonous substances, but it is also used, in collagen, as glue to hold the body together! For example, did you know that a slipped disc is closely related to a lack of collagen formation in the body?

In his article, Dr. McCormick considered this lack of vitamin C in smokers to be the reason they have, for example, a four-times-greater likelihood of contracting post-operative pneumonia. In connection with this, he mentioned two physicians who, by giving massive doses of vitamin C before and after operations,—no longer have any cases of post-operative pneumonia.

According to Dr. McCormick, the use of tobacco not only creates a vitamin C deficiency in the blood stream, but it also deposits toxic substances there. It is the effect of these deposited poisons in the blood stream—that sets up part of the powerful craving for tobacco.

When massive doses of vitamin C are given (either intravenously or orally) these toxic substances are cleared out of the system.

Thus, by taking large amounts of vitamin C, the body can more quickly eliminate the nicotine and other noxious poisons—and the one trying to get off tobacco can do so more easily and quickly.

THE VITAMIN B COMPLEX AND TOBACCO

Poisonous substances, when introduced into the body, cause great damage in a variety of ways. Every one knows that nicotine is a poison. Certain poisons, some of which may even be mild ones, when brought into the body, rob it of vitamins. For example, aspirin removes vitamin K, thus making people more susceptible to internal bleeding. Baking soda is an unnatural substance which robs the body of B vitamins by creating a too-alkaline condition in the digestive tract.

Smoking not only withdraws vitamin C from the system, it removes a number of the vitamin B complex as well. For example, one of these vitamins that tobacco products removes is thiamin (B1). This very important vitamin is vitally concerned in promoting the health of our nervous and digestive systems. Without it, your body cannot handle carbohydrates (sugars and starchy foods) properly. Thiamin has been called the “morale vitamin,” because a lack of it results in depression, irritability, fatigue and inability to concentrate. —Yet those are the very problems pressing on them, which are used by smokers as “pressure reason” to light up another cigarette, which, in turn, then removes still more of the “morale vitamin” from their bodies!

Because of the over-refining and chemicalization of food that has taken place in the past one hundred years, it is difficult to obtain enough of the B complex, without the added nuisance of smoking. But when nicotine is added, then the burden becomes intolerable for the body.

So, if you wish to stop being jumpy and jittery, —stop using tobacco!

(Incidentally, an almost identical process occurs when you take sleeping pills. The barbiturates in them block carbohydrate metabolism, robbing you of B vitamins and thiamin. You then become more nervous, which causes you to take more sleeping pills in the evening in order to sleep. And this results

in still more nervousness!)

In connection with this, it is of interest to note that one type of partial blindness is caused by smoking, and to a lesser extent, by taking alcohol. This is the condition known as amblyopia, a disturbance of vision usually occurring in men between 35 and 55.

“A correlation between malnutrition and the incidence of tobacco amblyopia has long been noted: deWecker commented on its frequency during the siege of Paris in 1870 and a tenfold increase was observed under the German occupation of Belgium between 1940 and 1945. Carroll has reported complete or partial recovery in 25 patients with what he terms ‘tobacco-alcohol-amblyopia’ when their diets were supplemented with the vitamin B complex or vitamin B1 (thiamin) itself.”—*British Medical Journal, March 29, 1952.*

Then there is cancer. Nutritional research teams are well aware of the fact that, in cancer research, the B vitamins are continually coming to the foreground. A diet extremely rich in the B vitamins has protected laboratory animals from getting cancer, even when they were exposed to deadly substances known to cause cancer. In contrast, the control animals, not protected by vitamin B complex, became cancerous. A number of experiments establishing these facts were carried out over a period of many years at the Sloan-Kettering Institute for Cancer Research, and were reported in *Journal of Nutrition, July 10, 1951.*

Thus, you can see that your nicotine-filled body is quite deficient in the B vitamins on the day that you announce to the world that you are quitting tobacco. So you will be wise to begin taking adequate daily amounts of the entire B complex. For this purpose, use natural vitamins from a health food store, plus fresh salads, cooked greens, only whole grain breads and grain products. Also begin taking a teaspoon of brewer’s yeast every day at meal time. Also consider taking a vitamin B complex supplement from the health food store.

Cut out any foods made from white flour or white sugar. These are also B vitamin thieves. No cakes, white bread, soft drinks, chewing gum, doughnuts, or other foods containing processed white sugar or white flour.

Faithfulness in doing this will do two great things for you: (1) You will be able much more easily to successfully stop using nicotine (and coffee and alcohol also). (2) You will much, much more quickly and thoroughly rebuild your body and retain health that you had earlier lost.

Here is something very important to keep in mind: The nutritional aides which will help you quit smoking—are the very nutrients that will help you stay off of it and maintain better health in the years to come. So do not just live more healthfully for ten days; do it for the rest of your life!

Chapter Nine

How to Quit Tobacco - 3

Experiences of Others

Here are several experiences that others have had in overcoming the tobacco habit. They will provide you, not only with encouragement, but also helpful information not mentioned elsewhere in this book.

HOT WATER WITH LEMON JUICE

“I chewed and smoked for forty years. When I was 62 years old the M.D. was treating me for anemia, heart trouble, kidney trouble, bowel trouble, and then he told me my prostate gland was enlarged. By then I was down to skin and bones and weighed only 120 lbs. Being barely able to drag around, I told him I was going home to die without his help.

“Two years later I went back and he went all over me and said, ‘What in the world have you been doing? There’s not a thing wrong with you.’ I weighed 160 lbs. and was working hard every day. I am 69 years old now and got the best health I ever had.

“Here is how I got rid of tobacco. After a meal, craving for tobacco is worst,—so I decided to go hungry for a few days. The first thing in the morning I drank a quart of hot water with lemon juice and then I started eating very light for a few days, but kept up drinking a quart of hot water every morning one half hour before breakfast and still do. That is one habit I will never quit.

“I also quit tea, coffee and all soft drinks; also liquor of any kind; white bread and white sugar.

“I don’t think anybody could love tobacco any more than I did. I tried to quit several time, but had no luck until I tried washing it out with water.”

You will notice in the above experience, that the individual went on fruit juices alone for several days. About twenty years ago, the present writer read the story of a man who was hitching rides on freight cars across the country, and was accidentally locked in a car containing oranges. For about three days, that was all he had to eat. When released, he found he had no more taste or craving for tobacco. By that three-day fast, while loading up on oranges, he cleaned out his body while filling it with vitamin C.

FRUIT & VEGETABLE DIET

“I quit smoking quite by accident, after smoking for almost 30 years. About two years ago, I went on a fruit and vegetable diet. I go on one every year, but this time I stayed on it longer than ever before. When I was done, I noticed I didn’t care for the taste of cigarettes so very much. I found I would light one and only take a few puffs of it, then lay it to one side. So one evening I said to my husband, that was the last one I was going to smoke. He laughed at me and made a bet that I couldn’t go a week without smoking. I won the bet and it will be two years in September that I quit. I no longer have a desire for cigarettes. In fact, I hate the smell of tobacco.”

In several of the following experiences, you will note the importance of drinking water when the craving comes; also the importance of keeping the hands busy doing something. This is good. Keeping the hands busy keeps the mind busy. And soon the withdrawal days are past.

FOOD SUPPLEMENTS & KEEPING BUSY

“I want to tell you what I learned from my experience in quitting smokes. I think it is virtually impossible to quit unless there is an attractive positive appeal in doing it. Some gain right now. Fear of future ill health is not as strong an appeal as the almost-immediate improvement in present health.

“It seems hard for a smoker to realize that it is a real pleasure to be a non-smoker. But accepting that fact will help him quit. Not only do foods taste better, but one’s sense of smell is keener, and there is an absence of all the unpleasant minor irritations that smokers put up with. A person simply feels better in general tone.

“I don’t know a better way to bring about an honest-to-goodness desire to quit smoking and feel better than by getting serious about eating a healthful diet, particularly rich in food supplements with their extra vitamins and minerals; and understanding what the benefits will be. In the light of this approach I gradually felt ashamed of smoking, began to dislike it, and finally was willing to hold myself to the task of quitting.

“I can offer a few pointers, based on my experience and my observations of a few others whom I’ve seen fail to carry through. The first few days were relatively easy. Then the cravings began. I staved them off by eating various things, particularly sunflower seeds and dried apricots. Sometimes I found that doing some work with my hands took my mind off the craving. I remember that my throat, nasal passages, and mouth would involuntarily crave to go through inhaling motions, as if the muscles and tissues of these regions had developed a set of habits, which they insisted on repeating. I wonder if the tenaciousness of the tobacco habit isn’t centered in this area of the upper respiratory tract. The habit of inhaling seems soothing to these tissues and muscles because of the extreme repetition, and gradually it is relied on to help overcome any tenseness. This may be why people who try to quit smoking find that eating is a real aid—the swallowing tends to satisfy the habit-demands of the throat.

“Besides eating or using my hands, I found it beneficial whenever I felt

like having a cigarette, simply to postpone it, mentally, for several hours. For example, if I wanted a cigarette at one o'clock after lunch, I would tell myself, 'I won't seriously consider the problem until 4:00: This actually worked, and enough postponements of course will take one through many days. Two weeks seemed the length of time it took to get out of the stage of wanting a cigarette. After this, I felt it became increasingly easy to ignore the urges, and within a month I felt confidence in permanently having dropped the habit. In less than six months it was as though I had never smoked at all. I have noticed more than once that the period at the end of two weeks is critical. If one can hold out three weeks, I think his chances are good."

THREE-DAY FAST

"The more cigarettes I smoked the more addicted I became, like anyone else. After five years of this I began to realize my mistake and tried to quit the cigarette habit. No soap! I don't know whether you would call it lack of will power or not, but I tried everything. "This went on for about 10 years. It was a fight against the slavery of tobacco. I began to lose weight as a result of loss of appetite. My ambition went along with it.

"Somehow an older friend persuaded me to forsake all food and tobacco for three days. Taking into my body only water. I did this. The first day was tough, no food or tobacco, just water and plenty of it. The second day I became weak and had to cut down on activity. The third day I was weaker and noticed quite a loss of weight, but drinking as much water as I could. Every time I began to hunger either for food or tobacco, I would take a glass of water, then this would leave for a while. The morning of the fourth day I began to start back on regular diet, starting with juices, then soups, then vegetables. I attempted to smoke a cigarette but became nauseated even though my body craved it. I tried again and again but became nauseated. After I got back on regular diet the fifth day, I began to feel better and better. At the end of three months I weighed 15 pounds over my highest weight level before the fast. Today I feel better than I did at 16. My weight maintains a perfect normal level and my vitality is at its highest. 'I haven't smoked a cigarette in four years."

SCARED OUT OF IT

"I literally had smoking scared out of me. I was entertaining over the weekend just three years ago, and my guest, observant of my chain smoking, told me of a friend of hers who had been a smoker and had been bothered with pounding of the heart—she gave up the smoking and the pounding disappeared. This sounded good to me because, as it happened, I had been plagued with a pounding, racing heart for about a year and a half. I quietly took my last cigarette that weekend, and have had no pounding of the heart ever since, and what a relief! "

IDEAS THAT WORK

“Tapering off is usually disappointing. I tried it many times and the effect is demoralizing. Deciding to go through with a do-and-die determination, was the way I did it. Many another person has succeeded, and it is one of the educational experiences of life I’m glad I did not miss.

“Do not drive yourself wild by throwing away the pack. Keep it handy so that you will know at all hours that you can help yourself, but don’t. After a year that pack will be a nice souvenir. Nothing can make a smoker as frantic as knowing he is miles or hours from relief. Keep you next smoke nearby, but be stubborn enough not to touch it.

“During the first few days the reactions will amaze you. I busied myself with writing down the symptoms of my cure, as they took place. You will be amused by the strange changes taking place within your body. Your appetite will be ravenous. Give way to it. Keep an ample supply of nuts, fresh fruit, juices and various favorite snacks on hand. Don’t force yourself to wait until meal time arrives, for by then you will be famished. Each time you need an increase in your blood sugar [which tobacco temporarily gives] try a snack. Sure you will gain a little weight, but in a few months it will be gone again. I went from 181 to 196 during the first six weeks but at the end of the first year I was again at 185. The change was not serious, nor did I diet to lose the excess. When my body was entirely adjusted, it disposed of the excess weight.

“Since quitting, I’ve had fun encouraging others to quit, and I’ve learned a lot from my own and their experiences.

“A good time to stop smoking is during the summer months. When I felt the need for another smoke, I ate a bunch of grapes, a peach, half a cantaloupe, a pear or some plums. For variety one can have nut meats or sunflower seeds. Eat plenty of green salad prepared with sprouts which supply much vitamin C. Keep your body in top-notch condition while you are quitting by using complete vitamin dietary supplements. The greater your vitality the easier it will be for your body to take the changes that are taking place, and rid itself of nicotine and coal tar which has accumulated in every cell.

“You will have trying times. A little noise will have you on edge nervously. You may want to gulp your food if it is too long between meals. There may be some nicotine fits. Often you will want to sleep during the middle of the day, but those symptoms will pass as your body adjusts to its new unpoisoned freedom. You will sleep like a baby, a good baby, and an extra hour or two a night will help. You will rise refreshed as you have not been since you started your smoking career.

“Another good technique is to keep yourself busy, especially during the first weeks. Lean heavily on your favorite forms of recreation, and choose a few jobs, such as painting the house, which can keep you occupied until bedtime. You’ll get rid of much nervous energy in that way. Keep your mind as well as your body occupied and you will have less time to feel sorry for yourself and be tempted to have another smoke.

“If you have smoked for many years you have forgotten how good food can

taste. After a few days away from tobacco your taste buds will revive and thrill to the delicious flavor of foods you thought were tasteless. You'll chew them well and savor them, for they have nice flavors which you have missed if you've been smoking for years.

"You'll be amazed when you no longer have to drag yourself from bed in the morning. With zest you will meet the new days. You can chase buses without panting and your heart won't pound when you climb a flight of stairs. You will enjoy a new feeling of freedom, accomplishment, and mental alertness. Ideas will flow more easily. You will have more interest in doing things, starting new projects, and carrying them through to completion. Your mental perceptions will be sharper.

"It's been almost four years now since I quit. The desire for tobacco is gone. The smell of it has no appeal, I am simply indifferent to it. It is obvious that those who smoke cannot know the feeling of well-being the non-smoker has. I feel sorry for them.

"As much as anything, smoking is the need for something to do. If your hands need something to occupy them, take up knitting, or doodling, drawing or whittling. If you need an injection of sugar in your blood, try snacking on vitamin-rich fruit. You'll get the lift which will carry you through. As soon as possible, forget that you quit smoking, forget that you ever tasted tobacco, and your mind will cooperate. In a few months you will not give it a thought.

"Better health will be yours after the experiment. Your stamina will improve. You will find you can work harder and play harder without tiring. Since tobacco depresses the blood vessels and restricts circulation, after you stop smoking you will discover you are warmer on those cold days when you used to freeze. Your breath will not offend as many people as when you were smoking. Your eyes will clear when you have taken that irritating tobacco smoke away from them.

"More power to all who have the will to stop. Life is more pleasant and exciting without the weed."

A Word about Overweight

Several times in this book we have discussed the relationship of weight to tobacco. In summary, it generally works this way:

1. Smoking will keep your weight somewhat lower. But smoking must be stopped or you will experience far worse troubles than weight.
2. When you quit tobacco, your weight will tend to go up a few pounds for several weeks. But you will have so much more energy available to you, that it will not be difficult to have added only a fairly small amount—and perhaps be able to take off that extra that was added.

Here, briefly, is some additional information on this topic:

Body metabolism works at a slower rate when you cut out the use of nicotine. This means that you will not bum up your food so rapidly. On the other hand, the food will begin to taste better. Also, because you have had something in your mouth for years, you will be tempted to eat between meals.

So on one hand we have a better taste for food and a temptation to eat between meals. And on the other, we have a slower, steadier metabolism coupled with a decided increase in energy and capacity for more exercise than before.

The solution is (1) a careful, nourishing diet; (2) resisting the temptation to overeat; (3) increase the amount of exercise you are obtaining each day.

“The obese state in its simplest form represents an imbalance between caloric intake and caloric expenditure. The available evidence suggests that most obesity in most instances represents a combination of increased food intake and decreased energy expenditure.”—*Dr. George Bray, “Postgraduate Medicine,” May, 1972.*

The obvious solution is less food in and/or more energy out. “In my clinical experience the most striking examples of prolonged weight loss have been seen in grossly obese patients who voluntarily undertook regular and vigorous exercises.”—*Ibid.*

Another factor that should be considered is that of low blood sugar. Some people have a tendency to eat too much, and that drives their blood sugar up; then it takes a nosedive and falls too low—and, feeling that starvation faces them, they eat some more.

The solution here is to eat a careful diet, and only at regular mealtimes. Each meal should be moderate in sugar intake. Part of the problem is developing a habit of eating too much food and/or too many sweet things at a

meal. The answer is to keep each meal moderate. And then after the meal, walk, work, exercise. Don't just sit around.

At mealtime, you want to eat the most nourishing food that will satisfy with the smallest amount, provide few refined sugars and starches, and yet provide you with the most energy for the exercise you need after eating.

Eat a good breakfast, and let your evening meal be the lightest. But if you have a weight problem, one of the simplest solutions is to skip the evening meal. Follow the other suggestions in this chapter, and skip suppers, and you will probably do as best as you are able to do, given your particular physical and employment conditions.

Eliminate or reduce free sugars, such as commercial sweetened cereals, sugar on breakfast foods (sprinkle with raisins instead), regular deserts (such as ice cream, cake, pie, candy), soft drinks (use fruit juices instead—but not commercial fruit drinks). Use fresh fruit rather than canned fruit.

Eliminate or drastically reduce intake of animal fat, including meat, grease, dairy fat, cheese, and butter. Avoid the use of margarine, vegetable oils, and oily salad dressings. Be selective about spreads for breads, and use them only in small quantities. Olives and avocado in small amounts are excellent.

Avoid refined cereals and white bread. Instead use unrefined cereals, brown rice, and whole-wheat bread. Use cooked cereals rather than dry cereals.

Most baked goods are high in fat and/or sugar. Be cautious about their use.

If you eat eggs, do not use more than three a week.

Do not use any alcoholic beverages. Do not drink coffee, or any product containing caffeine.

Get adequate rest, sleep, fresh air, sunshine, and pure water. Maintain a regular and moderate exercise program.

Chapter Eleven

Give Your Children the Facts

Every day nearly 4,500 boys and girls light their first cigarette. And you know what happens after that! They are so eager to light up, for they think that somehow it will help them grow up.

Roger Babson, the famous statistician, made this comment: “When America’s keenest minds are using the newspapers, magazines, movies, and radios to entice youth to drink whisky, smoke cigarettes, and make heroes of criminals, those youths should have the other side of the argument from someone.”

You are the best person to tell them what is ahead if they begin smoking.

One tobacco company used this slogan: “When tempted to reach for a sweet, reach for a cigarette instead.” Tell your girls that, whereas sweets cause pimples,—cigarettes will rapidly age their youthful skin so that by the time they are twenty, they will look thirty-five. Tell them to reach for oranges and fresh fruits instead.

One news editor, writing in a music and drama journal, deplored the fact that famous artists receive thousands of dollars to let their picture be shown on a cigarette ad. “I know of some endorsers of cigarettes who have never smoked in all their lives,” he added.

When the tobacco advertiser came to Sonja Henie, at that time the world’s champion figure skater, he told her: “You don’t have to put one in your mouth, but we will publish your picture and give you \$2,500.” Her response was: “I don’t smoke. I won’t take your \$2,500. I am ashamed of women who smoke.”

A United States Surgeon-General said this:

“If American women indulge in the [tobacco] habit, as reports now indicate they are doing, the entire American nation will suffer. The physical tone of the nation will be lowered. This is one of the most evil influences in American life today. The habit harms a woman more than it does a man.”—*Hugh S. Cummings, U.S. Surgeon-General.*

Joseph Byrne, Managing Director of the National Beauty Shop Owners Convention, made this comment: “The features of women who smoke grow coarser as the nicotine habit fastens on them. Their skin becomes taut and sallow. The lips lose their rosy color. The corners of the mouth show wrinkles. The lower lip shows a tendency to project beyond the upper lip. The eyes acquire a stare, and the lids rise and fall slowly.”

Tell us the last time a cigarette-smoking girl won the “Miss America” contest. You can’t, because it never happens.

Smoking also tends to make young women coarse and mannish, and it injures the voice. Madame Schumann-Heink was considered to have one of the most marvelous singing voices in her time. At the close of a concert at a women’s college (Smith College, in Northampton, Massachusetts), she was asked for an encore —another song. Instead she gave them something better:

“Now listen, girls, don’t be disappointed, for I am going to talk to you now, not sing. I have something very important to say, and it will do you far more good than another song. I don’t want to talk to your mothers or your fathers or your grandfathers. I just want to talk to you young girls. It is about cigarette smoking. I want you to know that I never smoked in all my life and I never will. I think and say it with all my heart that it is a crime that you children are poisoning your young bodies by smoking cigarettes. Why do you do it? What the men are doing is none of my business. I am speaking to you girls as a woman, a mother.”

Daniel H. Kress, M.D., tells of a boy who was brought to his Detroit medical clinic. He had the appearance of a lad of nine years of age. Defective both physically and mentally, he was asked by the nurse, “How old are you?” “Fourteen,” he replied. To her next question, “How long have you smoked?” he replied, “Since I was two years old. “ “Who taught You to smoke?” “My brother.” Horrified, the nurse said, “Your brother! Your brother ought to be in jail.” The boy replied, “He is.”

Boys idolize sports athletes. But any athlete that would sell his name or picture to the tobacco companies for their advertising—is a traitor to those boys. W.W. (Bill) Roper, former football coach at Princeton University, said, “I know of nothing that has exasperated me more in my entire twenty-five years’ experience with football than the flaming billboards with the pictures of several ex-football players, coaches, and officials advertising cigarettes!”

A tobacco company sent their advertising agent over to see John Wagner, a veteran Pittsburgh shortstop. The man was very eager to obtain permission from Wagner to print his autographed photograph on little cards that could be inserted in cigarette packs. He offered Wagner five hundred dollars for the use of his name; then a thousand dollars. Finally he handed him a blank check—and told him to write in his own amount.

“No,” said Wagner. “Why not?” asked the amazed tobacco agent. “I thought all ballplayers were money crazy.” Wagner replied: “I’ll tell you, It isn’t worth the money to me to encourage any boy to smoke cigarettes. If my name and picture on a card will have that result, I am not going to sign up, no matter how high you go with your offer.”

Do you want to become a great athlete? Ask “Red” Grange, the famous football player. He has some advice for you. Here it is: “You cannot drink and smoke, and expect to succeed as an athlete.” The cigarette agents came to Jack Dempsey with an offer of quite a bit of money if he would only give his

endorsement to their brand of cigarettes. "You could not get me to sign that for ten times what you offer," he replied. "I do not smoke cigarettes, and never did. Do you think I am going to ask the thousands of young boys who read about me to take up cigarette smoking?"

Speaking about tobacco advertising, Lieutenant Commander Gene Tunney, former heavyweight boxing champion of the world, at that time in charge of the U.S. Navy physical training and athletics program, said this: "I've always opposed the pernicious advertising that extols the 'benefits' of tobacco using. Such misleading advertising I cannot rap too hard. It is dangerous, particularly to our 35 million young people. To contract the tobacco habit when the growth factors of the body are exerting themselves to their maximum is to handicap oneself physically and mentally for life."

At the time when Gene Tunney gave the above comment, Joe Louis was the world heavyweight boxing champion. Gene then said this: "It's many years since I retired from the heavyweight championship. But here's a challenge: If Joe Louis will start smoking, and promise to inhale a couple of packages of cigarettes every day for six months,—I'll engage to lick him in fifteen rounds."

And then he added, "Of course, Joe wouldn't be foolish enough to meet my terms. No boxer, no athlete in training smokes. He knows that whenever nerves, muscles, heart, and brain are called upon for a supreme effort, the tobacco user is the first to fold."

When the writer of this booklet was a boy, there were only about twenty poisonous chemicals known to be in nicotine. Years later, about 200 had been discovered. At the present time over 3,000 chemicals have been found by scientific researchers—and 2,000 of them are strong poisons. It is remarkable how many toxic chemicals are in a tobacco leaf!

Consider just one of them: furfural. This chemical acts upon the undeveloped brain cells and nerve tissues of young people who use tobacco in any form. It degenerates their brain and nerve cells. Furfural is found in liquor as well as in cigarettes, but the *Lancet*, a British medical journal, says that there is more furfural in one cigarette than in two fluid ounces of whiskey.

Thomas Edison, the famous inventor, analyzed cigarette paper and found that, when burned, it produced a substance called acrolein. As a result of careful research, Edison said this: "It [acrolein] has a violent action on the nerve centers, producing degeneration of the cells of the brain, which is quite rapid among boys. Unlike most narcotics, this degeneration is permanent and uncontrollable [unreversible]. I employ no person who smokes cigarettes."

Arnfinn Bergmann, an Olympic ski-jumping champion, said this of tobacco: "Jumping is a sport of concentration. The jump itself only lasts a few seconds. It is therefore necessary that the ability to concentrate is not weakened and dulled by tobacco and other bad habits."

Australian tennis star Frank Sedgman gave this comment on his path to success: "When I took up tennis I decided definitely not to smoke. I sincerely

believe that if a young person wants to achieve, he should not indulge in this hurtful practice.”

Henry Ford, inventor of mass production methods and one of the two largest automobile firms, said this: “The world of today needs men, not those whose minds and will power have been weakened or destroyed by the desire and craving for alcohol and tobacco, but instead men with initiative and vigor, whose mentality is untainted by habits which are oft times uncontrollable.”

At the turn of the century, America only consumed the equivalent of 50 cigarettes a year per capita; now it is about 4,500. A farmer was asked how he succeeded in having such a fine flock of sheep. He replied: “I take care of my lambs.” It is time that we take better care of the lambs in America. And the place to start is with the children and youth in your own home.

The most important influence in your child’s life is you. Your personal attitude toward smoking has a powerful influence on him.

We need to change the air of permissiveness and acceptability that surrounds smoking; we need to change the common view of the cigarette smoker.

Cigarette advertising plays heavily on adolescent minds. Our youth see the ads showing healthy young men splashing out of seaplanes onto Alaskan shores, strong men and beautiful women with cigarettes between their fingers.

What should you tell those young people?

Quietly rib the commercials and the ads. Show the fakery. No one is quicker to sense phoniness, when it is pointed out to him, than a teenager. It is a fact that beautiful women do not smoke cigarettes; only the others do. It is a fact that strong, unusually healthy men don’t either. Once a person begins the nicotine route, he starts heading downward. The pre-teeners and teenagers in your home are quick to recognize such facts, when you point them out to them. Believe in their intelligence and don’t talk down to them. Describe smoking as the health menace that it really is.

The adult world—of smokers and non-smokers alike—is well aware of the immense problem that tobacco is in personal life; but the teenagers need to be told before they acquire the habit. Together, with them, look through some articles and publications that show what nicotine does to the human body. One mother brought home a set of mugs, and painted on each the name of a different poison: arsenic, cyanide, hemlock, cocaine, and nicotine. Sure, it was something to laugh at each time they used these cups, but her teenagers got the point.

Your young boy, longing for manhood, may tend to look up to smoking as the mark of the suave man of the world. Casually point out to him that some psychologists maintain that men who smoke are actually less masculine and more neurotic than nonsmokers. Psychiatrists compare the habit to thumb-sucking, a regression to infancy. Explain what happens to sports heroes who smoke. Outstanding athletes know they cannot keep fit and smoke too.

Your young girl may see a cigarette as a symbol of glamorous womanhood and a way to attract the opposite sex. Gently ask what's the use of perfume and primping, if her breath smells like tobacco and her teeth are stained with nicotine. Explain to her how nicotine rapidly ages the appearance of the skin. Does she really want to look 38 by the time she is 25?

Most girls want to eventually get married and become mothers. Tell your girl the facts given earlier in this book about the effects of smoking on fetuses and infants of smoking mothers.

And to both your boys and girls, tell them that their bodies belong to God. Only as they keep their body temples clean and pure, can they fulfill His will for their lives. This life is only part of eternity. We must accept Jesus as our Saviour and obey the Ten Commandments. Bible religion is our only passport from this life to eternity in heaven.

Perhaps, as you talk to your child or teenager, he may ask why you started smoking years before. Find your own way of saying, "Be smarter than I was. Don't start!" He knows that you have quit, or are trying to do so. He will understand. Push the action button against teenage tobacco. It is one of the deadliest threats to the future health and long life of our children and youth. Begin at home. Talk frankly and earnestly to your children and teenagers. Quit the habit yourself. What you do right now about tobacco may affect their entire future.

Chapter Twelve

Adding a Better Way of Life

This book has provided you with one of the most complete collections of information on how to quit alcohol that you can find in a small book anywhere. But getting a problem stopped is not the full solution; you also want to add a better way of life in its place.

This present chapter is going to tell you how there can be brought into your life a far deeper happiness than you may ever have experienced before. The information below is just as solid and useful as that which you have already studied. You will want to read it carefully.

All about us we see abundant evidence of the love of God. It is shown in the, beautiful things He has made, and how carefully they have been adapted to supply the needs and happiness of all His earthly creatures. Nature teaches us that it is God. Who provides for us, and that, as we come to Him, He can give us that which we need in order to love and obey Him. Back in the beginning, man was perfectly happy, holy, and in harmony with God. There was no blight on nature, and man talked face to face with His Maker.

Then sin entered, as man, tempted by Satan, ate the forbidden fruit in the Garden of Eden. It may seem a little thing, but it was disobedience to the express will of God. Yet our heavenly Father continues to seek us. If you will but stop a moment and think about it; He has been trying to reach you for years.

The problem is that Satan tempts men to think that God is severe, harsh, and cruel. Yet this is not true. Your heavenly Father loves you with the deepest love. For years He has guarded you, though you did not know it.

It was to reveal His love to man that God sent His own Son into the world. Encouraging, healing, and helping people find a better life: this was the earthly life of Jesus—a life obedient to the will of His Father and continually revealing the character of God to mankind. “He that hath seen Me hath seen the Father,” He said (*John 14:8-9*).

Love, mercy, and compassion were revealed in every act of His life, for His heart went out in tender sympathy to the children of men. He took man’s nature that He might reach man’s wants. The poorest: humblest, and most sinful were not afraid to come to Him. Even little children loved to be near Him.

His life was one of, self-denial and thoughtful care for others; because every soul was precious in His eyes, He bowed with the tenderest regard to every member of the family of God. In all men He saw fallen souls whose it

was, His mission to save.

Take a Bible and open to one of the four Gospels (Matthew, Mark, Luke, or John), and begin reading. There you will find the character of Christ revealed in His daily life. His purity and kindness is the character of God. It is in the Bible that we find the principles of godliness, the pathway to heaven.

It was to redeem us that Jesus lived and suffered and was crucified. He became “a Man of Sorrows,” that He might be made partakers of everlasting joy. God permitted His beloved Son to come from a world of indescribable glory—to this dark world blighted with sin—so that we could be delivered from sin and enabled, by His grace, to obey the laws of God.

As you begin reading in the Bible, behold, Him in the wilderness, in Gethsemane, upon the cross. The spotless Son of God took upon Himself the burden of sin. He who had been one with God, felt in His soul the awful separation that sin makes between God and man. This separation, and the burden of sin, broke His heart.

Yet this great sacrifice was not made in order to create in the Father’s heart a love for man, so He would be willing to save us. No, no! “For God so loved the world, that He gave His only begotten Son.” John 3:16, The Father loves us, not because of the great sacrifice, —but He provided the sacrifice of His Son on Calvary because He loves us! Through Christ, God poured His love upon mankind. To Christ we can come and seek forgiveness of sin, and enabling power to obey. And by remaining with Him, day by day, we can look forward to eternal life with Him in the glories of heaven.

Was it worth it for God to do this? Yes, it was well worth it—even if only one person would have accepted the great salvation. Just now, though many others may refuse it, you can come to Him and receive forgiveness, peace with God, and strength to obey His Inspired Word, the Holy Scriptures.

Only Jesus could accomplish our redemption, but many do not realize why: For only One equal to the Law of God—the Ten Commandments—could die to meet its claims and enable man to obey it. Jesus is fully God, and equal with the Father. He died so that you could live through eternal ages with Him. The Father loves Christ all the more because He did it, because the Father also loves you.

Beholding the depth of that love, men and women down through history have wept as they discovered it. Coming to God, they have found peace with God as they had their sins forgiven, have put away their bad habits, and become servants of God. That love has enabled them not only to live clean, honest lives, but to remain loyal to their God in the face of ridicule, persecution, and even death.

It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil and, without the help of God, we cannot change them. There must be a power from above to work inside of us and strengthen our resolves and our will. That power is Christ. His forgiving, enabling grace alone can awaken the lifeless faculties of the soul, and

attract them to God and godlike living. Only He can strengthen us to stop sinning. Yet only we can make the choice to come to Him day by day and let Him give us that strength.

This new life begins with the New Birth. Jesus said, "Except a man be born from above, he cannot see the kingdom of God" (*John 3:3*). This means that unless he shall receive a new heart, new desires, purposes, and motives, all leading to a new life, a person cannot find peace with God, deliverance from sin, and eternal life.

It is not enough to see our condition, or even the love of God; we must bow in agony of sorrow over our sins and how they cost the life of God's own Son. We must come to Jesus in heartfelt grief—and plead with Him for forgiveness, acceptance, and purity of heart.

Many resist the love of Christ and are lost. They are content with their own condition. But if we do not resist the drawing power of that love, we will be convicted of our sins—and will be drawn in love and sorrow for the way we have treated Him, to the One who died and liveth again—that we might have eternal life. You who in heart long for something better than this world can give, recognize this longing as the voice of God to your soul. Ask Him to give you repentance, to reveal Christ, in all His love and purity, to you. It is as we behold Him that we see the sinfulness of our own hearts and come to Him in true repentance for sin and a turning away from it.

But do not make the mistake of many: If you see your sinfulness, do not wait to make yourself better before coming to Christ! Come to Him now, just as you are. In Him you will find the, answer to all your problems. Begin walking the journey of life with Him. You will be continually astounded at the courage, comfort, and help that He can give you day by day. But do not delay in coming. Satan will tempt you to think that you need to wait a day or two; yet during the delay he will present all kinds of reasons why you should not give your life to Christ. The devil will hold out his trinkets to you; you know how it works. A little quick pleasure and back to the old misery afterward. But now you want to be done with all that. You want to start a better way of life, a life of clean living with God.

You are tired of your past life of sin and failure, You want peace with God, and forgiveness of sin. You would rather serve God than live for yourself,—and so you come, now, to Jesus. And you find that you have entered upon a life of the deepest happiness you have ever experienced. There is nothing on earth that can bring you the peace of heart that God can give you.

Do not imagine that you will not have problems. Satan will continue to bring them through circumstances, friends, and associates, just as he has done before. Yet you will find that you now have new help in coping with difficulties, definite guidance in meeting them, fresh strength in recognizing and resisting the approach of sin.

But let no one tell you that it is all right to disobey God. It is never right and it is never safe. By faith, cling to Christ all through the day. The secret is

in finding Him in the morning, in prayer and study of the Sacred Scriptures. And then in walking, hand in hand, with Him all through the day. The Bible says to “pray without ceasing.” That is a habit worth developing. But, again, begin each day by coming anew to God, surrendering your life to Him, and dedicating yourself and all you have and are to Him.

Sometimes Satan will come and tell you that you are a great sinner,—but tell him that Christ Jesus died to save’ sinners! Apart from Christ, you are lost; but clinging to His hand, moment by moment, you can make it safely along the path of life, strewn as it is with so many temptations.

We come to God with a genuine sorrow for sin, and this sincere repentance is followed by a reformation in the life. Many changes are made as we study God’s Word and bring our lives into conformity to it. For in giving ourselves to God, we must necessarily give up all that would separate us from Him. But it is really no sacrifice to yield our plans, our habits, our desires, and our lives to Christ. Just think of the sacrifice that He made for you! And the only things that we have to give up are things that can hurt us. God does not require us to give up anything that it is for our best interest to retain. We do ourselves the greatest injury when we think and act contrary to the will of God. Following paths forbidden by Him can never bring joy or peace.

The important question is this: How am I to make the surrender of my life to God? You desire to give yourself to Him, but you are weak in moral power, in slavery to doubt, and controlled by the habits of your life of sin. Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses; your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity and causes you to feel that God cannot accept you. But you need not despair. What you need to understand is the true force of the will. This is the power of decision, the power of choice. It is the governing power in the nature of man. Everything depends on the right action of the will. God has given you this power of the will; you must use it. But you must realize that, without the help of God, you cannot use your will aright.

But you can choose to give your life, your affections, and your will to God. He will then work in you, to strengthen you to resist Satan’s temptations.

He will enable you to overcome sin and come off conqueror, for He “is able to keep you from falling, and to present you faultless before the throne of His glory with exceeding joy” (*Jude 24*).

God will, by His Holy Spirit, work in you to will and to do according to His good pleasure (*Philippians 2:13*). Submitting to God and resisting sin in His strength will bring your whole nature under the control of His Spirit, and your affections will be centered upon Him, and your thoughts will be in harmony with Him. This is what you want for your life, is it not?

Desires for goodness and holiness are right as far as they go; but if you

stop here, they will avail nothing. Many will be lost while hoping and desiring to be Christians. They do not come to the point of yielding the will to God. They do not now choose to be Christians.

Through the right exercise of the will, an entire change may be made in your life. By yielding up your will to Christ, you ally yourself with the power that is above all principalities and powers. You will have strength from above to hold you steadfast, and through constant surrender to God you will be enabled to live the new life, even the life of faith.

The New Birth is a dying to sin and a living to Christ. The Apostle Paul died anew every day ("I die daily," he said (*1 Corinthians 15:31*). Every morning he rededicated His life to God and died anew to sin.

The New Birth is experienced as you come to God. You cannot atone for your past sins; you cannot change your heart and make yourself holy. But God promises to do all this for you through Christ. You believe that promise. You confess your sins and give yourself to God. You will to serve Him. Just as surely as you do this, God will fulfill His word to you. If you believe the promise,—believe that you are forgiven and cleansed,—God supplies the fact; you are made whole, just as Christ gave the paralytic power to walk when the man believed that he was healed. It is so if you believe it.

Do not wait to feel that you are made whole, but say, "I believe it; it is so, not because I feel it but because God has promised."

Henceforth you are not your own; you are bought with a price,—the precious blood of Christ (*1 Peter 1:18-19*). Through this simple act of surrendering and believing, the Holy Spirit has begotten a new life in your heart. You are as a child born into the family of God, and He loves you as He loves His Son.

Now that you have given yourself to Jesus, do not draw back, do not take yourself away from Him, but day by day say, "I am Christ's; I have given myself to Him;" and ask Him to give you His Spirit and keep you by His grace. As you first found Him, so live in Him.

Thousands fail because they do not believe that Jesus will pardon them personally, individually. They do not take God at His Word. But it is the privilege of all who comply with the conditions to know for themselves that pardon is freely extended for every sin.

Do not yield to doubt. Read the rich promises of Scripture and believe them. Memorize them; repeat them to yourself and others through the day. Do not doubt and tremble, but look up—for Jesus is making intercession for you in the Sanctuary in heaven. Resist doubt with thanksgiving and an active helping of others. Thank God every day for the gift of His dear Son. Come to Him continually, cling to Him, praise Him. Share all your sorrows and joys with Him. And obey Him.

Whom do we love the most? If we love Jesus above every earthly thing, He will have our sweetest thoughts, our warmest affections, and our best energies. We will desire to speak to Him and speak about Him to others. He will

have become the center of our life.

When we are with Jesus, every burden becomes light, duty becomes a delight, and sacrifice a pleasure. We love to obey Him.

The Bible reveals God's laws of right-living for mankind. The Ten Commandments are so important that God wrote them with His own finger, so you and I could have them. You will find them in *Exodus 20:3-17*.

It is an error to trust in our own works for salvation, but the opposite and no less dangerous error is that belief in Christ releases men from keeping the law of God; that our works have nothing to do with our redemption.

Love must be the principle of action, and the concern of the heart to obey the will of God because we love Him.

When we obey from the heart, because we love God, our obedience becomes the fruit of the New Birth. It is a service of love to our God. God writes His laws in the hearts of those who have experienced the New Birth (*Hebrews 10:16*), and that law, written in the heart, will change the whole life. Obedience to God is the true sign of discipleship.

If we will not obey Him, we are not really His. "This is the love of God, that we keep His commandments." "He that saith, I know Him, and keepeth not His commandments is a liar, and the truth is not in him" (*1 John 5:3; 2:4*). Genuine faith in God does not release us from obedience to Him. The truth is that it is faith alone that can enable us to be partakers of the grace of Christ—and it is His grace that enables us to render Him genuine, heartfelt obedience!

That so-called faith in Christ, which professes to release men from obeying God, is not real faith, but presumption. "I have kept My Father's commandments, and abide in His love" is what Jesus said (*John 15:10*). And He is our example. We are to walk as He walked, and follow in His steps (*1 John 2:3-6; 1 Peter 2:21*).

The condition of eternal life is just what it always has been,—just what it was in the Garden of Eden before the fall of our first parents,—perfect obedience to the law of God. If eternal life were granted on any condition short of this; then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized.

Christ died on Calvary in order to become our great High Priest in the Sanctuary in heaven. There He ministers to all who come unto God by Him. "We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens." "Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them" (*Hebrews 8:1; 7:25*).

Christ wants to forgive you and enable you to obey the physical, moral, and health laws given in the Bible. He wants you to partake of the divine nature as you grasp the promises. For it is by faith in His promises that you are enabled, by His Spirit, to render Him such perfect obedience. "Whereby

are given unto us exceeding great and precious promises [of Scripture] ; that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust” (2 Peter 1:4).

“Seeing then that we have a great High Priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an High Priest which can not be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin” (Hebrews 4:14-15). That is a powerful promise for you just now, as you seek to learn more about God’s plan for your life. And look at this wonderful promise which goes with it:

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:16).

For a few minutes, we have been looking into the depths of the rich, enabling grace of Christ, given to forgive us and enable us to obey the Law of God. *But now we want to understand more of that Law itself.* How thankful we can be that everything God gives is perfect, and for our good.

Here is the Moral Law of God, the Ten Commandments:

The First Commandment - “Thou shalt have no other gods before Me.” Exodus 20:3. Only God is entitled to our supreme reverence and worship. Nothing else is to have first place in our affections or service. Anything else that lessens our love for and obedience to God—becomes a god more important to us than our heavenly Father.

The Second Commandment - “Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them” (Exodus 20:4-5). We are not to worship God by images or similitudes. Representing Him by material objects lowers our conception of God, and can only result in the degradation of ourselves.

The Third Commandment - “Thou shalt not take the name of the Lord thy God in vain, for the Lord will nothold him guiltless that taketh His name in vain” (Exodus 20:7). This commandment forbids false legal oaths and common swearing, and it also forbids using His name in a light or careless manner. He is holy and reverend (Psalm 119:19), and His faithful children will ever keep this in mind. His person and name should be thought of and spoken of with reverence and solemnity.’

The Fourth Commandment - “Remember the Sabbath day, to keep it holy. Six days shalt thou labor and do all thy work, but the Seventh day is the Sabbath of the Lord thy God. In it thou shalt not do any work; thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates. For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the Seventh day. Wherefore, the Lord blessed the Sabbath day, and hallowed it.” Exodus 20:8-11.

The importance of the Sabbath is here shown to date back to the Creation of the world, at which time God first gave the Seventh-day Sabbath to mankind as a day set apart for divine worship. "And on the Seventh day God ended His work which He had made; and He rested on the Seventh day from all His work which He had made. And God blessed the Seventh day, and sanctified it, because that in it He had rested from all His work which God created and made" (*Genesis 2: 2-3*). After creating this world and everything in it in six days, our God set aside the seventh day as a day of rest. He rested, on it, blessed it, and sanctified it, that is, set it apart for our worship of Him.

The Sabbath is a sign that we love Him, obey Him, and are sanctified by Him. It is a sign of His creatorship and our sanctification and redemption. The Bible Sabbath is a sign that God is our Creator (*Exodus 31:17*), that He is the Lord our God (*Ezekiel 20:20*), and that He is the One who alone can sanctify us (*Exodus 31:13*). It is the sign or seal of the law. The only true Sabbath is the Bible Sabbath—the one given us in the Bible, the one kept on the day of the week that God set aside for us as the Sabbath day.

This is the seventh day of the week, Saturday. Astronomers tell us that, throughout history, time has never been lost. Historians tells us that the weekly cycle can be traced back thousands of years. The languages of man attest to' the fact that the Seventh day is the true Sabbath. (More information on this is available free from this publisher: Write for it. Ask for the book by name: *Beyond Pitcairn*)

But astounding evidence of which day is the true Sabbath is the Jewish people. Of all the ancient races of mankind, only the Jews remain a distinct people—in spite of the fact that they did not have a homeland for most of two thousand years. Through the Jews we can trace back to the Sabbath that Jesus (*Luke 4:16*), his disciples (*Luke 23:56*), and the apostles (*Acts 13:14,42; 16: 13; 17 :1-2*) kept. Jesus said that, after His death, His followers must continue to keep the Sabbath (*Matthew 24:20*), and this they did (*Luke 23:56, Acts 13: 14, 42; 16:13; 17:1-2*). But also, through the Jews, we can trace the weekly cycle and the true Sabbath all the way back to Moses, at which time Gad gave the Ten-Commandments in written form.

There is no doubt as to which day is the true Sabbath, and there is no doubt that Gad wants us to keep it. Our Creator never did away with His Moral Law, and we should not try to do so either. It is true that the "shadow laws" (*Hebrews 10:1*) were abolished at the cross. But those were the laws of animal sacrifices in the earthly sanctuary. Type met antitype at the death of Christ on Calvary, and the statutes and ordinances of the ceremonial law were taken away at that time. However, the Moral Law, contained in the Ten Commandments, is to be reverently obeyed by us today. And we are to do it in the strength of Christ. By grace we are saved (delivered from sin), and by grace we are empowered to obey all that God has commanded in Holy Scripture.

What many do not understand is that "sin is the transgression of the law"

(1 John 3:4), and that in order to be “saved from sin,” we must be enabled to keep that law. And this can be done alone in the strength of Christ’s enabling merits. Christ is our Righteousness: He alone is our Forgiver and our Enabler. Christ died to uphold the law and make it possible for you to obey it; He did not die, as some preach, in order to destroy the Moral Law! Christ did not die to destroy morality, but to guard and uphold it. He died to enable sinners to be forgiven and live clean, godly, obedient lives (for godly living is what the Ten Commandments is all about). He did not die to destroy right living—Ten Commandment living,—and immortalize sin and take incorrigible sinners to heaven, there to defile it forever. Yet all that would be so if Christ died to do away with the Ten Commandments.

In the Sermon on the Mount, Jesus said, “Think not that I am come to destroy the law, or the prophets. I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled” (*Matthew 5:17-18*). The original Greek word for “fulfill” in that verse is *pleroo*, which means “to make full.” It does not mean “to destroy or abolish.” This same word is used in *1 John 1:4; John 15:11; 16:24; 2 John 12* in the sense of “bringing to the fullest measure.” Jesus said that He was sending the Holy Spirit “that your joy may be full.” He did not mean that it would be abolished. This same Greek root word is found in “fulfill joy” (*Philippians 2:2; John 17:13*), “preach fully” (*Colossians 1:25*), and “obey fully” (*2 Corinthians 10:6*). Jesus concludes the above statement with a powerful warning not to disobey the Law of God: “Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven; but whosoever, shall do and teach them, the same shall be called great in the kingdom of heaven” (*Matthew 5:19*).

The truth of the matter is that the Seventh day Sabbath is *the only weekly sacred day* given in the Bible. It was kept all through Bible times, and afterward for many centuries. But in the fourth century, A.D., the first Sunday Law was enacted (A.D. 321), requiring the worship of God on Sunday, the first day of the week. Sunday sacredness began in Persia about 200 years before the time of Christ. Worshipers of the Persian god, Mithra, gave Sunday its name, “The venerable day of the Sun,” and worshiped their god on that day. Because Mithra was the sun god, they worshiped him by gathering on Sunday morning, and facing east—toward the sun—as they prayed. Very evangelistic, the Mithraites spread their faith all through the vast Roman Empire (Europe, the Near East, and North Africa). By the end of the third century, A.D., the majority of the people had been won either to Mithraism or Christianity. Early in the fourth century, Constantine became emperor. Recognizing that the empire greatly needed strengthening, he counseled with the leaders of the Christian church at Rome—and, with them, developed the plan of uniting both religions into one—by having the people worship the God of the Christians, but do it on the sacred day of the Mithraites.

The plan of uniting the majority of the people into one religion succeeded

dramatically as a single State Church was formed. Now everyone could easily become a Christian, and it was good politics to do so. Within a century the Christian churches in the cities were corrupted. It was really paganism that conquered, and the persecution of Bible-obeying Christians began in earnest. For centuries, Sabbath keepers were proscribed, hunted, and slain.

That, in brief, is where Sunday keeping came from, and why we have it today. Yet God had earlier predicted that this attempt would be made by the little horn power of Rome to challenge God's holy law: "And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws" (*Daniel 7 :25*). In that one brief verse, we are warned of the amazing blasphemies, persecutions, martyrdoms, and efforts to change God's law—that would be attempted by this power. And time laws are specifically mentioned. Any Catholic catechism will tell you that it was the Roman Catholic Church which changed the Seventh-day Sabbath to Sunday. And elsewhere in the catechism, which is the Catholic lesson book, you will learn that the second commandment was taken out (forbidding image worship), the fourth was changed (removing the "seventh-day" from the Sabbath Commandment), and the tenth was then split in two (making two "covet commandments") in an effort to preserve the number ten.

God also predicted that people would arise who would repair the torn-out place in the law by again keeping the Sabbath Commandment. Carefully read *Isaiah 58:12-14*. And it was predicted that God's faithful believers in the last days would keep God's law. The persecution of the true church by the apostate church during the dark ages was predicted in *Revelation 12:13-16*, and following that, in the last days, would live the remnant—or last part—of the true church who would be faithful to God: "And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ" (*Revelation 12:17*).

Revelation 14:12 provides additional identification of this final group of faithful believers, just before the end of time: "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." By faith in Jesus's enabling grace, they are enabled to obey the law of God. In the midst of a law-breaking generation, they will uphold obedience to God, and will stand faithful to the Ten Commandments.

Revelation 22:14 describes the entrance of His people into the City of God: "Blessed are they that do His commandments, that they may have right to the tree of life, and enter in through the gates into the city." What a precious promise for those who now are ridiculed and derided for keeping God's commandments by faith in Christ.

But the future is bright for those who will stand loyal to God and His law—for that future is full of Jesus. Through eternal ages the people of God will worship Him on the Bible Sabbath: "For as the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one

new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord" (*Isaiah 66:22-23*).

We have considered the first four of the Ten Commandments. We will now look at the last six:

The Fifth Commandment - "Honor thy father and thy mother, that thy days may be long upon the land which the Lord thy God giveth thee" (*Exodus 20:12*). Parents are entitled to a degree of love and respect which is due to no other person. We are not to reject the rightful authority of our parents, and we are to give them love and tender care all through their lives, even to old age. We should also respect other authorities, as long as their rules do not conflict with the laws of God.

The Sixth Commandment - "Thou shalt not kill" (*Exodus 20:13*.) All acts of injustice that shorten life; the spirit of hatred and revenge, or the indulgence of any passion that leads to injurious acts toward others, or causes us to even wish them harm is a violation of the sixth commandment. It also includes a selfish neglect of caring for the needy and suffering, and all self-indulgence and intemperance that injures the health of ourselves or others.

The Seventh Commandment - "Thou shalt not commit adultery" (*Exodus 20:14*). This commandment forbids not only impure actions, but also sensual thoughts and desires, and any practice which tends to excite them. Christ taught that the evil thought or look is as truly sin as is the unlawful action.

The Eighth Commandment - "Thou shalt not steal" (*Exodus 20:15*). This commandment forbids man-stealing, slave-dealing, and wars of conquest. It not only condemns theft and robbery, but demands strict integrity in the minutest details of life. It forbids overreaching in business and trade, and requires the payment of just debts or wages. No one is to advantage himself by the ignorance, weakness, or misfortune of another.

The Ninth Commandment - "Thou shalt not bear false witness against thy neighbor" (*Exodus 20:16*). Included here is false speaking: every attempt or purpose to deceive another person. Falsehood is not only the act of misleading; it is also the intention to deceive. This can be done by a glance of the eye, a motion of the hand, or an expression of the face. All intentional over statement, and even stating facts in such a manner as to mislead, is falsehood". Also included is every effort to injure thee reputation of another by misrepresentation, evil surmising, slander, tale bearing, or intentional suppression of the truth.

The Tenth Commandment - "Thou shalt not covet thy neighbor's house; thou shalt not covet thy neighbor's wife, nor his manservant, nor his maid-servant, nor his ox, nor his ass, nor anything that is thy neighbor's" (*Exodus 20:17*).

The tenth commandment strikes at the very root of all sins, and prohibits the selfish desire, from which springs the sinful act. Covetousness lies at the heart of many of the iniquities of mankind.

The old song says, "Grace, grace, God's grace; grace greater than all our sins." And how truly great is the grace of God, for it is powerful enough to enable us to overcome all our sins and live anew life in Christ Jesus our Lord and Saviour. The law of God, written on our heart, means obedience to it in the whole life. And this is not only what we want; it is also God's plan for us. As we live noble, godly lives, we are prepared for heaven, for we have heaven in our hearts. *Matthew 1:21* predicted the objective of Jesus' life: "She shall bring forth a son, and thou shalt call His name. Jesus, for He shall save His people from their sins. The word "Jesus" means "deliverer." Jesus came to earth to deliver us—remove us from—our sins. He did not live and die to save us in our sins, but as the Bible says, *from our sins*.

The Lord would have all His children happy, peaceful, and obedient. As we live and work with Jesus in ministering to the needs of others, our own trials are forgotten. There is joy in, the service of God; the Christian has no vain regrets and disappointments. There is an eternity of happiness in the life beyond, and even in this life we may have the comfort of Christ's presence. Every step in life may bring us closer to Jesus, .may give us a deeper experience of His love, and may bring us one step nearer to our eternal home where everyone will be peaceful and happy. No more pain, no more sorrow; that is what is in store for us.

Then let us not cast away our confidence and our precious Bible-based faith. But with firmer assurance, let us recall to mind the many times our God has gone before us and protected and guided us in the way. Let us keep fresh in memory all the tender mercies He has shown us in our past. We still have farther to walk before life's pilgrimage will close. But we can walk it with Jesus, and rejoice at each step at the bright future in store for us in the land beyond.

We cannot but look forward to new perplexities, but we may look on what is past as well as what is to come, and say, "Hitherto hath the Lord helped us," and "as thy days, so shall thy strength be" (*Deuteronomy 33:25*). The trial will not exceed the strength given to bear it. Then let us take up our duties and tasks where we find them, believing that whatever may come, God will be with us all the way to the end.

And by and by the gates of heaven will be thrown open to admit God's children, and they will "inherit the kingdom prepared" for them "from the foundation of the world" (*Matthew 25:34*). Then the redeemed will be welcomed to the home that Jesus has been preparing for them. There they will associate with those who, like themselves, have overcome sin in the strength of Christ and have formed pure, holy characters. Amid the glories of heaven, they stand with Jesus before the great white throne, sharing the dignities and privileges of heaven.

In view of such an inheritance, soon to be ours, what shall we say? You may be poor in this world's goods; you may be despised and hated,—but you possess a wealth and dignity that the world can never know. For you have the peace of God's presence with you now, and you look forward to an eternity in

heaven serving Him.

God bless and keep you. Stand true to God to the end. I want to meet you on the other side. Remember: when things look dark, cry to Him in prayer. He will comfort and help. If you fall, run right back to Him. — *vf*

The above chapter included adapted material from *Steps to Christ, Patriarchs and Prophets,* and *Great Controversy.*