

# ALERTING ALL SMOKERS

CIGARETTE smoking, once considered just a bad habit, is now universally declared to be one of the chief causes of preventable disease and death.

People who are aware of this and still smoke are asking for trouble, and statistics prove it.

A national survey, taken for the United States public health services, reveals there are an estimated 11 million more chronic cases of illness annually than there would be if no one smoked. Approximately 320,000 Americans die prematurely every year as a result of cigarette smoking. And millions of the ailing survivors linger on with damaged lungs or badly affected hearts, until death finally overtakes them.

No wonder smoking has been labelled a slow means of suicide! Man was never meant to die from self-destruction.

## Original Plan for Man

In the beginning, God created man in His own "image" and "likeness." A perfect man! His body was designed to be the "temple of God" in which the Holy Spirit would be pleased to dwell. Man was meant to be a healthy, happy human being —pure in mind, soul and body, a praise and an honour to his Creator. But how far from God's plan man has gone! And how tragic are the results!

## Destructive Effects of Smoking

Though a fatal disease may be slow in developing, the damage from smoking begins immediately; and the longer one smokes the greater the damage. Authoritative sources tell us that within seconds after inhaling cigarette smoke, the heart pumps faster, the blood pressure shoots up, the supply of oxygen is diminished and the circulation affected.

Cigarette smoke is composed of many poisonous chemical compounds, including cancer-producing substances, all of which work together toward destroying the physical functioning of the body.

The nicotine constricts the arteries and cuts down the flow of blood which puts an added strain on the heart. It also affects the digestive tract, the kidneys and the nervous system.

The tars, when inhaled, deposit their corrosive, irritating chemicals on the linings of the lungs and the bronchial tubes, which contribute to chronic bronchitis, emphysema and lung cancer.

Carbon monoxide, one of the most poisonous gases, literally drives the oxygen from the blood cells, while the poison itself remains in the blood stream for hours.

Smoking can paralyze the bronchial cilia, one of nature's protective agents, which in turn causes greater susceptibility to infection and disease. Also linked with smoking are cerebral strokes, heart disease, thrombosis, leukaemia, peptic ulcers and many other physical disorders.

## Major Cause of Lung Cancer

According to a report published by the American Cancer Society, 90,000 people in the United States die every year from lung cancer; and the major cause of lung cancer among men is cigarette smoking. The rising death rate from lung cancer among women reflects the increase in the number of women smokers.

How needless are all these deaths when 80 percent of lung cancer, which strikes about 100,000 people annually, could be prevented by not smoking!

Some people may still argue that the main cause of lung cancer is air pollution from automobiles and industry. Those sources are truly harmful and worthy of concern. But it has been definitely proved that the risk of the ravages of lung cancer is as great among smokers in Iceland, parts of Finland and certain other areas of the world practically free from air pollution, as in large, smog-laden cities and industrial areas.

Regardless of the environment, lung cancer has always increased where the number of cigarette smokers has increased. Some people think this problem can be remedied by smoking a safe cigarette.

## No Safe Cigarette

Scientists are becoming more and more concerned about the danger of specific gases in cigarettes, and the low-tar and low-nicotine brands are not the answer. In using them, the smoker is inclined to smoke more often and to draw more deeply in an attempt to get his "nicotine fix," and inhales a greater amount of tar and poisonous gas than he would otherwise.

The filter tip is not the answer either. Smokers buy more of these because they think they are getting a safe cigarette. But in some tests made, certain brands of filter cigarettes have produced a greater amount of the poisonous gases than the non-filter type. There is no safe cigarette!

But millions still smoke! And added to their number each year are about a million teenagers. According to the latest report, 100,000 of the youngsters now smoking are under 13 years of age.

## Youth Deceived and Trapped

Many teenagers are led to smoke through glamorous advertisements which picture happy-looking young people enjoying a "cool" smoke; but when that "hot" biting smoke is inhaled, it is far from "cool."

Sometimes, a lonely youngster thinks that smoking will solve his problem, that he will be happy and popular if he just "joins the crowd." Instead, he only helps to swell the number of unfortunate victims caught in that trap of deception.

## The Smoker's Home

Tragedies, other than fire and loss of property, occur in the homes of smokers. Longed-for babies have been stillborn, dead because the cigarette poison in the mother's body was transmitted to that of the unborn infant and robbed it of the necessary supply of oxygen — the basic element of all living cells.

Research teams find that many children of parents who smoke are born with a poor start in life. They are prone to have more respiratory illness than others, and sometimes their emotional development and progress in learning are hampered. Cancer has been detected in numbers of children between the ages of one and ten who have had to

breathe smoke-polluted air in the home. Even little pets, exposed to a heavy amount of cigarette smoke, are found to have damaged lungs. Should not children and their pets have a right to clean air?

## Non smokers Affected

Cigarette smoke can produce allergic reactions, trigger asthmatic attacks and harm the lungs of children and adults alike. The smoke from a cigar or pipe is said to be even more harmful than that of the cigarette.

It is time that non-smokers be alerted to the danger of second-hand smoke. The poisonous gases that a non-smoker breathes in a smoke-filled room affect his body in much the same manner as that of the smoker. Some employees have had to give up a good-paying position because of the damage done to their health from smoke contamination. An idling cigarette is said to contain more poison than that absorbed by the person who puffs a cigarette. And in confined areas, cigarette smoke can bring sudden death to an already seriously-afflicted person.

## What Does the Bible Say about Smoking?

Though the words "cigarette," "tobacco," and "smoking" are not spelled out in the Bible, one scripture after another makes it very clear that we're not to partake of anything that is "defiling" or "unclean."

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (I Corinthians 10:31).

Can anyone glorify God by smoking? Some professing Christians may smoke, but how could the one who has been born of the Spirit of God so defile his body, and bring dishonour to the name of the Lord? The true Christian's desire is to honour the Lord in all that he does.

The Apostle Paul warned the people in the Corinthians church against defiling their bodies in any manner, saying:

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?"

"If any man defile the temple of God, him shall God destroy . . ." (I Corinthians 3:16,17).

If you do not want God's displeasure upon your life, and do not want to die prematurely, never smoke. If you smoke now, quit. If you have tried many times and failed, try the Bible way, the sure way.

## The Way of Deliverance

"Repent, and turn yourselves from all your transgressions; so iniquity shall not be your ruin. "Cast away from you all your transgressions, whereby ye have transgressed; and make you a new man and a new spirit: for why will ye die. . . ? "For I have no pleasure in the death of him that turneth from his iniquity, saith the Lord GOD: wherefore turn yourselves, and live ye" (Ezekiel 18:30-32).

The Lord wants you to live and enjoy life — here and hereafter. Turn from all that is evil and defiling; and repent. "Except ye repent, ye shall all likewise perish" (Luke 13:3).

Ask the Lord to forgive you, not only for smoking — if you are a smoker — but to forgive you for all your sins. Give your life wholly unto Him and He will save your soul and give you the power and strength to live a victorious Christian life.

Thousands of people, once bound with smoking and other unclean habits, testify to the fact that when they became born-again Christians, they were completely delivered, set free, and given a new start in life. One such testimony follows:

## A New Life

"I was brought up in a home where Mom went to church but Dad did not. He seemed to get along all right, but he smoked. I followed in his footsteps and began smoking when about 11. But my mother was praying for me. I could hear her praying when I came home at night.

"I finally moved my bed into the basement so I couldn't hear her pray, where I could smoke my last cigarette at night and the first one in the morning without her knowing it. But down there, God talked to me and I would turn and toss on my bed.

"One time I became very sick. The doctor told me I was dying, that I did not have one chance in a hundred to live — and I was only 17 years old. I wondered why I should die while so young. As I lay on my sickbed, I prayed and told the Lord I would quit smoking if he would let me live. I did live, but I think it was because of the prayers of my mother, not mine.

"When I got well, I didn't keep my promise. I remember the first cigarette I smoked after that. I shook like a leaf. I was afraid the Lord would strike me dead.

"I kept thinking: I am going to church and I am going to pray. On a Saturday night I went to a theatre, leaving my cigarettes in the car, for I had it in mind to quit smoking. But halfway through the movie, I went out and picked up a cigarette butt I found in an ash tray. That is how much I was bound.

"The next morning I attended church, but didn't get saved. Then my misery really increased. I spent the rest of the day driving around in my car, hour after hour. I knew I had to do something. That night, I went back to church and prayed. I repented, and the Lord saved me. What a change! I didn't have to put the cigarettes away and hope I could quit. God took out the very desire for them — and for all other sins.

"I found something that night that I want to tell the world about. I found salvation — the greatest thing in the world. I am enjoying life these days. The Lord has done wonderful things for me and I know He is no respecter of persons. What He has done for me, He will do for you, if you will but let Him."

"Life and good, death and evil" have been set before you this day. Which will you choose?