

Evolution of stimulants H. C. Apgar. Elizabeth. N. J. 1938.

EVOLUTION OF STIMULANTS

AGE CAUSES (habits) POISONS EFFECTS (results) Gum Var. Chemicals Nervousness 5 to 15 Coffee Caffeine Anxiety—Worry Tea Tannin Uncertainty Tobacco Nicotine Mind Wandering 16 to 25 Beer x Winn Part Alcohol Lack of Concentration Booze Mostly Alcohol Irritability 26 on Narcotics Opium, Morphine, Irresponsibility etc. Heroin, etc. Lack of Self-Control Crime Insanity

The “beauty” of the above habits is —: that they accumulate.

None are ever lost. One leads into another and the results are also accumulated.

Most of life depends upon our early habits. We are the result of what we eat and drink.

Most of our social and economic ills are the result of bad habits.

Scientists tell us that only 7 to 9 % of the average human brain capacity is used to produce mind, or, in other words, constructive thinking. Elimination of the above habits should go a long way toward increasing the average, many points.

Imagine, 91 to 93 % of the average brain capacity not being used at all.

Crime, in last year, increased 15 % in N. Y. State.

Insanity, in last decade, increased 30 % in U. S.

So what? Just this. You and I can talk about good health and that omitting the above habits is not a hardship but a real contribution to our civilization.

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A boy ought to be fed or feed himself with as much care as he would his dog or horse. He would not expect these animals to produce good results if he fed them just anything that happened to come under his observation or just because someone else did so.

A Beer drinker is always a Coffee, Tea, and, with few exceptions, a tobacco user.

A “rummy” is always a Coffee, Tea, Tobacco and/or Beer user. The stomach will not “stand for” more than two drinks without previous preparation.

Stimulants have direct action on the sex functions which need not be discussed here.

The Effects (results) are clearly obvious and thereby proven.

The Brain is a delicate organ, requiring special care, if we expect its best results.

A man, over 30 years of age, is not worth reforming. The harm is done in his case. It is the young people who ought to be steered clear of these habits, thru reason and logic. The difficulty is: to tell young men and women NOT to do a thing they have never tried, which they see going on all around them and once they have tried one or more, find it increasingly difficult to discontinue them.

So far as I know, this is the first attempt to pyramid and visualize these habits.

I have absolutely nothing to sell or solicit. Just trying to establish a new or additional meaning to an old social problem.

Our American life is becoming so complicated, surely something must be done for better thinking. Will you "talk up" this one or originate something on the subject???

Make copies and distribute.

Start a class in "Personal Living".

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Gift H. C. Apgar March 18, 1939

By inhaling tobacco smoke, poison our blood supply and no man is any greater than his blood supply.

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