

**Temperance From Tobacco**  
**A Biblical Exposition On Tobacco**



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**by**  
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To The National Prohibition Party

For all your efforts and hard work over the years to bring moral social  
reform to the United States of America



## **Author's Forward**

I was born in 1986 and raised in Spartanburg County, South Carolina. I was raised in a Christian home and a "Bible belt Christian community." I heard lots of people say, "smoking is bad" but I was also around quite a few people that used tobacco.

Most memories I have as a kid that relates to tobacco, has to do with the relationship tobacco companies had with NASCAR. During my young years Winston sponsored the NASCAR Cup Series and Skoal sponsored a race car driven by Harry Gant. This would lead anyone (especially young people) to ask the question, "If smoking and tobacco is so bad, why do NASCAR drivers associate with it so much?"

It wasn't just NASCAR drivers that were sponsored by tobacco companies but a host of other celebrities and sports leagues, probably baseball players most notably, with smokeless tobacco.

However in 2003, Winston stopped their sponsorship of NASCAR. Congressional laws were passed that prohibited tobacco from advertising on television, magazines and newspapers. They also had to stop sponsoring sports leagues, movies, plays and other various forms of entertainment. So, tobacco was just too much of a vice to be partnered with sports athletes after all.

Although some people still don't deem tobacco to be the life-killing demon that anti-tobacco activists and members of the temperance movement make it out to be. Some consider tobacco to be a bad habit but not "that bad." Even many Fundamental Baptist preachers will only slightly acknowledge tobacco as being an unhealthy practice but will

not restrict tobacco users from being members of their churches or even holding offices in the church.

Tobacco has a very controversial past and that controversy continues today among groups varying from Bible-believing Christians to politicians in state houses and Washington D.C.'s Capital Building.

But when you look at tobacco, its cause and effect, then search the Bible-there is only one stance a person can honestly take: tobacco is a like-killing demon. Killing more than eight million people in the world a year, tobacco is the leading preventable cause of death in the world. Seven million of these are the tobacco users, the other 1.2 million are people who die from second-hand smoke.

Tobacco is an addiction, a very unhealthy addiction and a social nuisance. It is impure and unbecoming of a Christian. My prayer is that this extensive project on tobacco will open your heart and eyes to this evil and you will accept what the word of God has to say on the subject.

## **Introduction**



"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law." (Gal. 5:22, 23). In this exposition we are going to be looking at that last element of fruit-temperance. A good definition of temperance would be self-control; self-restraint. A person with temperance controls their self from things that will harm their body, soul or spirit and/or will harm others. They will not get addicted to a harmful substance.

"All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." (1 Cor. 6:12). The Apostle Paul says we are not to be brought under the power of anything in this world. "...brought under the power of any"- a man is not to be brought under the power of anything that he cannot give up, i.e. an addiction. As the theologian Adam Clarke wrote in his commentary on this text, "He is the slave of that thing; and then to him it is sin."

The word addiction was not initially a "negative" word in the English language. Around 1450 "addiction" came into the English language as a legal term. A person was "addicted" when they gave their self over to a master to learn a trade as an apprentice. In our King James Bible, 1 Corinthians 16:15 says, "I beseech you, brethren, (ye know the house of Stephanas, that it is the firstfruits of Achaia, and that they have addicted themselves to the ministry of the saints,)" The house of Stephanas addicted themselves to the work of the ministry, which is one of the few healthy addictions a person can have. In the 1800s "addicted" begin to refer more so to harmful behaviors than positive ones. Then, in the very early 1900s "addicted" was being commonly used to refer to a person being mastered by tobacco, alcohol and drugs. The 1960 Webster's New Collegiate Dictionary defined "addict" as "one who is addicted to a habit, especially to the taking of some drug."

"And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." (1 Cor. 9:25). The believer who gets the Incorruptible Crown is temperate in all things. They have victory over the world and the flesh. "But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." (1 Cor. 9:27). The Apostle Paul kept his flesh under control so that he wouldn't get out of the will of God and be disqualified from the ministry.

"For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;" (Titus 2:11-13). The grace of God teaches us to deny worldly lusts for things such as nicotine, alcohol and pornography. Instead, we are to live sober and righteous looking for the glory of God.

"According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." (2 Pet. 1:3,4). We are to partake of the Lord's divine nature. That is godliness and the knowledge of God. This helps us escape worldly lusts. "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness;" (2 Pet. 1:5, 6). We are to be diligent and add to our faith. When we attain godly knowledge that leads to us living a life of temperance. And temperance leads to patience and godliness. These are traits a disciplined person has.

"I beseech you therefore, brethren, by the mercies of God, that ye

present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Rom. 12:1,2). Our bodies are not to intake harmful substances or view wicked things. Our bodies are to be a living sacrifice for the Lord, holy and acceptable to God. This is only our "reasonable" service as Christians. Much of the world accepts tobacco, alcohol and pornography but we are not to be conformed to this world. By prayer and studying the word of God, we transform our minds. A person who is an addict cannot find the perfect will of God.

"Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." (Rom. 13:13, 14). We are not to be drunk with alcohol. We are not to be in uncleanness (wantonness). We are to put on the Lord Jesus Christ and not give in to the desires of the flesh.

"But a lover of hospitality, a lover of good men, sober, just, holy, temperate;" (Tit. 1:8). The Lord thinks so highly of temperance, He made it a qualification for a pastor. "That the aged men be sober, grave, temperate, sound in faith, in charity, in patience." (Tit. 2:2). The Lord also commends elderly men in the church for being a good Christian example by having temperance.

"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; for the temple of God is holy, which temple ye are." (1 Cor. 3:16, 17). A believer's body is the temple of God. Tobacco, alcohol and even pornography harm a person's body physically and of course also spiritually. It's fairly common knowledge that alcohol and tobacco put people in an early grave. They also do a host of other harmful things, which we are going to look at.

The tobacco plant has been around a very long time. Native Americans gave Christopher Columbus tobacco leaves as a gift. Columbus threw the leaves away and wouldn't give them to his sailors, deeming them to be dangerous.

John Rolfe, the husband of the famous Native American

Pocahontas, was the first major grower of tobacco. It was the first important cash crop of the American colonies. One of the big reasons for the American Revolution was the British prohibition on direct sales of tobacco to foreign countries.

The mass marketing of cigarettes began in 1881 when James Albert Bonsack invented the first economical cigarette-making machine. At age twenty-two, he had a device that could produce 120,000 cigarettes a day, equivalent to the output of forty expert rollers working twelve and a half hours.

## **Addictive Behavior & Smoking**

Addiction is a condition in which a person habitually gives into a psychological or physical need for a substance such as alcohol, tobacco or drugs. This can also include other bad habits such as over-eating, gambling, playing video games, looking at pornography, watching television or spending hours on social media.

The word addiction was a term associated with good things five hundred years ago. Around 1450 "addiction" came into the English language as a legal term. A person was "addicted" when they gave their self over to a master to learn a trade as an apprentice. In our King James Bible, 1 Corinthians 16:15 says, "I beseech you, brethren, (ye know the house of Stephanas, that it is the firstfruits of Achaia, and that they have addicted themselves to the ministry of the saints,)" The

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An obsession or constant craving for a substance is an indication of addiction. Most people who try to quit tobacco have withdrawals. When tobacco is taken away, the addict suffers mentally and physically with symptoms such as constant headaches and jitters.

The addicting agent found in tobacco plants is nicotine. It is a natural poison that protects tobacco plants from bugs. Nicotine is colorless, odorless and oily to the touch.

Nicotine is also a narcotic. A narcotic is an addictive substance that blunts the senses and can cause confusion, stupor and even death. Forty to sixty milligrams of nicotine which is the equivalent of a few drops, can kill a grown person. If a few drops touch mucous tissues (the damp skin inside the mouth or nose), the person can die. People have been murdered through nicotine poisoning.

Even though scientists and physicians have warned that nicotine was addictive for several decades, tobacco executives were claiming that nicotine wasn't addictive as late as the 1990s. In a hearing before the U.S. Senate in 1998, most tobacco executives wavered on the question of addiction. Nick Brookes, CEO of Brown & Williamson Tobacco Corporation said, "I wouldn't personally, in a serious debate

about smoking, label tobacco as addictive...What addiction, in my use of the word, means, is that people can't quit." Vincent Gierer Jr. of U.S. Tobacco added, "I would consider it more of a habit than I would an addiction." Although Ross Johnson, former CEO of R.J. Reynolds Tobacco Company, was quick to point out the addiction tobacco can be after leaving his position at RJR. When asked if he thought nicotine was addictive, he quickly responded, "Of course it's addictive. That's why you smoke the stuff." 94% of the cigarettes sold in the U.S. contain between one and two milligrams of nicotine. Only 6% of the market is buying the brands that have lower tar and lower nicotine. If nicotine wasn't addictive, smokers wouldn't need cigarettes with higher concentrations of nicotine.

Christians are not to be given to addictions. "All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any." (1 Cor. 6:12). Believers are not to be under the power, i.e., enslaved to anything.

"Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." (James 1:12). We are to resist the temptation of worldly things. One of the five crowns, the crown of life, is a crown that will go to the believer that resists temptations.

"Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death." (James 1:15). Many people claim that tobacco isn't a sin. James 1:15 spells it out pretty simple. Tobacco isn't just an addiction but a lethal addiction. It's the highest cause of preventable death in the world.

Previously we mentioned the dishonesty of tobacco companies. Later in this literary exposition we will say a lot more about the deception and unethical practices of "Big Tobacco" (the six largest

tobacco companies in America). Christians certainly shouldn't contribute to a company that kills people with its product and an organization that is full of deceit. "Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience." (Eph. 5:6). "Thine habitation is in the midst of deceit; through deceit they refuse to know me, saith the LORD." (Jer. 9:6).

There have been books written fully devoted to exposing the deceit and perverse business conduct of tobacco companies. These books would include Merchants of Death by attorney Larry C. White and Smokescreen: The Truth Behind the Tobacco Industry Cover-up by journalist Philip J. Hilts. I highly recommend these books as they are extremely informative.

Nicotine also has lots of physiological effects. Cigarette users get nicotine into their lungs through cigarette smoke. People who smoke pipes and cigars acquire nicotine through the mucous membranes of the mouth. Users of smokeless tobacco such as chewing tobacco or dip/snuff, get nicotine through their gums.

It takes one to three years to build up a chemical dependency on nicotine. This is why most tobacco users start between the ages of twelve to nineteen. Young people begin using tobacco to look cool and grown up. Then, after they use it for so long they are addicted and must have it to alleviate stress in tense situations.

With new tobacco users, the effects of nicotine can leave them "high" for several hours. When a person becomes a habitual smoker, chewer or dipper the stimulation wears off after thirty to forty-five minutes. The more nicotine a person ingests the more tolerance they grow for it. This is why chain smokers must light up one cigarette after another to keep the "high." During sleep nicotine is expelled from the



body, so the craving for nicotine when one wakes up in the morning is the strongest. The first dip, chew or smoke a user has in the morning has the greatest effect on the body, as it has been without nicotine all night.

The general health problem with nicotine is that it gets past the blood-brain barrier that is supposed to protect the brain from strange chemicals. The molecular structure of nicotine mimics one of the body's natural neurotransmitters. Once it's in the bloodstream, nicotine travels to the brain, binds to receptor sites and sets off a chain of reactions.

The nicotine stimulates production of the hormone epinephrine, a form of adrenaline, which usually acts to put the body on alert in life-or-death situations. The hormone causes a surge of insulin, releasing sugar into the blood and creating a burst of energy. As the nicotine in the body decreases, so does the sugar. The tobacco user then feels depressed and tired- lights up another cigarette or has another dip or chew. This is known as "the basic nicotine cycle" although a lot more goes on in the body when nicotine is passing through.

Another big problem with the nicotine cycle is that it causes epinephrine to rev up other body functions as preparation for great exertion. This causes breathing and the heartbeat to go faster, putting stress on the lungs and heart. Blood vessels constrict, making the blood pressure rise. This is what leads to lung cancer, high blood pressure, stroke and a host of other potential problems. This epinephrine process also releases dopamine, the "feel-good" neurotransmitter. This is why tobacco users enjoy the product. Dopamine is the same transmitter released when a person uses heroin or cocaine, views pornography or drinks alcohol. Releasing too much dopamine is bad for the brain.

In 1996, scientists at Brookhaven Laboratory, a major nuclear

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