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SMOKING, NICOTINE AND ADHD

HAVE YOU EVER WONDERED WHY PEOPLE SMOKE? WHY ARE WE SEEING MORE ADULT ADHD?

Nicotine stimulates the frontal part of the brain, this is the thinking part, so having a similar effect as the stimulants. Many people smoke as they cannot function without smoking. Just ask a mother of an ADHD child what they are like prior to medication. Their children are unable to get ready for school being constantly distracted. After medication takes effect, they settle and quickly get ready. Many studies have confirmed this connection between nicotine and ADHD. Just Google ADHD Nicotine. With the success of the anti-smoking campaign, adult ADHD sufferers who previously self-medicated no longer have cognitive control. They need either stimulant medication or nicotine to be able to function properly. Do not blame the tobacco addict, blame the medical profession for not recognising the real problem and then treating rather than letting people eventually kill themselves by smoking. Nicotine also calms and relieves anxiety. Widely documented recently is the increase in anxiety, especially in young women.

Tobacco companies realised this years ago. The advertisements below could have been for stimulants or anxiety medications.

ARE YOU A HUMMING BIRD?

It's irritating and it means...jangled nerves

Yes, it's irritating to listen to that constant, tuneless humming—and more than that, the humming is a sign of jangled nerves.

If you notice any of those telltale nervous habits in yourself—if you whistle through your teeth—drum on the table—then it's time to start taking care of yourself.

Get enough sleep—fresh air—recreation—and watch your smoking... Remember, you can smoke as many Camels as you want. Their costlier tobaccos never jangle your nerves.

COSTLIER TOBACCOS
Camels are made from finer, MORE EXPENSIVE TOBACCOS than any other popular brand of cigarette!

HAVE FUN!
Send for FREE Game Book

New—illustrated book of thought-provoking puzzles—fascinating! Amazing! "Show up" your friends, too—if you have healthy nerves. Send yours from 2 packages of Camels with order—blank form. Free book is sent postpaid.

CLIP HERE... MAIL NOW

R. J. REYNOLDS, Tobacco Company
Dept. W. R. Winston-Salem, N. C.
I enclose checks from 2 packs of Camels, find me book of nerve tests postpaid.

Name _____
Address _____
City _____ State _____ Zip _____

CAMELS
SMOKE AS MANY AS YOU WANT
...THEY NEVER GET ON YOUR NERVES

IT TAKES HEALTHY NERVES TO BE A FOOTBALL REFEREE

(Above) If you want to see nerve strain, look at "Mike" Thompson's job—refereeing tons of football bowls, seeing every detail but never getting in the players' way!

How are YOUR nerves?
TRY THIS TEST

Steady Smokers turn to Camels

M. J. ("Mike") Thompson, football's most famous referee, is a steady smoker who has to keep healthy nerves. He says:

"Because nothing can be allowed to interfere with healthy nerves I smoke Camels. I have tried them all—given every popular brand a chance to show what it can offer. Camels don't upset my nerves even when I smoke constantly. And the longer I smoke them the more I come to appreciate their mildness and rich flavor."

Many smokers have changed to Camels and found that they are no longer nervous... irritable... "jumpy." Switch to Camels yourself. Smoke them steadily. You will find that Camels do not jangle your nerves—or tire your taste.

IT IS MORE FUN TO KNOW
Camels are made from finer, MORE EXPENSIVE tobaccos than any other popular brand.

CAMEL'S COSTLIER TOBACCOS

—THEY NEVER GET ON YOUR NERVES

<https://adhdrollercoaster.org/myth-busting/adhd-nicotine-historical-ads/>

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