

A briefe and accurate treatise, concerning the taking of the fume of tobacco, which very many ... doe too too licentiously use / [Tobias Venner].

Contributors

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VENNER • TREATISE CONCERNING TOBACCO

1631





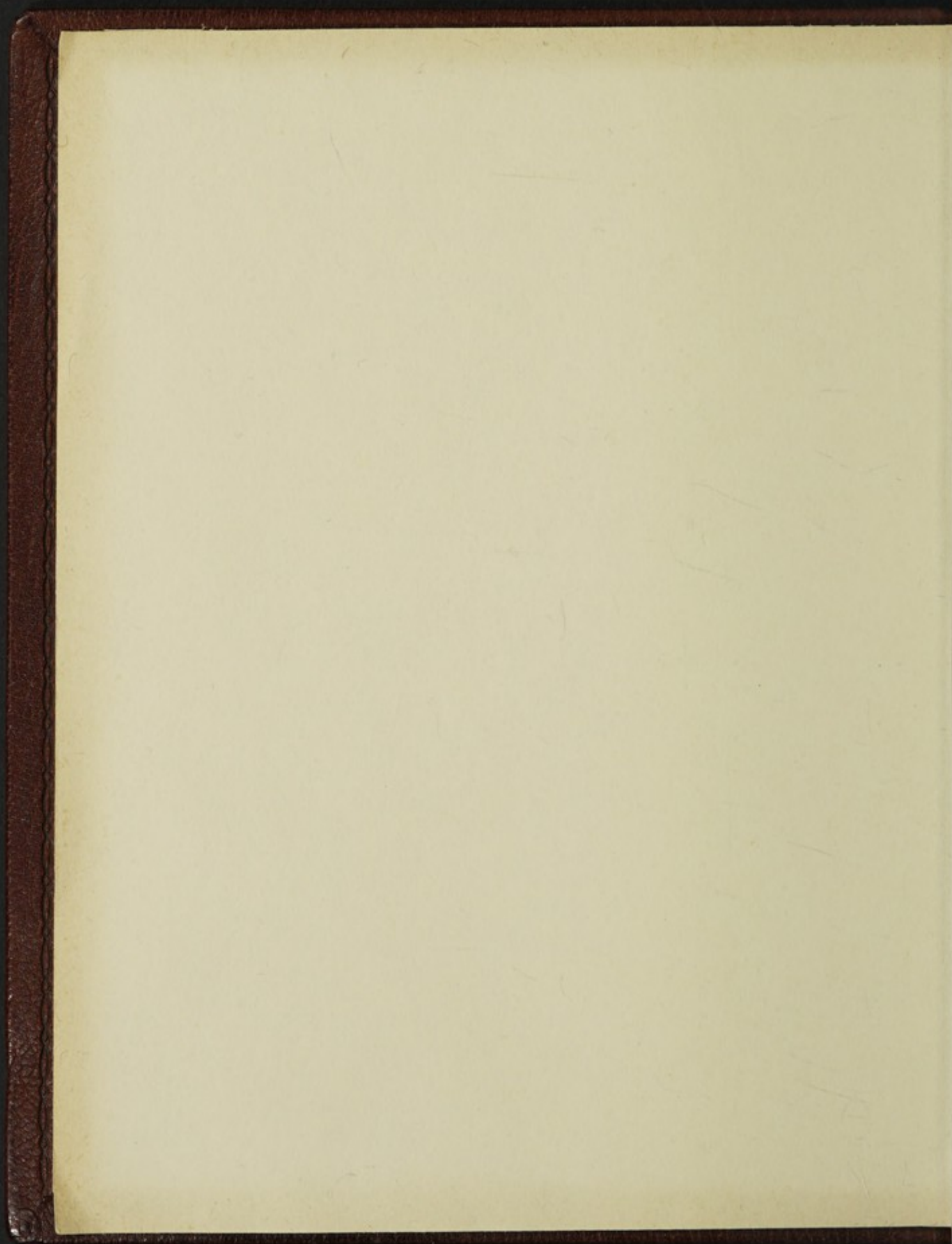


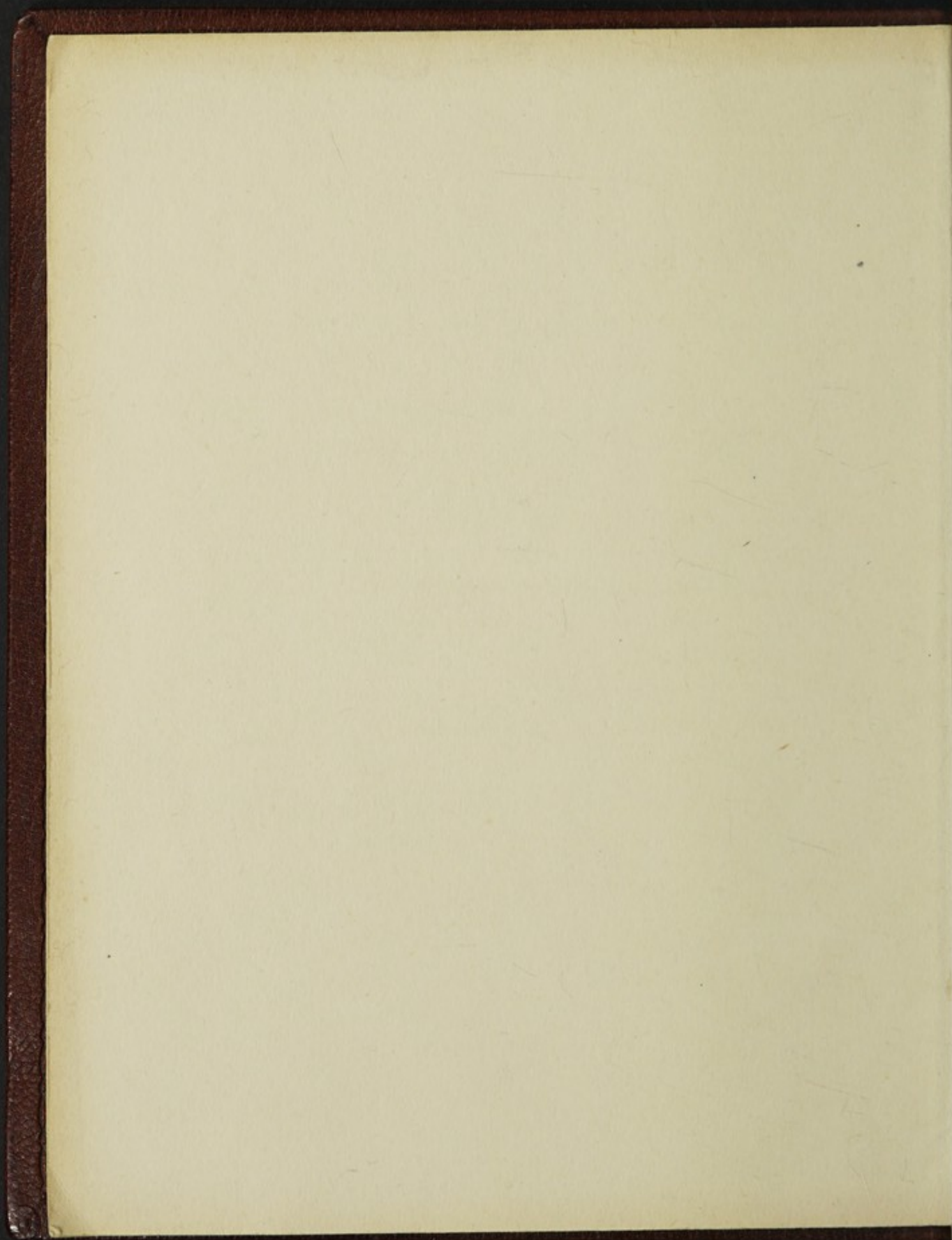
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First Edition - Rare *STC 2464.2* *[5th American Edition]*
**A
BRIEFE AND
ACCVRATE TREA-
TISE, CONCERNING,
The taking of the fume of TOBACCO,
which very many, in these dayes,
doe too too licentiously
vse.**

In which, the immoderate, irregular, and
vnseasonable vse thereof is reprehended,
and the true nature and best manner of v-
sing it, perspicuously demon-
strated.

By **TOBIAS VENNER**, *Doctor of Physicke in Bath,*
in the Spring and Fall, and at other times, in the Bo-
rough of North Petherton neare to the ancient Haven
towne of Bridge-water in Somersetshire.



AT LONDON,
Printed by *W.I.* for *Richard Moore*, and are to be
solde at his Shop in *S. Dunstons Church-*
yard in Fleet-street. 1621.

BRIEF AND
ACCVARATE TREA-
TISE, CONCERNING

The taking of the Plague of 1603,
which very many in these dayes,
doe resort to licenously

etc.

In which the immoderate irregular, and
intolerable use thereof is reprehended,
and the manner and best manner of
using it, particularly demon-

strated.

158803

By Thomas VERNER Doctor of Physick in Paris,
in the Spring and Fall, and at other times, in the
reign of Henry the Second, and the ancient French
reign of Henry the Second in Somersetshire.



At London,
Printed by W. A. for Richard Mease, and are to be
sold at his Shop in St. Dunstons Church,
and in Fleet-Street, 1611.



ILLVSTRISSIMIS
VEREQVE GENEROSIS
VIRIS, DOMINO FRANCISCO
HELE, ET DOMINO FRAN-
CISCO ROGERS,
MILITIBVS.

Hoc de Tobacci fumo opusculum,

*In Deuoli animi testimonium, offert,
dedicat, consecrat*

Tobias Vennerus,

Medic. Doctor.

THE VESTRESS MISS
VERBOVE GENEROSIS
VIRIS DOMINO FRANCISCO
HIE ET DOMINO FRAN
CISCO ROGERS
MILITARY

Hoc de Tobaci fumo opusculum

In Lyncis Anni 1840
deditur, et

Tobias Venners

Medic. Doctor



A briefe and accurate Treatise,
concerning the taking of the fume of
T O B A C C O, which very many in
these dayes doe too too li-
cenciously vse.



HE hearbe T O B A C C O is of much antiquitie and reputation among the *Indians* of *America*. It is also called *Nicotian*; but neither this nor that is the name that the *Indians* giue vnto it: for it was called T O B A C C O by the *Spaniards*, by reason of an Island so named, which abounded with this hearbe: and by the *Frenchmen*, *Nicotian*, of the name of one *Nicot*, that first gaue the intelligence thereof vnto them. But the *Indians* call it *Petun*, or *Petum*, which indeede is also the fittest name that both wee and other Nations may call it by, deriuing it of *Peto*, for it is farre fetcht and much desired. And thus much for the name.

As touching the temperature and faculties of

B

it,

The nature of
Tobacco.

it, it is hot and drie in the third degree, and hath a deleteriall, or venomous qualitie, as I suppose: for it being any way taken into the body, it tortureth & disturbeth the same with violent eiections both vpward and downeward, astonisheth the spirites, stupifieth and benummeth the senses and all the members. This noysome facultie of *Tobacco* proceedeth not from the temperature of it, but from the very essence of its substance. As for the stupifying or benumbing qualitie thereof, it is best perceived vpon the taking of the fume at the mouth: for thereupon followeth a drunken-like lightnesse of the head, and especially if it be much taken at once, a benumbing sleepinesse of the limmes and senses. Wherefore *Tobacco*, though it be in taste, biting, and in temperature, hote, hath notwithstanding a benumbing qualitie; which, because it cannot depend of an extreame colde qualitie, the hearbe being very euidently hot, it followeth, that it is hot and benumbing, not benumbing by reason of its temperature, but through the propertie of its substance. There is in the iuyce of this hearb an excellent digesting, mundifying, and consolidating facultie; by meanes whereof, it is of ineffable force for the speedy curing of any wound or cut in the flesh, or soares, vlcers, scabbes, &c. for which it is worthy of very great esteeme, and not much for any other propertie to be magnified and respected (as I conceiue.) And thus much briefly concerning the nature of *Tobacco*.

An obiection
of our vulgar
Tobacconists.

Before I passe to deliuer mine opinion concerning the vse and faculties of the fume, I must cleare

an

an obiection of our vulgar Tobacconists, which I seeme to heare them make against the noysome qualities that I haue auerred to be in Tobacco, saying; that vpon the taking thereof they find no tortures and violent eiections, or stupifyings of their members and senses. To whom I may answer, that the immoderate vse of Tobacco hath made them *Insensibles*, without sense. But let it be admitted, that vpon taking of the fume, they find not those malignant effects; yet it convinceth not my assertion, because that by long vse and custome, it becometh familiar to their bodies. And thus much by the way to our licentious Tobacconists, who spend and consume, not onely their time, but also their health, wealth, and wittes, in taking of this loathsome and vsauourie fume. Now I come to speake of the smoakie fume and faculties thereof, which is taken through a pipe, for that purpose, into the mouth, and thrust foorth againe at the nostrills, and is of some also sucked into the stomacke and breast, against all diseases, especially such as are gotten by cold, or that proceed from a cold and moist cause.

The *Indians*, from whom we receiued this manner of taking Tobacco, were (at the first) onely wont to take it at such times, as they felt their bodies wearied with much labour and exercise, or would presage of things to come: for the fume procuring first a drunken-like lightnes of the head, and thereupon sleepe, with sundry phantasmes or visions, was the cause that vpon their awaking they found themselues (through their sleepe) greatly

Solution.

Sleep and vaine dreames, two effects of Tobacco for which the Indians vsed it.

eased, and refreshed, and could, by reason of the somnoline visions which this fume doth greatly occasion, presage (as they fondly conceiued) the euent of any bulines, or matter of importance, that they desired to know, or were delighted in.

First they took the dried leaues of Tobacco, and cast them on the coales, then they receiued the smoake of them at their mouth and nose with a kane, and continued the taking thereof so long, till that they fell into a drunken traunce and sleepe, wherein they continued as dead three or foure houres, according to the quantity of smoake that they had taken. The fume hauing done his worke, they awakened out of their sleepe, and found themselves eased and lightened, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I haue said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visious, which this fume suggesteth.

But this custome of taking the fume, hath so far bewitched them (as also it hath and daily doth many of our people) as that they also often-times, take it for wantonnesse and delight, wherein they haue so great a pleasure, as that they desire nothing more then to make themselves drunken and drowfie with Tobacco. And thus much for the originall of the fume. I will now leaue the *Americans*, and come to our *Europeans*, who (well-neare) vse the fume of Tobacco with as much excesse as they doe.

Many

Many of our people, and that of all sorts, doe greatly affect the taking of Tobacco; but few of them respect whether it be profitable to their bodies: for most take it, rather for custome and delight, to entertaine and passe away the time, then for any such necessitie or vtilitie that they haue of it: whereby it commeth to passe, that some iudge very hardely of Tobaccoes fume, and vtterly disclaime the vse thereof. In consideration whereof, I was moued to publish this Treatise, shewing therein the faculties and right vse of the fume of some (as I know) greatly desired, and withall, taxing the ignorance, or rather petulancie of many, that in these daies doe take it without any respect had of the time, age, or constitution. A worke (I hope) no lesse pleasing, then profitable.

For mine owne part, I confesse, that though I am in no wise delighted with the fume of Tobacco, partly for the malignitie of its nature, but especially, because of the detestable sauiour or smacke that it leauerh behinde vpon the taking of it: yet I doe not altogether condemne the vse thereof (for I sometimes in case of necessitie, as when I am afflicted with rheumes, take it my selfe, especially prepared, as I will heereafter shew) but rather approoue it as necessarie and profitable for the rheumaticke, and such as are by temperature, colde, so as it be taken in congruent maner, that is, both moderately and seasonsbly, as shall be heereafter shewed, for it helpeth the braine that is ouer cold and moist, reducing it by its heating and drying facultie vnto a temperature: it taketh away rheumes

The vertues of
Tobaccoes
fume.

Ambibitus, that
is, taken down.

and windinesse of the head, and is profitable for all colde effects of the braine and sinews, by resolving and consuming the crude and windie superfluities of those partes: it doth (for the time) expell melancholie, and excite lumpish spirites: it helpeth paines of the teeth, swellings of the gummes, and aches of the ioyns: it preuenteth putrefaction of humours, by drying vp the crudities of the body, and is very profitable vpon taking of colde, and for all colde and moist effects of the stomacke, breast and lungs. It is a speedie remedie vpon a surfer, by making a sodaine evacuation both vpward and downeward of such things as are contained in the stomacke, and by the like reason it doth, in an instant, remooue windie torments of the stomacke, and bowels, that proceed of crude humours, and helpeth the fittes of the mother: in a word, it is (being rightly vsed) auailable against all colde and moist distemperatures. But to such as are not of a colde and moist constitution, nor affected with rheumes, it is not, though it be onely retayned in the mouth, and powred foorth at the nostrills, but by way of precaution, and that with good aduise ment to be permitted, as I will by and by shew, and the reason is, because this fume which is hote and drie in the third degree, ascending to the braine, doth not onlie greatly heate and distemper it, but also the animall spirits, wherevpon oftentimes the senses are confounded, and the vnderstanding perverted.

This custome
of taking the
fume downe

As touching the taking of the fume downe into the stomacke and lungs, I vtterly disclaime as
perni-

pernicious, except it be done by way of Physicke, ^{into the stomacke & lungs} one or another of the aforelaide affects, impensively requiring it, both by reason that it is of a verie turbulent and sickely operation, and also, because it being excessiue hot, ouer heateth, and dryeth the liuer, marreth the concoction of the meats, and deturbeth them vndigested from the stomack, if it be taken before they are concocted. Moreover, the lungs which are the flabell of the heart, being by nature (in regarde of their great vse and continuall motion, of soft and spongie substance, are by the immoderate heate and siccitie of this fume, quickly dried and coarctated, and consequently become vnapt for motion, to the great offence of the heart, and ruine at length of the whole body. Hence it may appeare, in how great an errour they persist, that vsually, or for euerie light occasion, imbibe or take downe this fume.

Now that which hath beene spoken concerning the vse of this fume, is not so precisely to be taken, as that it is at no time lawfull or convenient for such as are not by nature rheumaticke, or colde by constitution to vse it: for it is sometimes allowable for euery one, except for him that hath a drie distemperature of the braine, to take this fume by way of prevention. For example sake, if anie one hauing not a drie constitution of the braine, shall trauell, or take a iourney in mistie, stormie, and raynie weather, especially in the winter season, I say, that it is expedient for him, although hee bee not rheumaticke, or of a colde tem-

temperature to take three or foure draughts of this fume so soone as hee shall be entred into his house or Inne, for the preventing of rheumes, or other harmes that may chaunce to him by meanes of the grossenesse or impuritie of the aire.

An obiection
of our vulgar
Tobacconists.

But mee thinkes I heare many that are not by nature rheumaticke, nor of a colde temperature of body, louers of this fume, or that I may more rightly speake, abusers, and luxuriating in this kind of euill, for cloking of their vicious custome, to object against me after this manner. We find by daily experience, that the fume of Tobacco doth draw from vs very many rheumaticke humours: wherefore the vse thereof is not onely allowable and good for the rheumaticke, and such as are of cold temperature. I doe deny the argument; and also reiect their experience: for their lewd and preposterous custome in taking this fume is convenient for no constitution or state of body: for, one while they take the fume, another they drinke, and so continue by turne, vntill they fall asleepe, vomit, or be drunke: wherefore it is no maruell that vpon the vse of the fume they excrete very many rheumaticke superfluities, seeing that by this their preposterous and vnreasonable mingle-mangle of smoake and drinke, farre more crudities and superfluities are bred, then can by vertue of the fume be consumed or excreted, as it is to be seene in them that are giuen to Tobacco, & the Pot, whom you may see to haue tumide and smokie faces, with turgide and flatulent bellies.

Solution.

Here

Heere also some, I know, which are delighted
with the drinking downe of this fume, that I may
so speake, will obiection against that which hath bin ^{Another ob-}
spoken against that manner of taking it, namely, ^{iection.}
that vppon the taking of it downe after meate,
they finde no perturbation or offence, but rather,
very great commoditie, by furthering the conco-
ction. I must tell them, that in this they are grosse-
ly deceiued: First, because their daily custome of
imbibing the fume taketh away the sense of pertur-
bation; for by vse and custome, any thing (though
contrary) is made familiar vnto Nature, as I be-
fore haue touched: Secondly, they are no lesse de-
ceiued, thinking by imbibing the fume, that the
concoction is furthered, beeing not able to di-
stinguish betweene concoction and distribution:
for it is the worst thing, and most pernicious to
the bodie, to occasion the distribution of the
meates before they are concocted in the stomacke;
which they doe, that imbibe or drinke downe
the fume after meate. And verily, the cause of
this their errour, is some emptinesse of the sto-
macke, or prouocation to stoole, which they
feele vppon the receiuing of the fume, not con-
sidering, that this their emptinesse and ill distri-
bution of the meates, and consequently, prouo-
cation to stoole, proceede from the purgative fa-
cultie of the fume. Wherefore I would haue them
to vnderstand, that though they seeme to be well
for the time, eyther by reason of their youth, or
of a strong constitution of bodie, that this pre-
posterous

posterous taking of the fume, will vppon the soldaine, ruine the state of their bodie, by spoyling the stomacke, destroying the concoction, and filling the whole body with crude and noysome superfluities.

If they shall againe vrge to shunne these discomforts, and maintaine another custome no lesse pernicious, that they will take the fume about three or foure houres after meate, when the concoction is effected, for deturbing or driuing downe the reliques of the meates, and crudities that shall be in the stomacke, I would haue them to know, that the hurt will be farre greater then the profite: for besides that, in this they peruert the operation of Nature, they greatly also annoy the lungs, disturbe and infringe the spirits, corrupt the breath, and destroy the languifying facultie of the liuer. I maruell verily at the madnesse of these men. For, what is there in the fume that should so greatly occasion delight? Not the smell, because it is vnpleasant, much lesse the savour, for it is stincking and fuliginous.

Besides these idle affectors of Tobacco, there are also some who are graue and seemingly wise and iudicious, that take it moderately, and most commonly at fixed times; but with its proper adiunct, which (as they doe suppose) is a cuppe of Sacke, and this they thinke to be no bad physicke; nay, they so relie vppon this sacred medicine, as the most of them become detractors both of physicke and Physicians, for which cause they shall not

not passe without my taxe. As for Sacke, it is without all controversie, very helpfull, comfortable and agreeable to mans nature, as I haue shewed in my Booke which is entituled, *Via recta ad vitam longam*, of this yeares Impression: Tobacco is not so, but rather oftentimes hurtfull, especially if it be no iudiciously vsed. But, whether Sacke be good to be taken vpon Tobacco, I will hereafter (notwithstanding these detractors, for the good of others) demonstrate.

As for these Cynicke detractors (for such you shall finde most of them to be) I must tell them, ^a There is also no other reason why very many of our people, in their sickness, expose their bodies to be corrupted, I cannot say cured, to ignorant vsurping Poticaries, and other base illiterated Emperickes, who are (contrary to the Lawes) euery where permitted to exercise Physicke, to the dishonour of God, disgrace to the Facultie, hurt of our People, and shame of our Nation, that this their absurditie proceedeth from their ignorance of the great and admirable mysteries of the noble Art of Physick; or for that they are slaues to their purses, and therefore seeke not in their necessities, physicke-helpes, and counsaile from such as are learned in that facultie; or else, it is because they deeme all expence lost, besides that which adorne the backe, or oblectate the pallate and throat. And so I leaue these to their physicke, and the common Tobacconists to their sleeping betweene the Pot and the Pipe, and come now againe to shew the right vse of Tobacco.

Although it be apparent, by that which hath beene hitherto deliuered, that the taking of Tobacco is onely convenient for colde and moist bo-

dies, that the often and daily vse thereof is onelie allowable for them that haue their stomake, breast, braine and sinewie parts exceedingly colde, and stuffed with crude and rheumaticke humours, and also that it is sometimes tollerable for others, by way of prevention; yet the knowledge of these things, without the true vse and application of the same, as namely, when to vse it, how often, in what manner and measure, and what to obserue after the taking of it, is of small purpose: for it may (being taken without respect had of these circumstances) prooue more hurtfull, then beneficiall vnto him that taketh it. Wherefore I wish him that desireth to haue the true vse of Tobacco, to receiue from me, and carefully obserue ten precepts in the vse thereof.

Ten precepts
to be obserued
in the vse of
Tobacco.

The first is, that it be most commonly taken mornings fasting, after a little stirring of the body, and also sometimes about halfe an houre before dinner and supper, but especially at the time of going to bed, in whom the condition of the bodie, as a colde and moist constitution; and some accidents, as rheumes, catarrhes, heauinesse of the head, and cruditie of the stomacke; or circumstances, as a moist, foggie, and waterish season, shall for the preservation of the health, require the vse thereof.

2. The second is, that the taking thereof be chiefly obserued after travelling in misty foggy and rainy weather, because it preventeth catarrhes, and

and rheumes, and taketh away all hurts that are wont, by reason of the humiditie and grossenesse of the aire, to happen to the head and other parts. For the taking thereof at such time, is convenient for every state of body, except where there is a drie constitution of the braine, as hath beene formerly shewed.

3 The third is, that it be taken with moderation, not (at the most) exceeding the quantitie of a pipe full at a time; for euerie thing which is superfluous, is very aduerse to Nature, and nothing more then Tobacco.

4 The fourth is, that at meales betweene the eating, it be at no hand taken, as many very foolishly doe, because it vtterly interrupteth and marreth the concoction.

5 The fift is, that it be not taken within foure or five houres after meale, except a peculiar state of the body shall necessarily require the taking thereof presently vppon the meale, and that one lie in two respects: The first is, for the imbecillitie of the native and digestiue heate in some, which may not be a little comforted by the translation of the heate of this fume, *mediantibus nervis*, from the braine to the stomacke: The second is, for the consuming of vapours, and preventing of their hurts, which in others are (by reason of an ill disposition of the stomacke) immoderately woont to ascend after meale: for by meanes of the fume detained in the mouth and cavities of the braine, those superfluous vapours are in part consumed,

the braine, which by nature is ouer colde, and moist, heated and dried, and consequently, not so loone annoyed by the vapours which do ascend vnto it.

6 The sixt is, that you drinke not betweene the taking of the fumes, as our smoakie Tobacconists are wont, because thereby the operations of the fume are hindered, and more superfluities commonly bred, then can by the efficacie of it be consumed.

7 The seventh is, that you eate not, nor drinke any thing within a quarter of an houre after the taking of the fume, but allowing that space for the operation of it, you may then wash your mouth with Beere or Wine, to take away the fuliginous fauour of the fume, and also drinke a draught of Sacke, if the stomacke shall be colde, or abound with crude and flatulent humours, and so goe to your meale, if it shall be the time of your repast. For, to wash your mouth, or drinke presently vpon the taking of the fume, doth much hinder the operation of it: or, in steade of washing your mouth, you may presently, vpon the taking of the fume, rubbe your tongue, pallate, and gummies, (which I alwayes holde fit to be observed) with a drie napkin, and if it be also heated, the better, especially in colde and rheumaticke seasons, and afterwards chew in your mouth something of an aromaticall fauour, as cloues, or the rootes of Galingall, or the floures of Rosemarie, and Sage when they may be had, &c. or the conserues of them: for
these,

these, and such like, doe not onely take away the fuliginous and stinking savour of the fume, but also giue comfort to the braine and spirits. And vpon the doing heereof, if it be not before meales, it is specially good to swallow downe about the quantitie of a prune or two of the conserue of red Roses. *Tabule Dianisi*, which you may haue from the Apothecaries, are also very good to be eaten vpon the taking of Tobacco, the mouth beeing first washed as aforesaid, for they correct the euill savour and smell of the fume, make the breath sweete, and also resolve windinesse of the stomacke. I commonly vse, vpon the taking of Tobacco, to swallow downe a spoonefull of a pectorall and cephalicke syrupe made for the purpose, which doth forthwith remooue the offensive savour of the fume, and is withall, very profitable vnto the stomacke, breast, and head, & thereupon also, a quantitie of the conserue of red Roses, especially at the time of going to bed.

8. The eight is, that in drawing of the fume, you suffer it not externally to affect the eies: for it is vnto them, by reason of its smokie drying, and fuliginous nature, very offensive.

9. The ninth is, that you warily draw the fume out of the pipe, not sucking it into your wind-pipe and throte with a sodaine or strong attraction; for then it will exasperate the winde-pipe, and much offend and disquiet the mouth of the stomacke.

10. The tenth and last is, that you go not abroad into the aire, presently vpon the taking of the fume,

fume, but rather refraine there-from the space of halfe an houre or more, especially if the season be colde, or moist, because the poares of the body being open, by meanes of the strong working of the fume, euen to the vttermost and superficialie parts of the body, ineffable hurts may happen, by the sodaine accesse of the aire. Hence you may obserue how idle and foolish they are, that can not trauell without a Tobacco pipe at their mouth; but such (I must tell you) are no base Tobacchians: for this manner of taking the fume, they suppose to be generous: Let these fume-gallants enioy their vanity, and for their better grace, it were good they were also attended with chimney-sweeping Lackeys.

Now from that which hath beene said, you may collect a two-folde manner of taking of Tobacco, which ought to be altered and obserued, according as occasion and the particular state of him that taketh it, shall require. The first is, a detaining of the fume onelie in the mouth, and thrusting of it forth againe at the nostrils, for heating and drying of the braine, and for dissoluing and dissipating of colde humours and superfluous vapours that reside in it.

The fume of Tobacco ought not to be taken downe vpon euerie light occasion,

The other is a receiuing of it into the stomacke and lungs, for consuming & deturbing of crudities and windinesse, that shall offend in those parts. But I aduise, that the fume be sodainly taken downe, and then nother, but some great necessitie or extremitie vrging it, both because it offendeth the bodie with its violent operation, and also for that it may, by reason of its exiccating nature, be very hartfull

to

o the lungs, liuer, and melt, as I will by and by
hew. Wherefore my counsell is, that some safer
remedy (if time shal permit) be vsed for consuming
and deturbing of the flatulent crudities of the sto-
macke and bowells.

Whosoeuer therefore thou be that desirest to
know whether the fume of Tobacco may be profit-
table or hurtfull to thy body; thou oughtest first to
consider, whether it be convenient for thy head :
for if thy braine be ouer cold and moist, or abound
with superfluous matter, then the detaining of the
fume onely in the mouth, and forcing it out at the
nostrills, may be profitable vnto thee : for by this
meanes the fume ascending to the braine, doth not
onely by its heating, attracting and exiccating fa-
cultie euacuate and consume the superfluities in it,
but also, in some measure, reduceth the same to its
natiue temperament.

But heere by the way. it is to be noted, that it
may sometimes happen, that some may haue their
heads accidentally stuffed with rheumatike matter,
although the braine it selfe bee not in its natiue
temperature excessiue colde and moist, but is ra-
ther affected with a drie distemperature. Wherefore
I adunise such, to take the fume with very great
caution & moderation, as at one time not to exceed
the quantity of fixe or seuen draughts at the most,
lest it should cause greater hurt to the braine and
spirits, by encreasing the drie distemperature of
the braine, and incensing the spirits, then commo-
dity in discussing and consuming the co'd e and
waterish humours, wherewith the braine was acci-
dentally

Such as are af-
fected with a
drie distempe-
rature of the
braine, must
verie warily
(when they are
annoyed with
rheumes) vse
Tobaccoes
fume.

mentally oppressed, which in some I haue obserued to come to passe, that haue without measure and iudgement vsed this fume.

Secondly, you must diligently consider whether the fume of Tobacco bee convenient for the stomacke, lungs, and liuer. For, if crude and windie humours abound in the stomacke and bowells throw a colde imbecillitie of the liuer; or if a colde distemperature, and thinne, crude, and flatulent humours dominiere in the lungs, then the imbibing also or taking downe of the fume into those parts, may, so the stomacke be emptie of meates, be sometimes tollerable, yea profitable, especially for strong bodies, in case of extremitie, and when no better remedie, at the instant, can be had: for by its heating, exiccating, and purging facultie, it somewhat correcteth the distemperature, consumeth winde, and foorthwith expurgeth the offensive humours. But by reason of its turbulent and sickely operation, I cannot commend the often vse thereof, nor at any time approue it to them that are of a weake and valetudinarie state of body.

Two cautions
to be obserued
in taking the
fume of Tobacco
downe.

Heere two cautions doe offer themselves to be obserued concerning the imbibing, or taking downe the fume: the one, in respect of the lungs, the other, in respect of the lungs and liuer too. For if the lungs be obstructed of a thicke and clammy humour, or subiect to such obstruction, then the taking downe of the fume is very pernicious, because it doth by reason of its heate and siccitie, more harden and condense the humour, by means whereof, it is altogether vnfit to be excreted. From
hence

hence it is manifest, with how great prudence, cau- Cautiopractica
tion and providence, wee are to vse heating and
drying remedies in affections of the lungs. In like
manner also the taking downe of the fume, is ve-
ry pernicious to them that are affected with a drie
distemperature of the liuer, or lungs, although the
stomacke and intestines shal sometimes be annoyed
with crude and flatuous humours, because it will
cause greater hurt by encreasing the distempera-
ture of those parts, then commodity in discussing
and purging forth the crudities of the stomacke
and bowells: and therefore (in mine opinion) it
is farre better, in such case, altogether to abstaine
from taking downe the fume, and to vse a more
safe and easier remedy.

The like caution must also be observed in re- Tobacco most
pernicious to
drie melanco-
like bodies,
spect of the melt that is obstructed, or subiect to
obstruction, especially in them that are of a drie
melancholike temperature, because the fume, by
reason of its heate and siccitie, doth not onelie
greatly distemper them, but also causeth their
bloud to growe more melancholike, and to bee a-
dusted, and the melancholie humour that resideth
in the spleene, as in its proper receptacle, to bee
indurated from whence diuers calamitous miseries
doe commonly arise. Wherefore I aduise all such
as are of a melancholericke constitution, vtterly to
shunne the taking of Tobacco.

But, that Tobaccoes fume may more effectually
performe all the aforesaid commodities, and with
lesse detriment, I aduise that the rules of Tobacco
be macerated or steeped two or three daies in sacke
about.

The prepara-
tio of Tobacco. abundantly edulcated or sweetned with sugar,
wherein Nutmegs, Cloues, Saffron, the rootes of
Sassafras, Calamus aromaticus, and of Galingale,
Lignum aloes, knaps of Stickadoue, the Floures of
Rosemarie, Sage, and Lavender-spike, together
with their knaps, Fennell seedes, and the excellent
graines called Cubebe haue beene infused foure
and twenty houres, and afterwards strained from
the licour with a strong expression. All these things
must be bruised a little, sauing the Saffron, but the
rootes and Lignum aloes more then the rest, or sli-
ced very thinne, and for the quantities of them,
and of the wine, it must be according to the quan-
titie of Tobacco that you will infuse, wherein you
can commit no errour, so you take not aboue halfe
a dram of Saffron to a quarte of Wine: when the
Tobacco shall be infused as aforesaid, take it out
of the licour, and reserue it for your vse. If any shall
also sprinckle it with a few droppes of oyle of An-
nise or Fennell seedes, or rather, of Cloues, I will
not gaine say it. For the fume, by reason of an A-
romaticall savour, which it acquireth by meanes of
this artificiall preparation, is more agreeable to the
spirits, & doth, besides the aforesaid commodities,
which it more excellently performeth, farre lesse
offend with its benumbing qualitie, ill smell, and
suliginous savour.

The discom-
modities of
Tobacco, being
immoderately
and vnicely
receiued.

Now, that I may impose an end to this busines,
I will summarily rehearse the hurts that Tobacco
inferreth, if it be vsed contrary to the order and way
I haue set downe. It drieth the braine, dimmeth
the sight, vitiateth the smell, hurteth the stomacke,
destroy.

destroyeth the concoction, disturbeth the humors,
and spirites, induceth a trembling of the limbes,
corrupteth the breath, exiccateth the winde-pipe,
lungs, and liuer, annoyeth the melt, scorseth the
heart, and causeth the blood to be adust: More-
ouer, it eliquateth the pingui-substance of the kid-
nies, and absumeth the geniture. In a word, it o-
uerthroweth the spirites, perverteth the vnderstan-
ding, and confoundeth the senses with a sodayne
astonishment and stupidity of the whole body. All
which hurts I affirme, that the immoderate and in-
tempestiue vse of Tobacco doth effect, both by rea-
son of its temperament, but especially through the
property of its substance: wherefore the vse of it is
onely tollerable by way of physicke, not for plea-
sure, or an idle custome.

To conclude therefore, I wish them that desire
to haue *mentem sanam in corpore sano*, altogether to
abandon *insanum præposterumque Tobacci vsum*.
This is all which seemed good vnto me to be writ-
ten of Tobaccos fume, partly for shewing the
right manner of vsing it, but especially for reproo-
uing the too too licentious liberall, and intempe-
stiue taking of it, which very many, in these
dayes) do to their owne ruine lewdly,
and for want of better employ-
ment, foolishly
affect.

F I N I S.

100

The first thing I noticed when I stepped
 out of the car was a warm, humid breeze.
 The air was thick with the scent of
 tropical flowers and the distant
 sound of waves crashing against the shore.
 I took a deep breath, feeling a sense of
 peace and freedom that I had never
 experienced before. The sun was shining
 brightly, and the colors of the landscape
 were vibrant and alive. I knew that
 this was a special moment, and I wanted
 to make the most of it.

CLVI 3

