

## **A prize essay on smoking / by Miss Annie Jones.**

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# SMOKE NOT.

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A PRIZE ESSAY ON SMOKING,

BY MISS ANNIE JONES.

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LONDON :

FRED. PITMAN, 20 PATERNOSTER ROW, *E.C.*

H. COATES, 133 CHEAPSIDE. JOB CAUDWELL, 335 STRAND.

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Although it is too much to expect that any single individual, or any single generation, will succeed in repressing a habit which has been sanctioned by the example and recommendation of men of all classes, creeds, and professions,—it is nevertheless the duty of those who have the knowledge, from human history, that smoking is perverse of the designs of God, to employ such methods as in their wisdom are calculated to arrest attention and awaken concern in a practice which involves the interests of myriads of their fellow countrymen in present and future generations.

Influenced by this consideration, Dr Lee has on several occasions, by offering rewards to successful competitors, elicited from our young countrywomen a considerable number of talented Essays, and we have again the pleasure of sending from the press, under his direction, an Essay which does credit to the head and heart of the writer, and which will abundantly repay the thoughtful reader. May the blessing of God attend its perusal.

“Whatsoever thy hand findeth to do, do it with thy might, for there is no work, nor device, nor knowledge, nor wisdom, in the grave whither thou goest.”—*Ecclesiastes* ix. 10.

N.B. It will afford us great pleasure to receive instructions from other influential members of our Society, intimating their resolve to imitate the example of Dr LEE, in offering prizes for Essays against Smoking; and competitors for prizes are again reminded that only one side of their paper should be written on—that good spelling, and clear, round, and plain writing are expected. One Essay has been rejected on account of neglect in these particulars, and some others have *narrowly escaped*. There is ample scope for the exercise of talent, on behalf of Theological Students and Ministers of Religion, of Students in Medicine and Medical Practitioners, of Sunday School Teachers, and Temperance Reformers. Special Essays for these respective classes, are much needed, and would doubtless be amply compensated.

Communications should be addressed to *Mr Thomas Reynolds, Secretary to the British Anti-Tobacco Society, 10 Camden Square, London, N.W.*

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## ESSAY ON SMOKING.

"SHUN SMOKING, AS YOU WOULD SHUN SELF-DESTRUCTION."—*Lancet*, 1857.

Smoking! Everyone has been accustomed to see smoke from their earliest years,—sometimes proceeding from chimneys, and sometimes issuing from the mouths of men, women, and boys. On a lovely summer's morning, when the sun is just rising and shedding forth his golden rays, to warm, cheer, and beautify the earth; when the birds are caroling forth their joyous notes, and in effect are singing,

"The hand that made us is Divine,"

it is amusing to watch the smoke from some neighboring chimney, with its white curly wreaths ascending until it is lost in the surrounding air; but to see *men* endued with reasoning powers, resembling one of these piles of brick and mortar, can neither be admired nor tolerated. Eighteen hundred years ago, our ancestors were little, if at all, superior to the barbarous savages that overrun some parts of North and South America at the present time; but they were a strong and healthy people, able to endure hardships and fatigue to an extraordinary degree. Could they now come among us, would they not be greatly astonished to witness the general advancement to which as a nation we have attained? But in passing through our streets it would mar their pleasure to behold the extent to which the disgusting custom of smoking is practised by all classes—from the ragged urchin to the man of hoary hairs.

The question naturally arises, Since this custom has become so prevalent, what effect has it for good or evil on a people who are so infatuated by its use, and chained to its thralldom? By young men it is often urged as an excuse, "I am far away from home, I have no companions, I feel lonely, and taking a cigar in some measure compensates for my privations." Poor young fellows! cannot they have higher aims? Let them look on the vast expanse of creation, and view there the handiwork of a beneficent Father and Friend. Then they will not require so futile a companion as a twisted leaf of a poisonous weed. Another excuse often made is, "I can think more to the purpose; I can better collect my thoughts." This is a suggestion from the evil one. "Let two young men of equal abilities set themselves about any kind of work that requires continuous mental application, and the result will be that the *non-smoker* will carry off the palm." Moreover if we may judge by those who are fatigued after two or three hours' drill, and cannot reach home without calling at some inn or pot-house by the roadside, to resuscitate themselves, and issue forth with a reeking cigar, or the more vulgar clay pipe, the heroic spirit of our ancestors will ere long *vanish in smoke*! An order has lately been wisely issued from the Admiralty, forbidding youths under the age of eighteen to smoke. Why is this? Because medical statistics have proved that it injures the nerves, strength, and style of a man, that it destroys the very principle of manhood. Young men become tremulous and timid, lank and lean; they do not rise to the stature of men. Their vigor is impaired, and as a nation's greatness depends essentially on the physical energies of the people, all practical means ought to be employed to repress every custom which tends to its deterioration.

The *Times*, to whose columns the public refer for remarks on the leading topics of the day, has taken up the matter respecting this order. The view which it takes of the subject is,—That the measures are too stringent, that if an attempt by violent means be made to put an end altogether



to a custom which obtains so generally among the best and highest classes of this country, not only will the endeavor fail, but it will engender a spirit of insubordination and resistance, which will lead to results very different from those which are contemplated!

But what measures can be too stringent for suppressing this fearful evil? What is the punishment of being incarcerated without fire, light, or bedding, in a black hole for 48 hours, in comparison with the incurable diseases which are produced on the stomach and associate organs, by thousands of our fellow countrymen, through smoking in their youth? It is a well-known fact that prize fighters during their training, and even on the day of fighting, never use tobacco, because, if they did, their muscular strength would be so much impaired that it would unfit them for the combat.

Of tobacco, a writer in "Blackwood's Magazine" says, "It is now the favorite filth of every savage lip within the circumference of the globe; it fills the atmosphere of the continent with a perpetual stench; the Spaniard sucks it, he says, for the heat, the Dutchman for the cold, the Frenchman because he has nothing else to do, the German because he will do nothing else, the London apprentice because it makes him look like a gentleman, and all because it is in its own nature the filthiest, most foolish, dullest, and most disgusting practice on the face of the earth."

Let us consider, in the *first* place, what tobacco contains.

1. There is in tobacco an essential oil, which is one of the most deadly poisons found in any substance in the vegetable kingdom.

2. There is a narcotic poison called nicotin.

3. By the action of fire, there is an empyreumatic oil generated, which is more energetic in its influence than the constituent principles of tobacco. It is the latter which impregnates the breath and the clothes of the smoker. The Hottentots are said to kill serpents by applying the end of their wooden pipes to their tongues, which causes them to die as instantaneously as if struck by an electric shock.

*Secondly*, What are its effects on *boys* when they commence smoking? It causes giddiness, sickness, and fainting, and if persevered in, it would be followed by coma and death; but no, they say, "I will try again tomorrow," and so they go on training themselves until they have overcome their natural sensibilities. The constant practice of smoking deadens the nerves by degrees, until the stupefying power of the tobacco conceals from the smoker the fact that he is diseased by it. Some disingenuously assert, "I have smoked for thirty or forty years, and I never felt any injury arising from it."

Dr WATERHOUSE remarks, after a long course of practice, "I never observed so many pallid faces and so many marks of declining health, nor ever knew so many hectic habits and consumptive affections as of late years, and I trace these alarming inroads (on young constitutions principally,) to the pernicious custom of smoking cigars." Dr CONQUEST remarks, "As a medical man I have no hesitation in affirming my conviction, based on long and extensive observation, that the use of snuff and tobacco must be classed with the worst evils existing in society. I doubt if under any circumstances the human constitution is benefited by their employment. Language would fail me were I to attempt to detail the bodily and mental diseases which they produce. In my now lengthened medical life, I have often seen the worst and most intractable forms of indigestion, and the most distressing and fatal cases of stomach and liver diseases, traceable to snuff and tobacco, and I am confident this poisonous weed produces every variety and degree of nervous derangement, from depression of spirits to palsy, apoplexy, and insanity. If the physical energies of a people constitute one main source of a nation's power, next to intoxi-



cation from drink, there is nothing so certainly destructive as the use of snuff and tobacco, and if health be to every individual an inestimable blessing, surely it is little less than suicidal madness, that multitudes voluntarily sacrifice it at the shrine of the goddess Tobacco." Dr SEYMOUR, in a letter which he addressed to the Earl of Shaftesbury, says, "The universal practice of smoking has become a remote cause of insanity. No one who is conversant with disease can doubt for a moment that smoking to excess, or immoderately, ends in destruction of mind and body. The effect of excessive smoking is to depress the circulation, the heart becomes weak, irregular in its action, and the pulse is scarcely felt. The patient becomes frightened, loses all resolution; once a bold rider, cannot mount a horse; a carriage passing him rapidly in the street, alarms him; his appetite fails; his mind fills with horrors, imaginary crimes and imaginary punishment. This state of things sometimes continues for years. At length the patient dies—often—very often—suddenly. The cause is explained. The muscular structure of the heart—of that organ which is to distribute strength and power to every part of the system, is imperfect in its action, the left side is thin, and in some cases in which sudden death has occurred, there is little more than a strip of muscular fibre left on that side. Excessive smoking is a new vice. How many young men at school and college used to smoke fifty years ago? Some half-dozen. How many do now? The answer is 'legion.' It is not, as in the case of wine or opium, useful as a remedy in disease, except in some doubtful cases of asthma; it is rarely or never employed, or worthy of a name in the armoury of physic."

This explains the reason why so many of our young men suffer so much from disease of the heart; every day fresh evidence is brought forward by medical practitioners of the increased growth of this complaint.

Dr GULLY also states, "I defy anyone to cure a nervous disorder, or a shattered constitution, while the patient is allowed to snuff, or smoke tobacco. I would have no patient who refused to give it up; *the physician should control, not pander to his patient.*" A medical gentleman presiding over a meeting of the British Anti-Tobacco Society, said, "Before my attention was called to the tobacco question, I never made a single inquiry of a patient about the habit of smoking, but now I invariably do. Some of my patients were continually out of health, and I wondered I could not cure them. At last I said, 'Leave off smoking,' and to a man they were restored to health."

We may further remark that in many cases smoking leads to lunacy. Dr WEBSTER, who has visited, perhaps, more lunatic asylums than any man in England, said, "The farther he went in his investigations, the more he became confirmed in the opinion that tobacco smoking was one of the main causes of the increase of lunacy in the present day."

Regarding it in its *social* character, what advantage do mankind at large derive from it? Take the Turkish nation, for instance. Where is the glory and the wish for enterprise that pervaded their ancestors? They are acknowledged to be the most idle, listless, and unprincipled nation in Europe, though placed in a land abounding with the bounties of their Maker. They take no pains to cultivate the soil, to improve their cities and towns, or their dwellings, and are very untidy and dirty in their persons. On entering Constantinople the visitor is directly struck with the neglected appearance of the city; if it were not for the dogs that infest the streets and act as scavengers, malaria would rage to a dreadful degree. In regard to their honesty an Eastern traveller remarks, "They are gradually losing their character for integrity; formerly the word of a Turk was as good as any other man's oath and much better than that of a Greek, but now one is obliged to scrutinize their asseverations with as much suspicion as we should those of the worst London tradesmen, or some unprincipled



Manchester commission agents." Their only delight appears to be in smoking, in which so-called pleasure they while many hours of the day away. We know, too, that the frequent use of this weed deadens the intellect, and makes men averse to any kind of activity, either mental or bodily. Gadsby, in speaking of some eastern nation, refers to an instance which shows the baneful effects of this habit. "The people were the most squalid of any I had anywhere seen, and no wonder; for I was assured they lived on herbs, rarely tasting even barley bread more than once a month. One woman was smoking, not tobacco, but *herbs*, and for *two* whole hours I do not believe she had the pipe out of her mouth except to refill it. Wretched they are born and wretched they die." Why have Mexico, Germany, Italy, Turkey, and Spain, now so little nationality? Tobacco has had its free course among these nations, and, combined with other bad habits to which it has led, has done much to cause their inferior position. The Germans are notorious for their smoking, and to this practice, no doubt, their confused views of religion and desecration of the Sabbath may be traced. They think by attending the public means of grace once a day, sufficient time is dedicated to Him to whom they owe their being; and on their return they amuse themselves in various ways, some attending concerts, others promenading in the streets, while a few of the quiet ladies take up their fancy work. In Belgium it is even worse, and women, with the greatest boldness, do not scruple to be seen in the disgraceful position of smoking.

Let us take warning, lest we also as a nation fall into like depravity.

Measures have been taken by the Emperor of the French, to exterminate entirely smoking from the public colleges and academies, it having been found that they who smoke are decidedly inferior in their scholastic attainments to the non-smokers. It is said that the Emperor "put out 30,000 pipes in one day." After reading the following statement, we shall not be surprised at this prohibition:—

"At a late meeting of the Société Libre d' Emulation Au Commerce et de l' Industrie de la Seine Inférieure, at Rouen, Dr DUMESNIL read a paper on the pernicious habit of smoking tobacco, in the course of which he observed, that the habit of smoking is spreading fearfully, so much so that the tobacco producing countries can scarcely supply the demand for that deleterious vegetable." The consumption of tobacco throughout the world in the year 1854 was 560,000,000 lb., being nearly nine ounces for each individual.

Dr DUMESNIL added, that calculating tobacco contains on an average 3 per cent. of nicotin, it will appear that there are 16,500,000 lb. of that poison annually consumed. Here then is a field open for the philanthropist and patriot to lend a helping hand, to exterminate as far as possible this *curse* from our country and the world.

Could our legislature be induced to view this evil in the same light as the Emperor of the French does, and our beloved Sovereign, were to use her influence with His Royal Highness the *heir apparent*, to consider the bad example which he is setting to his younger brothers, and incidentally to all the youthful subjects of this realm, what incalculable individual and national benefits might result from their blended exertions!

JAMES I. regarded smoking as a dishonor to God, and a degradation to his subjects. "*Is it not*" he inquired "*the greatest sin of all that you the people of all sorts in this kingdom, who are created and ordained by God to bestow both your persons and goods for the maintenance both of the honor and safety of your king and commonwealth should disable yourselves in both; in your persons that you are not able to ride or walk the journey of a Jew's Sabbath, but you must have a reekie coal brought you from the next poor house to kindle your tobacco with?*"



"And now, good countrymen, I pray you consider, what honor or policy can move us, to imitate the barbarous and beastly manners of the wild, godless and slavish Indians, especially in so vile and stinking a custom. Shall we that disdain to imitate the manners of our neighbour *France*, having the style of the great Christian kingdom and that cannot endure the spirit of the *Spaniards*,—shall we, I say, that have been so long civil and wealthy in peace, famous and invincible in war, fortunate in both, we that have ever been able to aid any of our neighbours, shall we, I say, without blushing, *abuse ourselves* so far as to imitate these *beastly Indians*, slaves to the *Spaniards*, the refuse of the world, and as yet aliens from the holy covenant of God? Why do we not as well imitate them in walking naked as they do, in preferring glasses, feathers, and such toys, to gold and precious stones as they do? Yea, why do we not deny God and adore the devil as they do?"

*The Duty of Ladies.* If the young ladies of the present day would show their aversion to smoking, this evil would be greatly checked. Instead of saying as many of them do,—“Do not mind me, I do not object to it, in fact I quite enjoy the *odour* of a cigar,” they should say “If *smoke* contributes so much to your pleasure, pray indulge in it, but, you must excuse my unwillingness to receive it into my mouth and nostrils.” To a sensible young man, this would be a severe rebuke, and convince him that among the fair sex, fumes of tobacco are not deemed a desirable adjunct, to an aspirant for matrimonial alliance. Cowper did not understand the physiological aspect of this question, or he would not have said:—

“Pernicious weed! whose scent the fair annoys;  
Unfriendly to society’s best joys;  
Thy *worst effect*, is banishing for hours  
The sex, whose presence civilizes ours.”

Another objection to smoking is the *indolence* which it begets. Instead of rising early to pursue his avocation, the smoker feels a drowsiness and laziness which he has not the resolution to combat. On him the proverb is lost, which says:—

“Early to bed, and early to rise,  
Makes a man healthy, wealthy and wise.”

Again, smoking is an *expensive* habit. A young beginner may spend only a penny a week on tobacco for the first year, which will amount to 4s. 4d. As the habit strengthens, more of this noxious weed will be required; so that after that time he will spend 6d. out of his week’s wages, which will make £1 6s. a year. Now consider what this will purchase. If a poor lad, it would supply him with comfortable *clothes*, or if comfortably clad, his money would provide him with various books and admission to Mechanic and other Institutions; where he might gain much useful information. If he commences at the age of 15, and continues until he is 25, this sum will have amounted to £13. This is considered a low calculation; one shilling a week for a moderate smoker, would be nearer the mark; so that in ten years £26 would be worse than wasted. Thus their means and opportunities of improvement are perverted, the energies of their minds are impaired, and they become an easy prey to every kind of temptation.

Smoking is an *impediment to Temperance and the progress of the Gospel*. Smokers, by heating the mouth and draining the system of the nourishing saliva, are driven to the use of fermented liquors to relieve their thirst and exhaustion. Smoking and public houses are necessarily co-existent. It was said by Dr JAMES HAMILTON,—“If you can extinguish the pipes of London, you will do much towards closing many of its public-houses.”

Some minister of the Gospel or Christian brother may say, “There is nothing that I can see in my Bible that forbids the use of the ‘good crea-



ture.' " Let him consider whether God intended smoking to be one of the means for developing that condition of body and mind, which ought to characterize probationers for a beter world.

The 44th chapter of Isaiah (which was written 760 years B.C.) speaks plainly on the delusion that would come upon the people. The prophet is speaking of idol-makers ; now what is a greater idol in the present day to many persons than his *pipe*? From the first thing in the morning until the last at night, time, money, and talents all are sacrificed at the shrine of the "*Goddess Tobacco*." The use of tobacco is not forbidden by name, because the Bible was written before its introduction.

A doctor was visiting the house of a patient, and while there the father commenced smoking, upon which the doctor asked him to desist. When leaving, a Bible was called for, but one was not to be found, only a few fragments. The infatuated man had smoked for thirty years, spending not less than threepence per week in tobacco ! He believed that tobacco smoke was better than the Bible. St. Paul says,—“ But I keep under my body, and bring it into subjection.” Can a smoker say this? He allows himself to be entirely under its influence. Are we not commanded to redeem time? What so idle a “ pastime ” as tobacco smoking !

In conclusion, I would address a few words to *Parents* ! Form the resolution *now* that you will entirely refrain from polluting your lips with this poisonous weed and its too frequent accompaniment,—intoxicating liquor. Set an example to your children by combating and overcoming a practice so endangering to your mind, so prejudicial to your health, and so wasteful of your much needed earthly resources.

*To Mothers*, I would say, try and influence your *sons* by showing them the baneful effects which smoking produces, and though your efforts may not be successful at first, a mother's prayer has often removed difficulties that once appeared insurmountable. “ Cast thy bread upon the waters, and thou shalt find it after many days.”

*To Sisters*, I would urge you by persuasion and love to induce your brothers to cast away their meerschaums and cigars, and to show by your marks of attention and kindness that a brother's happiness is one of your greatest pleasures.

*To Young Men* I would now say, Beware ! You are entering into life young, hopeful, and enterprising. The world stands open before you ; you will have to battle with numerous temptations that will surround you on every hand ; you require to be guarded. Many a young man can date his overthrow to indulging in a cigar ; which led him to the tavern, and so continuing in his downward course, was lost. Besides, *non-smokers* are always preferred in a counting house or other public office, to fill responsible situations ; and in the words of Solomon I would say, “ My son, if sinners entice thee, consent thou not.”

May the time rapidly approach when the people of England shall cast away the narcotic weed, as prejudicial to health, hostile to religion, and productive of some of the worst and most incurable diseases to which human nature is liable. May every scientific man, every scholar, every philanthropist, and every Christian abstain from smoking, and thus be free in the sight of God in this particular, from all responsibility both in practice and example.

May God in his mercy bless our united efforts to stay this physical and social evil.