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FACTS

ABOUT

TOBACCO.

COMPILED BY

REV. EDWARD P. THWING,

AUTHOR OF "HANDBOOK OF ILLUSTRATIONS," AND "DRILL BOOK IN VOCAL CULTURE."

THIRD EDITION, REVISED.

A. S. BARNES & CO.,

NEW YORK AND CHICAGO.

PUBLISHER'S NOTE.

Facts are stubborn things. These, and not theories, are here presented. In response to continual calls from clergymen and other public teachers, this hand-book of facts and incidents illustrative of the evil of the tobacco habit has been prepared. The author has had opportunities for wide observation in this and other lands; has been in correspondence with educational and medical men, and consulted the copious literature of the subject. Moreover, we are sure that the candid as well as graphic style of statement will secure for these facts a confidence which some writers and reformers of pugnacious spirit fail to win.

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A CHAPTER OF COOKERY RECIPES & A NEW LIST OF
 BOOKS ON HEALTH & HYGIENE FREE FROM
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CHAPTER FIRST.

HISTORICAL.

HUMBOLDT asserts that tobacco has been cultivated from time immemorial. Another author says that its use was confined to Central America for over five thousand years, but that it has spread all over the world in three hundred years.

The earliest traditions represent Indians as worshipers of various deities, with whom they held communion while intoxicated with the smoke of the burning *petun* or tobacco. While lying off Cuba in 1492 Columbus sent two men ashore to reconnoitre. They reported on their return, among other things, that they saw "the naked savages twist large leaves together, light one end at the fire and smoke like devils!"

Thomson, the biographer of Sir Walter Raleigh, says that the first time the Spaniards saw tobacco smoked as a luxury was at a friendly interview with Grijalva in 1518, at Tabasco or Tabaco, an island in the Gulf of Mexico, where he, a Spanish chief, ruled. From this circumstance came the name of the plant. The following year Cortez sent to Charles, his King, this, among other specimens of the productions of a conquered province. Genoese and Venetian traders carried it to the Levant, and thus it was introduced into Turkey, Arabia, Persia and the whole of Asia.

The French ambassador at Portugal, John Nicot, carried the plant from Lisbon to France in 1560. From him was the genus *nicotiana* named by Linnæus, the Swedish naturalist. Ralph Lane, who returned with Sir Francis Drake to England in 1560, introduced the poisonous drug into that country. Ten years after it was cultivated in England, according to Lobelius. Sir Walter Raleigh is regarded the first patron of the weed in England, and the infamous Catherine De Medicis—remembered as the instigator of the massacre of Protestants on St. Bartholomew's Day—the first snuff taker. This

queen of Francis II. gave tobacco the name, *Herbe a la Reine*, Queen's Herb.

On the other hand, Queen Elizabeth published an edict against its use as a demoralizing vice, tending, she said, to reduce her subjects to the condition of those savages whose habits they imitated. The next sovereign, King James, put a prohibitory tax of six shillings and eight pence a pound on imported tobacco. In his famous book, "Counterblaste to Tobacco," he says that smoking "is loathsome to the eye, hatefull to the nose, harmfull to the braine, dangerous to the lungs; and in the black, stinking fume thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless!"

Charles I. continued the import and, as in France, made the plant a royal monopoly. It is said that the physician of Louis XIV., Fagon, while in the midst of a violent speech on its pernicious effects, paused and took out his snuff-box to refresh himself as he renewed his argument, illustrating, perhaps unwittingly, Ovid's maxim,

Video meliora proboque
Deteriora Sequor.

The loathsome habit of "drinking tobacco" at that period "prevailed all over England especially among the courtiers." In 1590 Shah Abbas affixed penalties to the vice, but many fled to the mountains rather than to forego the indulgence. In 1624 the Pope anathematized all who defiled the sanctuary of God by carrying even snuff. In 1625 the Grand Sultan Amurath IV. prohibited smoking as unnatural and irreligious. The penalty was death. Says Thomson, "Few, indeed, suffered the penalty, yet, in Constantinople where the custom is now universal, smoking was thought to be so ridiculous and hurtful, that any Turk, who was caught in the act, was conducted in ridicule through the streets with a pipe passed through his nose. In Russia, where the peasantry now smoke all day long, the Grand Duke of Moscow prohibited the en-

trance of tobacco into his dominions, under penalty of personal chastisement for the first offence and death for the second. The Muscovite who was found snuffing was condemned to have his nostrils split." The particular court of law instituted to legislate in these matters was continued until the middle of the last century.

In Switzerland smoking was ranked a crime next to adultery and severely punished. Burton in his "Anatomy of Melancholy," published in 1621, while admitting that tobacco had medicinal virtues, says "As it is used by most men 'tis a plague, a mischief, a violent purger of goods, lands and health; hellish, devilish; the ruin and overthrow of body and soul!"

Under Sir Thomas Dale tobacco begun in 1616 to be raised in Virginia. In 1620 ninety respectable English women were imported by Jamestown planters for wives, at the price of one hundred and twenty pounds of tobacco each. The value of a pound was fifty cents, so each female sold for \$60. During 1621 sixty more females were invoiced by the London company at a slight advance, 150 pounds a head. This price was paid by the planters ostensibly to liquidate the expenses of outfit and voyage.

MANUFACTURE OF CIGARS.

Cigars were not generally known in Europe until the beginning of the present century. The present consumption is enormous, as revealed in official reports. Thirteen European governments have made the tobacco trade a monopoly. Austria began State factories in 1814 for making cigars. The income in 1851 was seven millions and in 1856 thirteen millions. From 1814 to 1856 there were over six thousand million cigars made in those factories. There are ten cigars a day consumed at an average by each inhabitant of Cuba, or about fourteen hundred millions a year. In 1847, as the product of a fruitful year, that island alone exported to all parts of the globe 1,982,267,000 cigars.

A Cuban planter allows eight pounds of tobacco to 1,000

cigars; 600 pounds yield 75,000 cigars, worth \$750; cost of leaf \$300, and of manufacture \$187.50, leaving a profit of \$262.50. In 1859 there were 15,000 tobacconists in France, the net profits to the State, on the sixty million pounds made, being 178,752,541 francs. Over a million persons are employed in Holland in the same business. It is estimated that two-fifths of the stuff consumed in Europe is furnished by the United States. Four hundred thousand acres of our soil were cursed by this poisonous plant in 1850, and the gross value of that year was \$13,982,686. Says Gen. John H. Cooke, of Virginia, "Tobacco exhausts the land beyond all other crops. As a proof of this every homestead from the Atlantic border to the head of tide water is a mournful monument. It has been the besom of destruction, which has swept over this once fertile region." It requires a deep and mellow soil, great pains to protect from weeds and worms, careful transplanting, fertilizing and topping. After cutting, drying and curing, the stripping and bulking of the tobacco follow. The business is as revolting as its results are degrading to the human race. Said Thomas Jefferson, "We find it easier to make one hundred bushels of wheat than one thousand pounds of tobacco, and they are worth more when made. The culture of tobacco is *productive of infinite wretchedness*. The cultivation of wheat is the reverse, in every circumstance. Besides clothing the earth with herbage and preserving its fertility, it feeds the laborers plentifully, requires from them only a moderate till, except in the harvest, raises a great number of animals for food and service, and diffuses plenty and happiness among the whole." Another writes, "If there is any dirtier work than raising tobacco, we should like to know it. A gum issues from green tobacco that covers everything that it comes in contact with. The practice of tobacco growers is to put on a shirt outside their clothes, and wear it without washing all through the season. We met recently with a troop of men fresh from the tobacco-field, who might pass for Hottentots. They looked

as though they always burrowed in the ground, and in hands and face as well as dress, were the color of woodchucks."

The details given by some who have witnessed the various stages of manufacture are too disgusting to print. The business of collecting stumps of cigars, which have been thrown into the gutter, is a lucrative branch of the home manufacture of "Real Havanas." These scavengers, however, are not reckoned in the official count of employed workmen.

STATISTICS.

The last census reports 47,846 persons engaged in 5,204 establishments, making cigars, snuff, chewing or smoking tobacco; the value of the products \$72,762,044, an increase of nearly seventy-six per cent. over that of 1860, in tobacco, and snuff, and two hundred and sixty-eight per cent. increase in the production of cigars.

Tobacco crop in the United States in the year

1840,.....	219,163,319	pounds
1850,.....	199,752,655	"
1860,.....	434,209,461	"
1870,.....	262,735,341	"
1873,.....	372,810,000	"
1874,.....	200,000,000	"

Exports of tobacco:

1866,.....	196,801,957	pounds; value	\$31,250,834.
1873,.....	213,995,176	" leaf, "	22,689,135
"		manufactured	2,627,585
1874,.....		"	2,537,782
"	318,097,804	" leaf,	30,399,181

The leading States in 1873 :

Ohio,.....	32,500,000	pounds,
Virginia	50,000,000	"
Kentucky,.....	152,000,000	"
	<hr/>	
	234,500,000	"

The importations are chiefly from Cuba and four-fifths in the form of cigars; upward of four million dollars, estimated value yearly.

Tobacco is largely cultivated in Russia, and the seed used on the plantations is from the United States and from Turkey. According to the official report, for the year 1877; there were raised in twelve southern provinces about 3,000,000 poods (or 120,000,000 pounds), in Caucasus, 75,000 poods (or 3 000,000 pounds); and in Siberia 27,000 poods (or 1,080,000 pounds); or, altogether, about 3,102,000 poods. At the rate of two roubles per pood, the revenue from tobacco is over \$6,000,000 a year. All the Russian tobacco is consumed by Russians.

Other statistics are given in Chapter IV. showing the waste of industrial resources resulting from the business.

CHAPTER SECOND.

SCIENTIFIC FACTS.

VAUQUELIN in his analysis gives the following ingredients in tobacco: the acrid, the volatile principle, nicotine; albumen, acetic acid, a soluble red matter, supermalate of lime, chlorophyl, nitrate of potash and chloride of potassium, sal-ammoniac and water. The strongest tobacco contains six or seven per cent. of the alkaloid nicotine. The concrete volatile oil of tobacco is obtained by distillation, six pounds of the leaves yielding eleven grains. This fatty substance is volatilized by heat and is soluble in alcohol or ether. A dark, acrid empyreumatic oil is detected in tobacco smoke, a most virulent poison. The ashes of the weed are composed of carbonates of lime and magnesia, sulphate of potash and chloride of potassium.

The active principle of tobacco, nicotine, says *Appleton's Cyclopedia*, "possesses an exceedingly acrid, burning taste, even when largely diluted. Its vapor is exceedingly powerful, and irritant to the nostrils, that arising from a single drop being sufficient to render the whole atmosphere of a room insupportable. It is one of the most virulent poisons known, a drop of the concentrated solution being sufficient to kill a dog and its vapor destroying birds."

In small quantities it is a sedative, but in larger amounts tobacco "causes giddiness, faintness, nausea, vomiting and purging. The skin becomes cold and clammy, the muscles relaxed, the pulse feeble, and fainting, and sometimes convulsions ensue terminating in death." Garcilasso says that the ancient Peruvians only used it as a medicine in the form of snuff. A friar, named Pane, who attended Columbus on his second voyage, says that the natives used it as a purgative, snuffing the pulverized leaf through hollow canes.

The Orinoco tobacco is named by Miller, *N. latissima*; the green tobacco is *N. rustica*, with ovate, petiolate leaves, used by English gardeners to kill insects; the *N. fructiosa* is a native of China, cultivated there from ancient times. The use of the weed has been so common, says Johnston, "that every female from the age of eight or nine wears as an appenage to her dress a small silken pocket to hold tobacco and a pipe." Even when used moderately, Dr. Pereira says that thirst is provoked and a secretion of saliva is increased; when used to excess, in some cases, "universal trembling, staggering, convulsive movements, paralysis, torpor and death."

The varieties of the plant are known by the names of the districts in which they are produced. The calyx is more or less fetid in smell. The first fermentation takes place after the plant is cut and placed in heaps, and a second, or sea-sweat, after it has been exported.

The most productive varieties of the plant are found in South America. They rise to the height of six feet with a strong, round stem; there are spear-shaped leaves measuring twenty inches in length and five inches in breadth, decreasing in size as they ascend the stem. Pink or rose colored flowers blow in July or August and the seeds ripen a month later. These are sown in March, and in April the young plants are bedded. The best plants are reserved for seed, 100 being sufficient for a crop of 40,000 pounds.

EXPERIMENTAL TESTS.

Tobacco belongs to the genus *nicotiana* and natural order solanaceæ. It is the near kin to stramonium or thornapple; hyoscyamus or henbane; belladonna or deadly night shade. The fact that "it has enslaved three hundred millions of the human race and is now extending its baneful influence more rapidly than ever before," imparts special significance to the testimony of science.

Willard Parker, M. D., says: "I do not place my individual self in opposition to tobacco, but science, in the form of physi-

ology and hygiene is opposed to it, and science is the expression of God's will in the government of His work in the universe." A British surgeon examined thirty boy-smokers between the ages of nine and fifteen years, and found serious disorders begun in twenty-two, with a more or less marked taste for strong drink, generated by the habit of smoking.

Fontana made the following experiments on animals: 1. I made a small incision in a pigeon's leg, and applied to it the oil of tobacco. In two minutes it lost the use of its foot. 2. I repeated this experiment on another pigeon, and the event was exactly the same. 3. I made a small wound in the pectoral muscles of a pigeon, and applied the oil to it. In three minutes the animal could no longer support itself on the left foot. 4. This experiment, repeated on another pigeon, resulted in the same way. 5. I introduced into the pectoral muscles of a pigeon a small bit of wood covered with this oil. The pigeon in a few seconds fell insensible. 6. Two other pigeons, to whose muscles I applied this oil, vomited several times. 7. Two others, with empty stomachs, treated in the same mode, made every effort to vomit."

The testimony of chemists and experts in all lands in reference to this narcotic is essentially the same.

Kœmpfer ranks it with strong vegetable poisons. A thread dipped in the oil of tobacco and drawn through a wound made by a needle in an animal, killed it in the space of seven minutes. Mr. Brodie found that two drops of the oil applied to the tongue of a cat, with an interval of fifteen minutes, occasioned death. A single drop suspended in an ounce of water, and injected into the rectum of a cat produced death in about five minutes. One drop suspended in an ounce and a half of mucilage, and thrown into the rectum of a dog, produced violent symptoms, and a repetition of the experiment killed him. Says the *Encyclopedia Americana*, "It is a nauseous and poisonous weed, of an acrid taste and disagreeable odor, in short, whose only properties are deleterious." Dr. Bigelow in his *American Medical Botany* remarks, "in

its external and sensible properties there is no plant which has less to recommend it than the common tobacco."

A New England clergyman sums up these facts and asks "Now, supposing a chemical analysis should show strawberries possess as deleterious properties, and that physicians with united voice proclaimed them a poison always injurious, and often fatal, who could be persuaded to put them on his table as an article of luxury? What parent would suffer his child to eat them? Laws would be enacted at once, prohibiting the sale of them under severe penalties. Why, then, is tobacco so generally used, and why are so few efforts made to save the world from its deadly influence? Why? Because of its intoxicating property; the appetite and habit is so strong that the grave must open to make a man throw away his quid or his pipe. Men are held captive by it in the same way that they are held captive by alcohol. It does not so generally, it is true, make men stagger like alcohol, but it as really blinds and deceives. Few of those who use alcohol apprehend any injurious results. And just so it is with those who use tobacco. Some of both classes have at times awful convictions that its use is injurious, and will bring them, through a wilderness of woes, prematurely to the grave; but the cup in the one case, and the pipe or quid in the other, lulls their fears."

A physician, who was a distinguished advocate of temperance, but who was a slave to the tobacco habit, was returning home from a National organization, of which he was the presiding officer. Talking with Dr. R. T. Trall, of New York, on his own inconsistency of example, the physician exclaimed: "Tobacco is as much worse than liquor as palsy is worse than fever. I know it! I feel it, but --." He shook his head and did not finish the sentence, leaving the impression of the helplessness of his condition in this terrible bondage. A few weeks after he died suddenly, a victim to that poison the chemical properties of which he so well understood, but the spell of which he could not break.

TOBACCO AND OPIUM.

Before leaving this branch of the subject, the relations of this poison to another still more deadly drug, should be signalized. The following is condensed from "The Opium Habit," Harpers, 1868, pp. 198: "When about sixteen, suffering from toothache, I was induced by my landlady, a pipe smoker, to try tobacco as a remedy. I fell at once into the habit of chewing, and continued the abominable practice without intermission or moderation for eleven years. As a result the perpetual and unmeasured waste of saliva wrought deep injury. I often felt languor and faintness, but would not then admit, what now I do not doubt, that tobacco was in fault. Graduating at nineteen from Harvard College, I took charge for three years of an academy, suffering the while the effects of false living and tobacco chewing of previous years. I was licensed to preach; was ordained and married. Though dyspeptic I took little exercise, but always set a decanter of liquid fire (brandy) on the dinner table. Through Saturday night a pot of green tea, strong as lye, or coffee, black as ink, and a box of cigars inspired the sermons for Sunday. With nerves tingling from the action of liquids, which no swine will drink, and of the plant which no swine will eat, the minister would portray the ruin wrought by intoxicating drink. For four years, ending in 1837, I was a pastor in Brooklyn, N. Y. Not for one week was I a free, healthful, sober man. It was a long, sick, feverish dream; midnight blackness and sufferings which mock endeavors to describe, yet which did not incapacitate me from customary offices. Very few knew my condition, and I received an honorable dismissal at my own request." As he had added alcoholic drinks to tobacco, he now adds opium to those other poisons, convulsions and fits having set in. Tobacco had been for awhile dropped, and an attempt was also made to abstain from wine and brandy. "The substitution of laudanum for alcohol was a fatal move; it held every fibre of my frame in an inexorable clutch. While obliged to use opium daily to keep the current of life flowing, I required an excite-

ment that opium could not give, and so tried strong tea, coffee and tobacco smoking. These all were not enough. There was nothing for me but to try alcohol again, so that, now, I had opium, alcohol, tea, coffee and tobacco smoking fastened on me, and all in excessive quantities. Again I went back to my dungeon."

Pages follow of terrible experiences. His brain seemed on fire; for ten days together having not a moment's release from pain and hardly any sleep, he became delirious. Like those in *mania a potu*, he heard hissing and whispering about him, and sounds in his head like the seething, rushing and roaring like a storm at sea. His mind was wretched. His soul was full of remorse. He had left the ministry. His home was broken up. His family was scattered. He was a wanderer. He preached in Baltimore a few Sundays and disgraced himself by a two days' drunk; hid himself two years in Vermont; studied law, lectured and brought up in a New York hospital. Twice he thought himself cured, but the book leaves him an opium-eater, a cautioning all "who are tempted to substitute one ruinous habit in place of another."

Dr. Solly, a Fellow of the Royal Society, speaking in the interests of science in a pathological discussion, said: "There was another habit, also, in which my patient indulged, and which I cannot but regard as the curse of the present age—I mean smoking. Now, don't be frightened, I am not going to give a sermon against smoking—that is not my business; but it is my business to point out to you all the various and insidious causes of general paralysis, and smoking is one of them."

Having glanced at the history of the plant and its peculiar properties and effects, in a scientific point of view, we are ready to hear further testimony of a strictly medical and surgical character, illustrative of the peril to which its use exposes us.

CHAPTER THIRD.

MEDICAL TESTIMONY.

PHYSICIANS have said that 20,000 die yearly in this land from this poison. As an emetic, tobacco is said to excel in promptness and violence of action. It is also a cathartic and diuretic. It has been used to expel some other poison, but on account of its great virulence its use is perilous, internally or externally, as is shown by such authorities abroad as Conwell, Vauquelin, Brodie, Berzelius, Hermstadt, Posselt, Reimann, Fontana, Albinus, Henry, Hooper, Boutron, Rees, Buchner and Wilson, and among our own countrymen, Franklin, Rush, Silliman, Wood, Bache, Bell, Condie, Mussey, Graham, McAllister, Waterhouse, Woodward, Eberle, Ives, Parker and multitudes of other eminent surgeons and medical men.

To illustrate the danger of its use even in medicine, Dr. Mussey says, "A medical gentleman, in New Hampshire, a few years ago, was consulted by the mother of a girl four years old, who was afflicted with a severe eruption or humor on the face. The mother was anxious, from having heard stories of its efficacy in other cases, to make an application of tobacco; the physician, however, advised to the contrary, and left her to visit her sick neighbor. While prescribing for the latter, he was called back in haste to the child, whom he found senseless and motionless on the floor. The mother informed him that, being still persuaded tobacco would be beneficial, she had, after he retired, taken some from the bowl of a pipe and rubbed it over the child's face; that the child set out to walk across the room immediately after the application, but had not proceeded half way before it fell in the condition in which he found it. The physician remained an hour

and a half, resorting to various means for resuscitating the child—the pulse occasionally reviving and then dying away again—till, finally, animation was restored. For years afterward, the child was subject to alarming nervous symptoms, and is now puny and feeble. The constitution of the child previous to the experiment was good, but the shock upon the nervous system was so severe that it has never recovered and probably never will.”

Dr. Alcott in his little treatise on the physical, intellectual and moral effects of tobacco (S. R. Wells & Co., 1878), says that its use not only originates disease but aggravates existing complaints. Even a small quantity introduced in the form of a tea to relieve spasms has been known repeatedly to destroy life. Soldiers, he says, have contrived to unfit themselves for duty by placing a moistened leaf of tobacco in the armpit. It caused sickness at the stomach and general prostration.

Mr. Barrow, the African traveler, says that the Hottentots use this plant for destroying snakes. “A Hottentot, applied some of it from the short end of his wooden pipe, to the mouth of the snake while darting out his tongue. The effect was as instantaneous as that of an electric shock. With a momentary convulsive motion, the snake half untwisted itself and never stirred more; and its muscles were so contracted that the whole animal felt as hard and rigid as if dried in the sun.”

The Indians of this country poisoned their arrows in an oil obtained from the tobacco leaf. Fainting, convulsions and often death were caused by these arrow wounds.

Says Dr. Marshall Hall, “The smoker cannot escape the poison of tobacco: it gets into his blood, travels the whole round of the system, interferes with the heart’s action and the general circulation, and affects every organ and fibre of the frame.”

“I scarcely meet a friend or patient (says Dr. Solly, already quoted), who does not bear his testimony to the mischief of

which he has been the witness, in his own case or that of some friend, from tobacco."

Says Dr. Waterhouse, "I never observed such 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 this alarming inroad on *young constitutions* principally to the pernicious custom of smoking cigars."

Even the "Organ of the Tobacco Trade" admits that "Few things could be more pernicious for boys, growing youths and persons of unformed constitution, than the use of tobacco in any of its forms."

"Tobacco impairs digestion, poisons the blood, depresses the vital powers, causes the limbs to tremble, and weakens and otherwise disorders the heart."—*Dr. H. Gibbons.*

"For one inveterate smoker who will bear testimony favorable to the practice of smoking, ninety-nine are found to declare their belief that this practice is injurious; and I scarcely ever yet met with one habitual smoker who did not, in his candid moments, regret his commencement of the habit."—*Dr. Johnson.*

"I believe that no one who smokes tobacco before the bodily powers are developed, ever makes a strong, vigorous man."—*Dr. Fergus Fergusson.*

The essay of Dr. Trall (S. R. Wells & Co) is a compact exposition of the rationale of the blighting influence of tobacco and to some of its leading statements, in a condensed form, a brief place is given.

ACTION OF TOBACCO.

Seventeen medical properties are ascribed to this drug. It is errhine, sternutatory, sialogogue, emetic, cathartic, expectorant, cholagogue, diaphoretic, diuretic, antispasmodic, nervine, stimulant, narcotic, anesthetic, anaphrodisiac, parturifacient, and antiparasitic. This wide range of "remedial virtues" has given it a value it does not deserve.

The living system acts, and not the drug in their relations to each other. The "property" is the antagonism of the system. The drug does not elect or select or have affinity for this or that part of the vital structure, and "invigorate the system," or "force the organs to perform their normal functions," or aught except occasion vital resistance and a waste of vital power, is one of the most unfortunate delusions. Instead of affinity, repugnance or antagonism is the word to use. Tobacco dust is said to have an "affinity for the Schneiderian membrane by virtue of which it acts preferentially on it, sneezing being responsive," whereas the nose revolts at the insult and expels the intruder. So with mercury salivation, emetics and diuretics. A warfare by the vital organs is roused. If the amount of poison is small a gentle excitement begins, perhaps exhilarating, the circulation being accelerated without being really unbalanced. So is it sometimes at the beginning of yellow fever, cholera and other malignant diseases, when the vital forces begin to rally. There is for awhile a sense of unwonted energy and a pleasurable excitement pervading the whole system, attended, often, with unusual buoyancy of spirits, and intense mental activity. But perhaps in an hour the patient is powerless, fatally prostrated, the intensity of the vital struggle ("reaction") having exhausted life. This disturbance is disease. It wastes one's capital of strength or sensibility in the ratio of its violence and continuance.

Why is a small dose of tobacco, alcohol or opium nervine, a larger, stimulant, and a very large dose narcotic? Not because of any properties in these drugs. These three processes of expulsion, exhilaration, stimulation and narcosis are three stages of disease, involving a steady consumption of vitality. The last causes a violent termination of blood to the first passages; so violent, often, that the brain is deprived of the supply necessary for its functions, and narcosis, stupor, insensibility and apoplexy result.

So in the cold stage of yellow fever, in the collapse of cholera, and in the early stage of the severest cases of typhoid

fevers, "reaction" does not occur. The patient becomes prostrated, sinks and dies. These cases are precisely analogous to the narcosis occasioned by tobacco. Were the doses of tobacco large enough, unless vomiting occurred, the patient would die without reaction, or consecutive fever.

Whether tobacco excites increased vascular action or decreases it, that is, stimulates or narcotizes, depends whether the organic instincts are or are not impaired by this vice. The greater the exhaustion the more clamorous the craving, so that sometimes delirium tremens and insanity have occurred where the indulgence is denied. Similar results follow arsenic eating and opium poisoning. The more deadly the drug the more energetically do the vital powers associate to resist its presence. For this reason comes to claim a wide range of "therapeutic virtues" as noted in the beginning of this section.

Moreover, all substances have chemical relations, those of attraction and repulsion which are as varied as are the substances. Vital forces control these chemical processes of combination and decomposition, so long as vitality continues. The intensity with which they expel substances that cannot be used is proportioned to the chemical affinities existing between the elements within and the elements without the vital structures; and hence the vital actions in resisting the external elements must be as diversified as are the existing chemical affinities, or as are the different forms of matter.

Medical men note many more diseases resulting from the tobacco habit than there are "properties" in the drug itself. Of the diseases and infirmities which *frequently* result from the habit may be mentioned cancer, especially of the lips and tongue; dimness of vision; deafness; loss of the sense of smell; perverted taste; dyspepsia; bronchitis; consumption; acne; hemorrhoids; palpitation; spinal weakness; chronic tonsillitis; anorexia; amaurosis; caries of the teeth; coryza; ozæna; epilepsy; hypochondriasis; paralysis; impotency; apoplexy; tremors; delirium; insanity.

ORGANS INJURED BY TOBACCO.

THE VOICE.—Dr. Rush, an eminent authority in vocal art, speaks of the influence of snuff in obstructing the air passages, and so impairing the sound of the voice. This is done by accumulation of deposits of filthy dust, as in the flues of a sooty chimney, and also by the withering of the tissues themselves. Add to this the pungent smoke that belches from the nose and mouth of a smoker and the green, slimy juice that trickles from the mouth of a chewer, and we do not wonder at the “weakness, tremulousness, squeaking or hoarseness” which Dr. Mussey associates with “snuff, cud or cigar.”

As quoted by Dr. Alcott, Dr. Allen, of Maine, says: “That tobacco is injurious to the voice, every one can testify, who has heard the harsh, thick, husky, mumbling, stammering, insonorous voice of the inveterate tobacco-chewer.”

Dr. Woodward, of the State Hospital for the Insane, at Worcester, is decidedly of the same opinion. He, however, goes much further than Dr. Mussey or Dr. Allen, and attempts to show, from his strong cases and facts, that one frequent cause of permanent loss of voice in modern times, by public speakers, especially clergymen, is owing to the use of tobacco in some of its forms.

THE TEETH.—Dr. Rush mentions a man in Philadelphia who lost all his teeth by smoking. Dr. Warren, of Boston, assures us that not only the common belief of tobacco being beneficial to the teeth is entirely erroneous, but that, by its poisoning and relaxing qualities, it is positively injurious to them. And such, it is believed, is the general opinion of medical men, not only in this country, but in Europe.

Dr. Mussey has examined not only the mouths of white people, but those of several belonging to the Seneca and St. Francois tribes of Indians, who, like most of the other North American tribes, are much addicted to the use of this nar-

cotic, and finds this fact substantiated. Dr Alcott says that where the gums are not loose and there is freedom from toothache, "I have seen the teeth so worn down as actually to project but a little way beyond the gums. In the part of the mouth in which the cud is kept, this wearing out or wasting away is more obvious than in other parts."

THE SENSES.—The sight, smell, touch, taste and hearing all suffer from the benumbing influence of this virulent poison. The evidence is overwhelming in reference to defective vision. We, like Germany, are coming to be "a spectacled nation" because a nation of smokers.

Mr. C., of Plymouth, N. H., was a chewer, smoker and snuffer. In thirty years "he was nearly destroyed;" could only read with spectacles; had a ringing sound in both ears for ten years, and in one, at times was wholly deaf. Persuaded to abandon tobacco in every form, his hearing returned, the noise in the head ceased and the defect in his eyesight was cured. At sixty-three his senses were keener than the average of men of his age.

An English surgeon says that, out of thirty-seven patients suffering loss of sight from paralysis of the optic nerve, twenty-three were confirmed snuffers.

J. W., a smoker of thirty years, became so blind that he could not find his way about his home. One oculist pronounced it amaurosis, but said nothing of the cause. A second at once saw "the mark of the breast," and acted accordingly. The immediate abandonment of tobacco restored his eyesight in a short time, and after a little while he returned to his work as carriage builder wholly cured.

Says a Boston medical journal: "Tobacco smokers must look to their eyes. Proofs are accumulating that blindness by atrophy of the optic nerve, induced by smoking, is of frequent occurrence."

Wm. Dickinson, M. D., writes to the *Central Christian Advocate*: "My observation of eye diseases, extending through a period of more than twenty-five years, has convinced me

that, besides the pernicious effects of tobacco in other respects (which we shall not now enumerate), greatly impaired vision, not unfrequently blindness, has been occasioned by the use of this agent, denominated in the books a narcotic poison. My experience in this regard is corroborated by that of those who have enjoyed the largest opportunities for investigating this subject. True, the proportion of those thus affected is very small compared with the great army of tobacco-users. It is, therefore, undeniable that some have thus suffered, and since the human constitution, muscular and nervous, is essentially the same in all, it follows that like causes will produce like effects in the future; and that a proportion of those who persist in the use of tobacco will suffer in the manner indicated. Who, therefore, will assert that you may not be the next sufferer? You may deny the statement made. In the presence of the sun you may close your eyes to its light and deny that it shines. But this does not alter the fact; it shines nevertheless. So, though denying these, they are nevertheless true. One of the effects of a dominant habit is to induce disbelief, and to doubt that which does not harmonize with our predictions. We are apt to believe that which we wish to believe."

Speaking of the decay of the senses caused by tobacco *The Scalpel* says: "If there is a vice more prostrating to the body and mind, and more crucifying to all the sympathies of man's spiritual nature, we have yet to be convinced of it."

Said Dr. Rush: "Who can see groups of boys of six or eight years of age, in our streets smoking cigars, without anticipating such a depreciation of our posterity in health and character, as can scarcely be contemplated, at this distance without pain and horror?"

The *Dublin University Magazine* gives the following timely warning to the parents and guardians of boys: "The mental power of many a boy is certainly weakened by tobacco smoking. The brain, under its influence, can do less work, and the dreary feeling which is produced tends directly to

idleness. For a'l reasons it is desirable that our rising generation should be abstainers from tobacco." This point is further illustrated in another section.

Yet it is objected that the smoker often lives to a great age. Rev. George Trask was once asked to explain the fact that a confirmed slave to tobacco lived, in one case, to be 104 years old. A few questions of those who knew the man revealed the fact he existed, but did not really live. His senses had all become benumbed. "He looked like a mummy; had no sense of God or of religion whatever; cared for no one, alive or dead, in this or any other world, and had no more sensibility than a mud-turtle." The simple solution, then, was, "the old man was dead fifty years ago, only you did not bury him!"

THE STOMACH AND LUNGS of snuffer, smoker or chewer of tobacco are necessarily deranged.

"A palate which the flavor of a poison does not repel has lost its guardianship of life!" Dr. Stephenson, in an essay read before the "Society for the Promotion of Knowledge" in New York, observes, "It must be obvious to the most unprejudiced mind, that the immense quantity of saliva expended during the use of the cud and pipe, retards the digestive process, producing flatulency," &c. When the juice of the tobacco is swallowed, the evil is still greater.

Being too much of a gentleman to void the green liquid of the chewed weed, Gov. John Hancock acquired the strange habit of swallowing it, which, in the end, almost destroyed his appetite, and, as is stated by Gov. Sullivan, increased the severity of those attacks of gout to which he was subject, and hastened his death.

Dr. Mussey shows the error of supposing that tobacco improves digestion. If it were so, "how comes it that after laying aside the habitual use of it, most individuals experience an increase of appetite and of digestive energy, and an accumulation of flesh?" He also says, "I knew a boy of eight years of age, whose father had taught him the use of the to-

bacco-cud, four years before. He was a pale, thin, sickly child, and often vomited up his dinner." On another occasion he says, "Physicians meet with thousands of cases of dyspepsia connected with the use of tobacco in some one of its forms."

Prof. Hitchcock, Dr. Rush, Dr. Cullen and Dr. Hassock, formerly of New York, express similar views. Dr. McAllister, of Utica, says that the habitual smoker "weakens the organs of digestion and assimilation, and at length plunges into all the accumulated horrors of dyspepsia." Dr. Stephenson says, "that, from the sympathy subsisting between the olfactories and the nerves of the stomach, the use of snuff has, in some instances, produced dyspepsia."

The disturbance of the liver and biliary system generally is indicated by the sallow, dusky color of the complexion which Dr. Rush associates with this indulgence. Thirst, too, he says is another result, the worst thing about which is this: "It cannot be allayed by water, for no sedative, or even insipid liquor, will be relished after the mouth and throat have been exposed to the stimulants of the smoke or the use of tobacco." Here, then, comes the beginning of another temptation, noticed elsewhere, that of dram drinking. Dr. Stephenson says that the salivary glands are so exhausted that "brandy, whisky or some other spirit is called for." One writer has estimated that a chewer who only spits a teaspoonful in five minutes—a trifling amount in comparison with what is poured forth by some who travel by ferry-boat and horse car—drains his system of seventy-one barrels or nine tons of weight in fifty years. "Can we wonder that the chewer is haggard when he spits away his own weight in less than six months."

In the "Confessions of an Old Smoker" we read: "It is a delusion under which smokers labor that their peculiar and beloved habit aids digestion. They say that 'if their bowels are obstinately sluggish an extra pipe or two will generally give them relief.' This I know from experience to be true; but I also know from experience that it is not *the*

whole truth ; for the following *additional* facts must be remembered : The very sluggishness of the bowels, of which smokers are so apt to complain, is produced by smoking ; just as the habitual use of purgatives will be sure to cause indigestion. Again : the relief secured by taking 'an extra pipe or two' is only temporary, while the *entire* and *permanent* result is an aggravation of the derangement complained of, just as cathartics of *extra strength* only feed the malady which for a few days they alleviate. Of course, the stomach and bowels require a little time in order to recover their proper sensibility which tobacco has been for years destroying. But let nature have time and fair play and she will come right again, unless the mischief has become so serious as to assume an organic form, and then the sufferer will be better without tobacco. That smoking cannot aid digestion is self-evident. Its ultimate effect is to destroy the healthy sensibility of the coats of the stomach and bowels. And that such a process as this must be *eventually* ruinous to the health, who can doubt ?”

DISEASES PRODUCED BY TOBACCO.

Dr. Shaw enumerates eighty diseases traceable to this habit. Surgeon Solly, of St. Thomas' Hospital, says : “I know of no single vice which does so much harm as smoking. It is a snare and a delusion. It soothes the excited nervous system at the time to render it more irritable and more feeble ultimately. Of the causes of general paralysis smoking is one.”

Dr. Willard Parker says : “It is now many years since my attention was called to the insidious, but positively destructive, effects of tobacco on the human system. I have seen a great deal of its influence upon those who use it and work in it. Cigar and snuff manufacturers have come under my care in hospitals and in private practice ; and such persons cannot recover soon and in a healthy manner from cases of injury or fever. They are more apt to die in epidemics, and more prone to apoplexy and paralysis. The same is true also of those who smoke or chew much.”

PARALYSIS.—The Quarterly Journal of Science says that tobacco paralyzes a portion of the functions whose activity is essential to healthful life. “Let it be clearly understood that the temporary stimulus and soothing power of tobacco are gained by destroying vital force; and that the drug contains nothing of use to the tissues of a healthy life. Nor is the poison easily expelled from the system; it remains sometimes years after persons have ceased to use the weed. Indeed, nicotine has been detected in the tissues of the lungs and liver after death.”

The following case occurred in New York, and is described by an intimate friend of the victim who had known him from childhood. He says, “For thirty years at least he had been a daily smoker of the choicest cigars, but in all his other habits temperate and regular, and of excellent constitution—one who of all men would have laughed at the suggestion that tobacco was killing him. A week ago last Sunday night he was stricken with progressive paralysis characteristic of nicotine, and on Sunday night he died. His death was most pitiful. First, sight was lost, then speech, then motion of the neck, then motion of the arms, and so on throughout the body, and he lay for a week unable to move or make a sign, save a pitiful, tongueless, inarticulate sound, which sometimes rose to almost frantic effort, all in vain to make known what he wished to say to the family and friends; for his consciousness and mental faculties were left unimpaired until two hours of the last, to aggravate to the utmost the horror of his situation. The doctors agreed that tobacco was the sole cause.”

A volume of such cases of suicide could be compiled from the reports of surgeons. Another testimony as to the obliteration of memory is cited by Rev. Albert Sims in his pamphlet, Toronto, 1878.

An eminent French savant, for years a snuff taker, found his memory rapidly decaying. “He had learned some fifteen hundred root words in each of several languages, but found them gradually dropping out of his mind, so as to ne-

cessitate frequent recurrence to dictionaries. At last he summoned resolution to break finally with the use of tobacco in any form, and after six years of abstinence, writes as follows: 'It was for us the commencement of a veritable resurrection of health, mind and memory; our ideas have become more lucid, our pen quicker, and we have seen gradually return that army of words which had run away. Our memory, in a word, has recovered all its riches, all its sensibility.'

Dr. Rush states that the father of Massilac lost his memory, at the age of forty-five, through the excessive use of snuff.

Mr. Sims also notes three cases of palsy which he himself knew to be directly caused by tobacco. "It impairs the functions of the brain, clouds the understanding and enfeebles the memory," says Dr. Stephenson. Sir John Pringle's memory was sadly impaired by this vice, as was proved by his recovery on abstaining from it, at the suggestion of Dr. Franklin.

Prof. Hitchcock says: "Intoxicating drinks, opium and tobacco, exert a pernicious influence upon the intellect. They tend directly to debilitate the organs; and we cannot take a more effectual course to cloud the understanding, weaken the memory, unfix the attention, and confuse all the mental operations, than by thus entailing on ourselves the whole hateful train of nervous maladies. These can bow down to the earth an intellect of giant strength, and make it grind in bondage, like Samson shorn of his locks and deprived of his vision. The use of tobacco may seem to soothe the feelings and quicken the operations of the mind; but, to what purpose is it that the machine is furiously running and buzzing after the balance-wheel is taken off?"

EPILEPSY is another fruit of this virulent poison. A son of Mr. F., aged fifteen, was subject to fits and removed from school. In one of the convulsions tobacco was found in his mouth. The drug was kept from him and the attacks ceased. He managed, however, to get tobacco, and the disease returned. After ten years of suffering he died.

Another in Troy, N. Y., presented a similar history, only that idiocy followed epilepsy and continued till death.

Dr. Hassock makes the use of tobacco one cause of "the alarming frequency of apoplexy, palsy, epilepsy and other diseases of the nervous system."

The *Phrenological Journal* says: "Half the old tobacco-users one meets are in a state of semi-imbecility. Their memory is leaky, moral sense blunted, general disposition impaired and tone of both body and mind let down."

A youth of sixteen dropped dead with a cigar in his mouth. What was the cause? The coroner's inquest said it was "a mysterious act of God;" an insult to Divine goodness. A minister at the funeral repeated the same gratuitous imputation, as if there were no human responsibility in the matter. A sensible lady, who knew the lad's habits, said: "*Tobacco killed him!*"

INSANITY.—The ancient *Amok* madness is still known in the East, and has given to language the phrase, "running a-muck." The word means, "I'll kill you," and is uttered by the frenzied smoker, "who rushes frantically at whomsoever he meets, brandishing a weapon, until in self-defence the madman is shot down like a wild animal." The hemp-seed, or betel-nut, or opium in small quantities, does not produce this; but where self-control is lost, no limit can be fixed to the indulgence. Thunberg, in 1771, mentions the mixture of hemp-seed with tobacco to increase its power.

An Iowa paper says: "There are three men now temporarily insane in the Southern part of the county and near the Dallas line, caused by the excessive use of tobacco. A horrible lesson!"

A dispatch from a correspondent of the *Inter-Ocean*, a Chicago paper, gives an account of a well-developed case of delirium-tremens from the excessive use of tobacco.

The late Hon. Charles Steele, State Senator from Coles County, Ill., also gives the following testimony in relation to his own experience:

"Some twenty years ago, when given to the excessive use of tobacco, I was prostrated by a well defined attack of delirium tremens, and from that time found it necessary to entirely abstain from its use. Being a teetotaler and of a highly nervous temperament, I was never addicted to intemperance in drink."

Many, who have smoked all their lives and performed great mental labor, think themselves safe; but a sure Nemesis lurks in their path. As one has illustrated it: "A piece of steel-wire can bear only a given amount of longitudinal tension. Beyond that limit it snaps. By the annealing process of intense study, or application to exacting business, a man's brain gets toughened. It can bear an immense, prolonged strain, but there is an unknown terminus of your powers; exceed that point and the subtle thread of reason snaps. A ruptured capillary on the brain paralyzes that centre of thought, and the stalwart, brilliant man of yesterday, full of hope, projecting grand schemes, the pillar of strength to his family, is an enfeebled wreck." Just that result is brought about by tobacco. "It is ruinous to intellect, deleterious to the brain and nervous system," says Dr. Stephenson.

Several cases are mentioned by Dr. Cullen where this poison caused "loss of memory, fatuity and other symptoms of a senile state of the nervous system, before the usual period." Others are collated by Dr. Woodward, late Superintendent of the Asylum, Worcester, Mass., with the opinion of a large number of eminent experts, who agree that the tobacco habit is one of the causes of insanity. Mr. Trask, of Fitchburg, knew a brother-minister of ripe talents and splendid oratory. He learned to smoke. His talents were dimmed and his admirers forsook him. He took to the cup. "The days of this eloquent young clergyman were ended in ignominy. A life which promised to be happy and illustrious was brought to a miserable close. His intemperate habits killed his wife, it was supposed, and made a beggar of his child. He *died in a mad-house, blaspheming the very Saviour he had preached!*"

He mentions another, Rev. John S——, pastor of a New England Church, who persisted in the use of tobacco, till delirium set in and he said he must have more or die. After seven years of suffering "he became an imbecile and died a fool!" Mr. G, a parishoner, was soon after buried. He had promised to give up rum if his pastor gave up tobacco. For awhile each tried to abstain, but the habit which was first a hair, was found to have become a cable. One died a drunkard and the other a tobacco suicide.

The writer recalls a townsman who was struggling with this deadly drug and thought that his pastor's advice and prayers might aid him to overcome. He entered his study. The genial D.D. asked him to sit up near the fire, and then drew up his own chair alongside, placing a huge spittoon by it. Before the guest could state his errand, the minister emptied a mouthful of green and putrid fluid into the pot, the stench of which was unmistakable. The poor man was confounded and made an excuse to leave as soon as possible, convinced that there was no hope of gaining from his pastor any assistance in cleansing himself "from all filthiness of the flesh." Years have passed. The brain difficulty which that chewing divine has long contended with, as a fruit of his indulgence, has recently required his suspension of the work of the ministry. Well does Prof. Bascom, of Williams College, say of the habit: "Ugly and unclean! an indulgence that holds in its right hand a stinging scourge."

A party of clergymen were discussing this subject when the case of Rev. Mr. Blank was mentioned, a graduate of Andover of high standing and for a time wonderfully successful. "He was made a raving maniac twenty years ago by the use of tobacco," remarked one of the party. Another gave his account of the man, whom he recalled vividly to mind, "with his pale face, stained lips, repulsive breath and quivering hand. The abject slave of tobacco, he chewed negro-head tobacco, a match for any man, who has not the iron-like nerves of an African goat or horse. He preached about three years with

unexampled popularity and success. His health then failed, *and no one knew the cause.* A few months rolled away and he broke utterly down, and still *no one knew the cause.* In a few months he became a maniac, relinquished his pulpit, and was as wild as the wild man found 'cutting himself with stones among tombs,' and no one knew the cause. He was then taken to an Asylum for the Insane, and was there twenty years! He there breathed a fetid atmosphere, paced the floor of confined halls, stared upon the outside world through iron grates, cursed himself—cursed his wife and children, and in his wild ravings, 'dealt damnation round the land,' thus day and night champing tobacco as a fretted horse champs his bit. He once was pacing his room as he had aforetime, year by year, and a change came over him. He stopped abruptly, and in a sort of soliloquy exclaimed:—Why am I here? What brought me here? What binds me here? His soul bursting with indignation, he cried aloud, 'Tobacco! Tobacco! He walked back and forth, then bursting into tears, he cast the last foul plug through his iron grates, and looking upward to God, he said, 'O GOD, HELP! HELP! I WILL USE NO MORE.'

"Now we believe in no miraculous cure in this case. Mr. ——— *dropped his tobacco*, and the sad and dark eclipse fled from his beautiful mind, and it came out from the horrible tempests and storms of Insanity clear as the sun and fair as the moon.

He soon regained his health and vigor, again preached the Gospel of the blessed God in the Presbyterian connection, and after ten years of arduous service, he died revered and beloved, and passed, as we believe, to the better world."

Miss Dix reports eight cases of tobacco insanity in one asylum, Dr. Kirkbride four in a Pennsylvania hospital and Dr. Lizar five more. Says a recent author, "It has been proved that lunacy has kept pace in France with the increase of the revenue from tobacco." With the testimony of medical men as to the connection between the habit and the disease, it is fair to connect them as cause and result.

Dr. Jolly, of the French Academy of Medicine, reported as the fruits of his visits at asylums and examinations of records of private practice, that "narcotic paralysis constitutes the excess of the number of male lunatics," while among female lunatics he only found older forms without these features. "Hand in hand with the revenues derived from the import on tobacco; insanity, general and progressive paralysis, softening of the brain and spinal marrow and cancerous diseases of the lip and tongue have increased." This statement leads to the mention of another deadly fruit of this sin against the body.

CANCERS are well known to result from smoking. Prof. Bouisson says that smoking is "*the most common cause of cancer in the mouth.*"

A patient came to Sir Astley Cooper at one time with a swollen tongue, coated with a white crust and grooved by a sulcus in the centre. He was 58 years old and none of his kinspeople had ever had a cancer. He asked the surgeon: "Had I come early enough, could I have been cured?" to which Sir Astley replied: "Sir, there never was a time early enough to have warranted an operation: every fibre, every papilla of your tongue is diseased, and it would have been merciful to have clapt a pistol to your head the instant the disease began!" Sir Astley prescribed for him, but to no purpose, as the disease increased with a rapidity inconceivable; for by the end of June the anterior portion had mouldered away. He now suffered acute pain, and was obliged to take morphia every night. His pulse was from 120 to 160. In July his spirits began to be dreadfully depressed, accompanied with pains in the head, and he at this time remained chiefly in bed. The ulceration now extended to the throat, and by the middle of August the tongue had *mouldered* away—the stump presenting an irregular lumpy surface, covered with a flocculent, dirty deposit. There was a spasmodic difficulty in swallowing, great mental depression and hallucination of the mind.

Prof. Lizar adds : " In the beginning of September he became very weak, so that he was confined to bed, passing restless nights, with profuse perspirations: his mind much affected, breathing very difficult, with constant expectoration of viscid phlegm mixed with blood. When he attempted to swallow fluids, they were returned by the nostrils.

' By the 25th of September the whole of the uvula, velum and tonsils were destroyed by the ulceration. The glands at the angle of the lower jaw were larger and more painful. He was then unable to swallow, and hence could take no nourishment.

" From this to the 2d of October all his symptoms became aggravated, the salivation more profuse, the perspirations more abundant, and the difficulty of breathing insupportable; and after three hours of intense suffering he expired." " All the death-bed scenes and death-bed sufferings I had ever witnessed," says his medical friend, " were comparatively easy, to the individual agonies and gaspings for breath this kind and amiable man was destined to endure."

No long before his death the well-known Boston surgeon, Dr. John C. Warren, wrote to Mr. Trask as follows: " DEAR SIR—For more than thirty years I have been in the habit of inquiring of patients who came to me with cancers of the tongue or lips, whether they used tobacco; and, if so, whether by chewing or smoking. If they have sometime answered in the negative as to the first question, I can truly say, that to the best of my knowledge and belief, such cases are exceptions to the general rule. When, as is usually the case, one side of the tongue is affected with ulcerated cancer, it arises from the habitual retention of the tobacco in contact with this part. The irritation from a cigar or tobacco-pipe frequently precedes cancer of the lips. The lower lip is more commonly affected by cancer than the upper, in consequence of the irritation produced on this part by acrid substances from the mouth. Among such substances, what is more likely to cause a morbid irritation, terminating in disease, than the frequent application of tobacco juice ?

' Aged persons are very liable to cancer, especially about the face; and, when an irritating substance is applied habitually, the skin becomes disordered and takes on a cancerous action. This irritation may be produced, as already stated, by the use of tobacco in the interior of the mouth, by the habitual application of a cigar to the lips, and even a pipe applied to the same parts. Few days pass without an opportunity of witnessing a verification of these facts; and, at the moment of writing this, such a case presents itself for my opinion. The patient is a farmer; healthy, except that he has formerly used spirituous liquors, about fifty years old, an habitual smoker, who, two years since, was afflicted with cancerous ulceration of the lower lip. The primary disease was removed by an operation, and the wound healed; but, soon after, numerous lymphatic glands on both sides of the neck began to display the effect of cancerous poisons; and there are now developed a number of large, very hard bunches, which must continue to grow until they produce a fatal termination."

Dr. Warren says, that want of cleanliness aggravates the case, and that those who are attentive to this matter are not in so imminent peril; moreover, that the reason why all chewers and smokers do not have cancers is because there is not a predisposition. But no one can surely affirm that he is safe, for a strumous diathesis may exist unknown to the individual, and a little irritation develop it into a cancer. As with phthisis so with cancer, a condition favorable for an attack may continue for years and not result in the disease itself. Latent tubercles have remained long undeveloped, perhaps through life, where one has been always on guard against consumption. Many who now show no signs of cancer might develop cancer in a few years, or months even, if they should acquire the habit of chewing or smoking. When the crisis is reached the knife alone can be depended on, and even that fails not unfrequently.

During his studies in surgery the writer witnessed among

the other Saturday operations, the excision of the lower jaw for cancer. The chain saw was used with care and skill. The operation appeared to be successful, but at our next meeting the operator informed us that the patient died the following day, the malignant disease having next seized the epiglottis.

On the other hand, he saw a friend within a few days (who had been for years a smoker), whose lower jaw was removed eighteen months ago and no return of the dreaded affliction has been suffered. He is able to converse without betraying the loss and even to speak in public. Dr. James H. Anderson, of New York City, was the surgeon.

The Medical Times and Gazette, October 6th, 1860, mentions 127 cancers cut from the lips, nearly all the lips of smokers.

OTHER DISEASES.—Having spoken of the deadly influence of tobacco on the brain, Sir Benjamin Brodie writes: "But the ill effects of tobacco are not confined to the nervous system. In many instances there is a loss of healthy appetite for food, the imperfect state of the digestion being soon rendered manifest by the loss of flesh and the sallow countenance. It is difficult to say what other diseases may not follow the imperfect assimilation of food continued during a long period of time. So many causes are in operation in the human body which may tend, in a greater or less degree, to the production of organic changes in it, that it is only in some instances we can venture to pronounce as to the precise manner in which a disease that proves mortal has originated." Yet, he adds, that the value of life is clearly impaired by this vice. Dyspepsia, consumption and sudden death are directly traced to the same cause. Mr. Sims mentions the case of a banker in Philadelphia who died of starvation. He was an inveterate *smoker*. This habit resulted in impregnating the glands beneath the tongue, which terminated in ulcerations. Inflammation supervened; the roots of the tongue rotted and the throat sympathized until he could not swallow. His only

nourishment for weeks and months was liquid; even that, at last, could not be received, and death from starvation and suffocation finally closed the scene, the victim being otherwise in perfect health

The *Scalpel* says: "A person who is saturated with tobacco, or tobacco poisoned, acquires a sodden or dirty yellow hue; two whiffs of his breath will scent a large room; you may nose him before he takes his seat. Of this he is entirely unconscious; he will give you the full force of his lungs, and for the most part such people have a great desire to approach and annoy you. We have been followed round a large office table by them, backing continually to escape the nuisance, till we had made a revolution or two before our motive was perceived."

A New York physician writes: "The universal experience of all mankind will attest, and the intelligent observation of every individual will confirm, the statement that, precisely in the ratio that persons indulge in narcotic stimulants, the mental powers are unbalanced, the 'lower propensities' acquiring undue and inordinate activity at the expense, not only of the vital stamina, but also at the expense of the intellectual and moral nature. The whole being is not only perverted, but introverted and retroverted. The association of tobacco and alcohol with gambling, prostitution, and all the disreputable avocations in society is a sufficient attestation of this principle. Those who can understand the easy transition from foul blood, disturbed circulation, and preternatural excitement of the 'animal passions,' to immoral conduct and general licentiousness, will not wonder at the frequent and otherwise unaccountable eccentricities, debaucheries, or even crimes of men in high position.

Tobacco using, even more than liquor drinking, disqualifies the mind for exercising its intuitions concerning the right and wrong; it degrades the moral sense below the intellectual recognitions."

"The smoker," says Dr Marshall Hall, "cannot escape the

poison of tobacco. It gets into his blood, travels the whole round of his system, interferes with the heart's action and the general circulation, and affects every organ and fibre of the frame."

Says a British physician, "It is scarcely possible to heal a syphilitic sore, or to unite a fractured bone in a devoted smoker—his constitution seems to be in the same vitiated state as is one afflicted with scurvy." Mr. Fenn, of Suffolk, says: "I have seen very mild attacks of typhoid fever, rendered fatal from the excessive use of tobacco." Another writes: "During the prevalence of cholera, I have had repeated opportunities of observing that individuals addicted to the use of tobacco, especially those who snuff it, are more disposed to attacks of that disease, and generally in its most malignant and fatal form."

The testimony of hospital and army surgeons is unanimous that, other things being equal, the wounds of those whose blood is not poisoned by alcohol and tobacco, heal more readily. Dr. Dio Lewis tells us of a man he knew, whose naturally vigorous constitution was so injured by these habits that a slight bruise of a knuckle resulted in erysipelas and death. He also cites the case of two New York builders who were both injured, one slightly, so that he was able to help carry his apparently dying brother into the house. The latter had a compound fracture of the leg and had an arm so crushed as to require amputation at the shoulder. In less than six months he, with an artificial arm, was as active as ever, being a man strictly temperate, while his brother, of loose habits, died in four days after the accident, malignant erysipelas having developed in the bruise.

LOSS OF VIRILITY is another fruit of the vicious habit under consideration. This loss, says Dr. George Napleys, in his volume "Transmission of life," is "obvious and most undeniable."

A paper read before an English society, quoted by Sims, says that excessive smoking leads to the destruction of the

procreative power. "If the smoker should have offspring, they generally are cut off in infancy or never reach the period of puberty. They are generally stunted in growth or deformed in shape; are incapable of struggling through the diseases incidental to children and die prematurely. The wife is often incapable of having a living child, or suffers repeated miscarriages owing to the impotence of her husband." It was this feature of the tobacco disease which according to Dr. Cleland, led the Turkish Sultan, Amra'h IV., two hundred and fifty years ago, to punish smokers. He dreaded to see the population diminished by this process of emasculation. Such unsexing of a man cannot gain the commendation of Matt. xix: 12.

The early marriages in the East, before the system is thoroughly under the power of the habit, is one reason why those races are not exterminated. The danger is greater in this land where the vice begins with some in earliest boyhood, and in the midst of a life of intense excitement quite unlike that led by the languid and stolid Oriental.

HEREDITARY TAINT.

A recent writer well observes: "If there is any one act of criminality which nature stamps with especial abhorrence and punishes with more terrible and relentless severity than all others, it is that of the parent who, by marring his own organization and vitiating his own functions, bequeaths irremediable physical decrepitude!"

In a New England town, where the author once resided, there was formerly a man who had yielded soul and body to the tobacco habit. Rarely was he seen without the pipe or cud. As Johnson said to Boswell, so might a blind man have said of this smoker, "I can't see you, but I smell you." The stench of the pipe was his natural atmosphere. He was able to attend to business, but his offspring were cursed from their birth. An idiotic boy of his would scoop up

the loathsome ashes, scraped from his father's pipe, and eat them with avidity !

“The parent whose blood and secretions are saturated with tobacco, and whose brain and nervous system are semi-narcotized by it, must transmit to his child elements of a distempered body and erratic mind; a deranged condition of organic atoms which elevates the animalism of the future at the expense of the moral and intellectual nature.”

Speaking of the savage race and the increasing imbecility of their progeny through the use of firewater as well as tobacco, Sir Benjamin Brodie remarks: “We may also take warning from the history of another nation, who, some few centuries ago, while following the banners of Solyman the Magnificent, were the terror of Christendom, but who since then, having become more addicted to tobacco smoking than any of the European nations, are now the lazy and lethargic Turks, held in contempt by all civilized communities.”

Another adds that “persons inheriting good constitutions, of laborious life in the open air, will manifest for years comparatively little conscious injury for their vices, while children born to them grow up from birth, sickly, weakly, nervous, with the hereditary taints, and sometimes epileptics and imbecile! And these known results might be inferred from the well-known fact that tobacco chewed is quickly absorbed into the system from the mouth, deranges the action of the heart, is an energetic depressant of the nervous system; while habitual smoking carries the deadly nicotine through the lungs into the arterial blood, depraving the very springs of life. Were it not that mothers are generally of purer life and purer blood than fathers, these deplorable results to the offspring would be far more extensively manifest than now.”

Modern science illustrates the appalling truths of the Bible which threaten with suffering the offspring of the wrongdoer, even “to the third and fourth generation.” Dr Dugdale, of New York, has shown this in 700 thieves. prosti-

tutes, murderers and idiots who have in six generations, descended from one Margaret Jukes. So firmly do the Chinese believe depravity to be a taint of blood, they sometimes execute with a criminal his father and grandfather; and, on the other hand, bestow titles of honor on them if the son performs eminent service.

Galton's paper on "Twins," in *The Popular Science Monthly*, for January, 1876, and also that of George Iles on "Heredity," January, 1879, may be read with great profit, confirming as they do the fact that one's inherited physical constitution has oftentimes more to do with character than even education. Understanding the power of prenatal conditions, the Greeks surrounded the pregnant mother with beautiful objects for the imagination to feed on, while removing every baneful influence that might injure. The excitements through which Madame Bonaparte passed before the birth of Napoleon were occasions, if not causes, of marked features in the character of that great soldier.

Both physical and intellectual inheritances descend. Agassiz records cases where traces of surgical operations had been transmitted. Says Iles, "Sometimes parent and child are alike, not only in form and feature, but even in tricks of tone and gesture, handwriting and gait. The predisposition to certain diseases is transmissible; insanity often appears after the meridian of life in several successive generations of a family."

The collating of facts by J. M. Fothergill, M. D., in reference to the retrograding and degenerative process among the English colliers, iron workers and agriculturalists, illustrates more than the effects of alcoholism alone. "No wonder," he says, that the *morale* as well as the *physique* of the masses in large towns is undergoing already retrograde changes, and that the present condition fills the observers of social progress with gloomy forebodings as to the future."

Like produces like. The male influence is specially seen in the animal and vegetable kingdom. By the pollen of

flowers, tints and varieties are modified at will. The racer Eclipse sired 334 winners that won for their owners \$800,000, and another, "King Herod," begot 497 winners. The progeny of the porcupine man, Edward Lambert, had six children with the same scaly incrustation like the quills of a hedge hog. Three grand-children, also, had this disfigurement. Blood will tell. The annals of crime teem with facts, as the history of the Borgias, the Farnese, the Medici and the Vicontes shows. Dr. Napheys tells of a mother who was so passionately fond of gambling as to spend all night and day at play. Both her son and daughter inherited the same passion and died of the same disease that carried off their mother, which is but one instance of the law stated by Lemnius that "the very affections follow the seed and the malice, and the bad conditions of children are wholly to be imputed to their parents."

CHAPTER FOURTH.

ETHICAL AND ECONOMIC.

HAVING considered the tobacco habit from historical, scientific and medical points of view, in this chapter we will attempt to look at some economic principles involved in the production and use of tobacco. It has been shown that the plant is an agricultural nuisance, a curse to the earth that it impoverishes. We can also show that its manufacture and sale adds nothing to the real prosperity of the world, but form a continual drain upon industrial resources and national wealth, that it is the cause of social degradation, and the occasion, at least, of the destruction of property and life.

The moral and religious considerations form a concluding chapter, wholly distinct. In this is to be considered the question, "Wherefore do ye spend money for that which is not bread, and your labor for that which satisfieth not?"

From the time, described by Herodotus, when ancient Scythians spread a close tent over the burning weed and inhaled its fumes till "they howled aloud for joy," down to the present hour, when little boys in short clothes strut and spit and smoke about the streets with disgusting precocity, uncounted millions of money have been turned to smoke, and capital that might have been invested in noble industries has been used to weaken and demoralize men, unfitting them for the highest activities and preparing them often for the most ruinous excesses of life.

A medical magazine, *Good Health*, December, 1869, says: "Insanity is frightfully increasing in Europe just in proportion to the increase in the use of tobacco. It appears that from 1830 to 1862 the revenues from the imposts on tobacco in France rose from £1,250,000 to £8,333,333; a tremendous figure, certainly, to have disappeared from the pockets of the

people into smoke. But hand in hand with this increase in the consumption of tobacco, there appears to have been, during the same period, an augmentation in the number of lunatics in France from 8,000 to 44,000, or rather 60,000, if we take into account other lunatics, besides those in public asylums. Nor is that all; there are other diseases of the nervous centres referred to the same origin, and not mentioned in the statistics, which raise the sum total to 100,000 persons, who in France alone suffer from the poisonous effects of tobacco smoke." According to this editor, soldiers and sailors especially, who smoke more than others of the population, figure foremost in the number of paralytic lunatics, whilst, on the other hand, women are almost exempt from that malady.

Without denying the pernicious effects of the Frenchman's favorite absinthe, cognac and other spirituous liquors, in the progress of the evil, Dr. Jolly believes he has demonstrated that "the abuse of tobacco must be regarded as the chief cause of the general paralysis of the insane, and for the following reason: he met with paralytic madmen who had been water-drinkers, but immoderate smokers; and Dr. Maillot, chief of French Army Board of Health, found that among the very numerous cases of paralysis coming under his notice, there were many patients who were remarkable for their sobriety as to the use of spirituous liquors, but immoderate smokers of the pipe or cigar."

This writer concludes that if one-tenth of the mischief ascribed to tobacco be proved, "the human race must be seriously impaired, for the annual consumption is 4,480,000,000 pounds.

Many a youth may date the ruin of his health and character from the first whiff of tobacco, which by dint of nauseous practice he was at length able to smoke, in the foolish imitation of manhood." A traffic like this is a curse to any land. Millions of money may come to monopolists or to governments, but it is the price of blood!

It was in 1811 that Napoleon secured to his government the

exclusive right of making and selling tobacco. Ten months before, at a ball in the Tuileries he had met a lady covered with diamonds. He asked the chamberlain who she was, and learned that she was the wife of a tobacco merchant who had made in a few years an immense fortune out of the business. He suspected that such a fortune had no very honest foundation. Up to 1867 the net profits to the French government were nine hundred million dollars; the gross receipts thirteen hundred million dollars.

A writer in *Blackwood's Magazine* computed the whole amount of tobacco grown on the face of the globe at not less than four thousand millions of pounds. The price paid for tobacco by consumers, including all varieties, must exceed twenty-five cents a pound. Choice brands have been sold in Kentucky, quite recently, for one dollar and one dollar and fifty cents per pound; so that, probably, if we should estimate the whole cost of the tobacco used in the whole world at one thousand million of dollars annually, we should, says Dr. Thrall, be more likely to be within than outside of the truth. Then there is the loss of hundreds of thousands of acres of land devoted to its cultivation, and the loss of the time of hundreds of thousands of persons engaged in its manufacture and sale. A curious estimate makes the expenditures consequent on tobacco using, direct and indirect in a single century to equal all the property on the earth. If fifty cents a day be spent by each devotee the 300,000,000 in the world would waste over a million million dollars in a single generation.

The matter may be put in another light. The dimes and dollars, squandered by this vice, slip easily away, unnoticed day by day, but if saved the amount accumulates steadily. A friend tells the writer of a neighbor who had been a smoker for years. He became convinced of the sinfulness of this waste of money, abandoned the habit and placed the amount usually spent in a savings bank. Years passed. One day his little girl remarked that she "wished that papa had a country place," like many other city people, where the summer might

be spent. The idea struck the father favorably and he consulted his "tobacco deposit." He found it ample to secure the end proposed and bought a house by the seaside where now both he and his household spend the hot season. The money that would have been wasted has brought not only to himself health instead of disease, but enjoyment, and lengthened life to his household and their guests.

Robertson, of Edinboro', has remarked that Europe obtained tobacco and the potato from America, but that while the wholesome product was but slowly introduced, "the nauseous and unwholesome weed is chewed, and smoked, and snuffed in almost every part of the known world, and that, too, in defiance of much opposition. The King of England wrote a book against it; the Pope issued his bull against it; the magistrates of Transylvania punished its culture with confiscation; the King of Persia forbade it under pain of death, and the grand-duke of Moscow under the penalty of the loss of the nose. The last appears the most appropriate punishment. The progress of tobacco is, in fact, a singular phenomenon in the history of the human race, and proves how mankind will prefer the most disgusting and nauseous drug, provided it exerts a narcotic or stimulating influence over the nerves, to the most nutritious and wholesome food, though as palatable. The history of tobacco, opium and ardent spirits is not very flattering to the dignity of human nature."

M. Proudhon, the French economist, says that society "must strive for such proportion in its products as will give the greatest amount of well-being, considering the power and means of production." Wealth, the object of labor, should be under the same conditions as beauty, which is the object of art, or truth, the object of metaphysics; or virtue, the object of morality; or else a portion of human labor is lost—is "useless, untrue, synonymous with poverty and annihilation." So, too, M. Rossi, as translated by B. R. Tucker, says that the true theory of commercial values is to produce the greatest amount and variety, "*in such a way as to realize for each indi-*

vidual the greatest amount of physical, moral and intellectual well-being, and for the race, the highest perfection and infinite glory." The italics are his own and befit the importance of the thought.

While the pirate plunders the seas and the taskmaster his slaves, those who defraud their fellows by taking their money and giving them what degrades their manhood are considered respectable citizens. As Professor Bascom says: "There are those who think it dishonest to cheat a child who often do not hesitate to defraud a man with no more knowledge than a child; some, who would scruple to take the property of a lunatic under disguise of gratifying one of his wild fancies, feel no shame in receiving the money of a sane man for the indulgence afforded him of an insane passion or appetite.

"How far do these petty distinctions of ours hold in the courts of God's immutable justice,—in the place of his claim for unimpeachable honesty? Sell a drunkard a glass of liquor and pocket the money if you will; but for honesty's sake do not call the transaction honest. Remember that you have exacted pay, not merely without a valuable service, but for a positive injury; and that you shield yourself, as the pirate shields himself, under the laws of the community to which you belong. When intrinsic, eternal justice shall make requisition, shall such transactions stand?

"Take the land, the sunshine, the rain, which God gives you, and set them all at work to grow tobacco; throw this as your product into the world's market; buy with it bread, clothing and shelter, books for yourselves, instruction for your children, consideration in the community, and perchance, the gospel of grace; pay ever and everywhere, for the good you get, tobacco, only tobacco; tobacco that nourishes no man, clothes no man, instructs no man, purifies no man, blesses no man; tobacco that begets inordinate and loathsome appetite and disease and degradation; that impoverishes and debases thousands, and adds incalculably to the burden of evil the world bears; but call not this exchange honest trade, or this

gnawing at the root of social well-being getting an honest livelihood. Think of God's justice, the honesty he requires, and cover not your sin with a lie. Turn not his earth and air, given to minister to the sustenance and joy of man, into a narcotic, deadening life and poisoning its current, and then traffic with this for your own good, as if you, too, were a producer, a worthy worker for the common weal from which you yourself are fed.

"What, then, is honesty? Is it giving anything that men may be found willing to take for their services; or does it require a real and adequate return for real good received? If the last be true, how can you, how can any man, buy the blessings of life, physical, social and religious, with tobacco, a product destructive of them all?"

Rev. George Trask refers to store-keepers whom he knew, who renounced the traffic in this poison, although they made no pretension to religion. They felt that there should be written on their kegs of snuff, their tobacco and cigar boxes the tendencies of the habit: "Stupidity, Laziness, Poverty, Intemperance and Crime;" that those who took the parcels should read: "Vertigo, Dyspepsia, Consumption, Cancers, Delirium, Suicide or Sudden Death." No one who seriously acts on Christ's precept "thou shalt love thy neighbor as thyself" can take from a person his earnings, and give in return only that which tends to destroy both body and soul.

"Will you be kind enough to look down my throat?" said a young man to a New York physician, years ago. He did and said that he saw nothing. "Strange! look again." "I see nothing," was the doctor's reply. "Well, that is very strange. Why, sir, there have gone down my throat \$10,000, a farm and twenty negroes." This was the loss by drink, and the same style of illustration applies to the fearful waste by the tobacco habit year after year.

Says Kirton: "If working men wish to improve their condition it is no use shouting 'down with the government' or

‘down with the masters,’ but ‘down with beer, down with tobacco,’ for these are the hardest taskmasters.”

FIRES SET BY SMOKERS.

Joseph Bird in his work, “Protection against Fire,” records his careful observations for forty years in reference to fires. He says: “Millions of dollars worth of property have been destroyed from this smoking evil. The great fire which commenced on Battery wharf, Boston, July 27th, 1855, was no doubt set by a workman who was smoking among the loose and drying cotton. The loss was \$500 000. The great fire at London, in 1861, which destroyed eleven millions, was said to have originated from spontaneous combustion in hemp, but the chances were ten to one that the cause was a workman’s pipe. Some time since a gentleman in Jamaica Plain, passing his barn saw smoke coming out of the floor. Following it back into the harness room, he saw fire in a coat, and on taking it up to throw out of the barn, a pipe dropped from it, showing the cause of the fire.”

The writer once seasonably discovered a fire in a large public building in Portland, while as yet it was confined to a smoker’s coat, into the pocket of which a pipe full of burning ashes had been heedlessly thrown. “A smoker in smoking ceases to think,” says a French writer, and the recklessness with which firebrands are carried about the streets, stores and ships, or among combustible merchandise, seems to verify the charge.

Mr Trask tells of a plumber, at work in a vast manufactory, who carried a pipe. At noon he lighted his tobacco, and threw the match into what he supposed was a pot of water, but which was really camphene. “As quick as lightning the room was in flames. The man had hard work to escape with his life. The hands being away at dinner, it was ten minutes before help could be had. The alarm was sounded; the engines came rattling down the street, but it was *too late*. The place

being filled with paper and other combustible materials, the flames spread from room to room, and from floor to floor, and from building to building, until five immense blocks were completely burned down, causing a loss of about \$1,000,000, and throwing nearly two thousand hands out of work.

A most destructive fire occurred in Williamsburg; six buildings and three vessels were consumed, the total loss being estimated at \$300,000—and more sad still, at least three lives were sacrificed! All this resulted from the use of the pipe! Three men were discharging petroleum oil from a lighter, when a barrel fell, striking near one of the men, who sprang from the spot, dropping a spark from his pipe, which communicated to the oil, and an explosion and conflagration followed.

“Patrick Bergin was preparing to load his gun. He was smoking at the time, and a spark falling from his pipe, ignited the powder in his flask, which burst into atoms in different directions. His left hand was cut and lacerated in a frightful manner, the flesh along the wrist much torn and mutilated. Doctors were quickly with the sufferer, and amputation was deemed necessary.

“A reckless man, smoking a cigar, while making a cartridge, at Jackson, Miss., dropped the ashes into an open keg of gunpowder, which exploded, blew up the place, and nearly killed four men. Again we repeat “Smokers in smoking cease to think.”

A group of boys, on the Sabbath, struck up their matches for a smoke in the midst of shavings, between two unfinished buildings. A fire started up, and before it was checked it carried down a fine square of buildings, at an immense loss to the owners.

An English paper mentions a destructive fire near Alwrich, where thirteen cornstacks, a barn, stables and other outdoor offices were burned, occasioned by “a laborer who dropped tobacco from his pipe among the straw.”

At Fort Fisher 400 were killed by the explosion of a mag-

azine, "the only conjectured cause being the carelessness of smokers."

The sad death of Daniel Webster Appleton, is traceable to this source. One witness testifies: "I am of the opinion that the fire originated from Appleton trying to light a cigar." Another says: "I asked Appleton how the fire caught. Appleton said he had been smoking and threw half a lighted cigar away; he supposed the fire caught from that."

"One-third, or more, of all the fires in my circuit," says an Insurance Agent, "have originated from matches and pipes! Fires in England and fires in America, are being kindled with alarming frequency by smokers casting about their fire brands, or half-burnt matches."

The Paris *Figaro* gives the following facts, which illustrate the peril of miscellaneous smoking in a way not often thought of: "M. Cahn had bought \$30,000 worth of jewelry for London houses, and started for Calais. The compartment was occupied by four others beside himself. One of them offered him a cigar, 'a real Havana,' as they came to the Channel. He declined. It was so earnestly urged upon him that he finally took it and began to smoke it. He at once became insensible, and did not recover until the boat reached Dover, when the new acquaintance and the bag of jewels were nowhere to be found. Three trains, just about to start, were searched, the telegraph was called into service; but the property had vanished like the smoke of the poisoned cigar. It was a costly lesson."

The well-known philanthropist, S. V. S. Wilder, Esq., once was a snuff-taker. Remonstrating with a brandy-drinker for his vice the latter asked Mr. Wilder if he thought tobacco did him any good. He replied: "I exceedingly regret the necessity which obliges me to have recourse to this vile practice, but in consequence of feeble eyes, my physician recommended snuff as the best remedy, and, in accordance with his prescription, I have been compelled to take it for several years." "Well, sir," said the gentleman, "your case is exactly

like mine. I have a feeble stomach, and I have long been compelled to take an occasional drop of spirits for its relief and restoration." "Is it possible," said Mr. Wilder to himself, "that my taking snuff should serve as a pretext for drunkards to ruin perhaps both body and soul? I silently resolved that, eyes or no eyes, by the grace of God assisting, I would desist from taking a pinch of snuff for one month, and, if at the expiration of that period my eyes suffered no inconvenience, I would forever renounce the pernicious practice." Mr. Wilder continues his story: "In order to test the strength of my resolution to resist temptation, I merely transferred my box from my waistcoat to my pantaloons' pocket, where it has remained for one month without my having taken a single pinch of the poisonous drug; and my eyes, praised be God, having suffered no inconvenience thus far, I take the pleasure and satisfaction of sending you my snuff-box, which please to receive as a trophy of a victory gained, the grace of God assisting, by one who was once an inveterate snuff-taker, but who now considers himself emancipated from this sinful and disgusting habit, and who recommends to all snuff-takers and chewers, or smokers of tobacco, to go and do likewise."

Says Rev. W. W. Williams: "A great many noble men use tobacco because their attention has not been fully aroused in relation to its evils. Some say that they have so diseased their systems that they cannot now stop as the Austrian arsenic-eaters cannot stop. Such are to be pitied and their sad fate should warn us never to touch tobacco. A man once used tobacco from his twenty-fourth to his ninety-fourth year. After seventy years of slavery he reformed and improved in health. What man has done man can do. If a man has not grace enough to give up tobacco he is very apt to be a cold-hearted Christian, if he is a Christian at all. Fleshly lusts often dwarf Christian character and grieve away the Holy Spirit. 'If meat make my brother to offend I will eat no flesh while the world standeth' 'Give none offence neither to the Jews nor the Gentiles, nor to the Church

of God ' 'Whether, therefore, ye eat or drink or whatsoever ye do, do all to the glory of God.' Our superior advantages require us to surpass all of our predecessors and rise to the grandeur of the era in which God has given us the privilege of living and working."

It is vain to talk of MODERATION. The Dean of Carlisle says: "Moderation is a word of dubious sense and chameleon colors, a sliding scale easily and naturally producing all the results of intemperance."

Says another clergyman: "Moderation denotes neither the quantity nor the strength. It is unfathomable as the abyss and uncertain as the wind! It is the great deceiver of the nations, promising health and long life, yet destroying more victims than war, famine or the plague, than all these united."

"In less than three years," writes a Philadelphia clergyman, "tobacco killed a club of once strong men." Not one of them probably would have admitted that, at any stage, they were in danger.

Moderation in wrong doing, says Spurgeon, is impossible. "Sin cannot be held in with bit and bridle. Like the melting of the lower glacier of the Alps, others must follow in time" Once started on the down grade, God only knows the end of the tempted.

Nathaniel Wiggins, an artillery-man, ran through with a bayonet and killed a fellow soldier, for which he was executed. In his confession he said that he had been drinking. Afterward "I went outside the barracks on the piazza, *where I smoked, and this made me worse.* After I got back I went into my bed, and I have no recollection of what passed afterward."

SELF CONTROL LOST.

A man arrested for stealing was questioned by the judge as to the motive for the crime. His answer was: "I have the

misery to be a hopeless smoker! I smoke at waking; I smoke while eating; I cannot sleep without smoking till the pipe falls from my mouth. When I have no tobacco I am frantic. I cannot work, or sleep, or eat. I go from place to place raging like a mad dog. The day I stole the lead, I had been without tobacco twelve hours! I searched the day through for an acquaintance of whom I could beg a pipeful. I could not, and resorted to crime as a less evil than I was enduring. The need was stronger than I!" He was seventy-two years old, and hitherto had led an irreproachable character.

Said a deacon on his death bed as reported by Rev. Albert Sims: "I thank God that, as my last sickness has now come, I shall get rid of my hankering for tobacco!"

He mentions another a professed follower of Christ, on the verge of eternity, whose ruling passion for tobacco was strong in death. With her last words she asked for more snuff. "Snuff, snuff, give me snuff."

"I can name a clergyman who was enslaved to his snuff. He sometimes reproved a neighbor who was a drunkard. At length the drunkard said to him, 'If you will give up your snuff, I will give up my rum.' The bargain was made. But within forty-eight hours the clergyman was in perfect anguish for his snuff. He set a spy over the drunkard to watch for his downfall. When told that the fatal cup had passed his lips, he flew to his snuff box with the fury of a maniac, made himself idiotic, and died a fool! Tell us which was the greater drunkard? 'Dear sir,' said I to a brother clergyman, 'do, I pray you, give up tobacco.' 'Not I, not I' was his reply, 'I will use it if it shortens my life seven years. I will live while I live.' If this is not slavery, what is slavery? Is it not a sin to practice a habit which makes an abject slave? An eminent minister, said that he would gladly lay down £100 if he could give up smoking. I have known a temperance lecturer of great distinction positively refuse to lecture until he had been furnished with a pipe of tobacco to screw his nerves up to the point of eloquence. I know an excel-

lent clergyman who assured me that he had sometimes wept like a child when putting a quid of tobacco into his mouth, under a sense of his degradation and bondage to this filthy habit. I saw a man who told me that tobacco was the dearest thing he had on earth—dearer than wife, child, church or state!”

Confessing how utterly helpless he was, a victim of the pipe says: “I was at church, when fidelity to my idol would allow; and often was I moved with ideas of ‘wrath to come,’ and hurried home to drown the strivings of God’s Spirit in tobacco fumes. Often have I writhed under mighty truths from Sinai and Calvary; often has my meerschaum, like the bacchanalian cup, relieved every twinge of pain and every fear. I have gone home ‘poor and miserable,’—like Col. Gardiner, wishing myself a dog; and have smoked one pipe of tobacco and, in ten minutes, been in a state of complete hallucination, feeling rich, and ‘in need of nothing.’”

Dr. James Copeland says: “Smoking tobacco weakens the nervous powers, favors a dreamy, imaginative and imbecile state of mind, produces indolence and incapacity for manly or continuous exertion, and sinks its votary into a state of careless or maudlin inactivity, and selfish enjoyment of his vice.”

Said a college student who had vainly fought the habit, “Oh I need tobacco to give me resolution to give up tobacco!”

Rev. Professor Mead, of Oberlin College, writes that “the tobacco habit tends to deaden the sense of honor, as well as of decency, and none are more likely to practice deception unscrupulously than those who use tobacco. They are strongly tempted to harden their conscience by lying.” This is one difficulty Oberlin has in keeping the poison away from her students. Another is the common use of it in the community. He adds: “Young men who neither fear God nor regard man—who have not even respect for woman, which shows the lowest possible moral condition—apparently enjoy the privilege of blowing their tobacco smoke into the faces of ladies who pass them. The patience with which citizens submit to

this nuisance is to me marvelous." He then emphasizes the importance of maintaining the prohibition of the drug among students; the need of more and more enlightenment of their minds and consciences, and a hearty co-operation of all citizens who wish young people trained to habits of decency and morality.

EMINENT TESTIMONY.

Tobacco not only "fuddles the nose," as Abernethy, the great surgeon, says, but it stupefies the moral sense. Smokers cease to think, as Madame De Stael has said. "I never saw a well man in the exercise of common sense," remarked Benjamin Franklin, "Who would say that tobacco did him any good."

Professor L. H. Gause remarks that the enjoyment is debasing to those who aim at mental excellence. "The intellect becomes duller and duller until at last it is painful to make any intellectual effort, and we sink into a sensuous or sensual animal, whose greatest aspiration is to benumb the nerves and befog the intellect. Any one, then, who would retain a clear head, sound lungs, undisturbed heart, or healthy stomach, must not smoke or chew the poisonous plant—a plant so revolting to every animal instinct."

Sarcasm sometimes puts a subject in a more striking light than reasoning can, as was the case at Springfield, Mass., some years ago at a conference, when the following resolution was introduced:

Resolved, That the use of tobacco should be encouraged in the public schools, so that the accomplishments of CHAWING and DRAWING may grow up side by side."

This roused Dr. Stickney, who spoke on the vulgarizing influence of the habit. He believed that a higher civilization would rule out the abomination. He said that the better the stock was the better would be the progeny, and cited the remark of the superintendent of a Massachusetts insane asy-

lum, who believed that "nearly one-half of the patients came there from the use of tobacco, and that its tendency was to ruin body and soul."

Said that eminent educator, Horace Mann, addressing the teachers of Ohio in regard to this drug: "It should be not only denounced, but the student who uses it should be expelled, on the ground that the practice is unfit for a scholar and a gentleman."

A smoking preacher asked Governor Morris, if gentlemen smoked in France. He replied, "Gentlemen, sir, smoke nowhere!"

In the French military schools it has been found that smokers are inferior in position as scholars. The evil became so marked that Napoleon III., though a smoker himself, interposed his authority to arrest the evil. The same fact is stated by Dr. Trall in regard to German schools.

Gen. Markham was so convinced of its emasculating effect that he not only abstained, but forbade his staff to use the weed. Said a distinguished medical officer, "Had the Turks never indulged in tobacco they would have been as powerful in the Crimean war as in the days of the ancient Sultans."

"I am convinced," says Anton, "that a soldier who is an inveterate smoker is incapable to level his musket and take a steady aim."

Another remarks: "I have known men who previously to using tobacco were the finest marksmen, but who, after becoming smokers and chewers, could hardly send a bullet into a haystack, a hundred yards distant."

Dr. Dio Lewis was asked which is the worse, chewing or smoking? He answered, "On the whole, chewing is the worse mode, principally for the reason that it can be indulged so constantly. The chewer begins on rising, and with the exception of the nine minutes and twenty-eight seconds devoted to breakfast, the fourteen minutes and fifty-nine and a half seconds given to dinner, and the eight minutes, three and a quarter seconds spared for supper, the man

runs his mill every moment till he gets into bed. Just as he turns down the clothes to get into bed with one hand, he takes out of his mouth with the other the last quid.

During the day with this close economy of time, he grinds through twenty-six grists and projects juice, six hundred and twelve times. This juice, if conscientiously gathered, would measure three pints. Smoking cannot be carried on with such devoted regularity, and although worse than chewing for a given time, is practically not so mischievous. But in either mode, it injures the stomach. It cannot be indulged, even moderately, without affecting, prejudicially, the function of digestion."

Dr. M. L. Holbrook writes: "In Germany if a boy is caught smoking he is locked up. The Government has become anxious about the effect of tobacco on the physique of the soldiers of the future, and in order to rectify in some measure the evil, ordered the police to arrest all boys found smoking in the streets if they are under sixteen years old, and to have them punished by fine and imprisonment.

According to reports resulting from Government investigation, a clearly defined line has been discovered between the smokers and non-smokers who attend the polytechnic schools, those who do not smoke being decidedly superior in general scholarship and mental vigor."

CHAPTER FIFTH.

MORAL AND RELIGIOUS CONSIDERATIONS.

EXCUSES ANSWERED.

CERTAIN excuses may be at once stated and answered, and thus the way may be made clear for the closing appeal.

1. It is sometimes said, as an excuse for the use of tobacco, that "a physician prescribes it."

Physicians also prescribe other deadly poisons in an emergency. But no one can fairly argue that their habitual use is to be tolerated. Sometimes the remedy is worse than the disease, as in the case of alcoholic medication. One should be sure that the person who commends the drug or dram is not himself addicted to its use. Be sure, too, that the poison is to be taken *as such*, as other medicines are, reluctantly, privately and for a definite end, and that it cease as speedily as possible. At the same time do not be too ready to believe all that is said about the medical value of tobacco. Dr. A. Clarke condemns those who 'through false pity or money prescribe the continued use of it. This does not vindicate it, and the person who prescribes thus is not to be trusted. He is either without principle or without skill."

One pretends that tobacco is necessary to reduce flesh, whereas attention to temperate eating and other dietary laws would bring about an improvement without resort to this uncleanly habit. Another fancies that it is a help to neuralgia or asthma. Dr. Laycock, Professor of Medicine in the University of Edinboro', says: "I have not known any good from tobacco that might not have been obtained from less objectionable means."

“The chewing of tobacco,” says another physician, “is *not necessary* or useful in any case that I know of, and I have abundant evidence that its use may be discontinued without pernicious consequences.”

Dr. Lizars says as to malaria: “I dispute the alleged benefits of even moderate tobacco smoking as a preventative; and seriously anomalous symptoms I have seen to arise in the progress of malarious fevers from the abuse of it, such symptoms as may lead to the most grave mistakes in the treatment of fevers, if the medical officer is not careful to enquire into the habits of the patient.”

It is needless to multiply answers to the plea that the weed is a necessary medicine. It is only the same in substance as the toper's plea, who wishes his liquor to warm him when cold, to cool him when hot, to make him well when ill, and to keep him from being ill when he is well. Another excuse has already been alluded to and needs but a passing notice.

2. Many persons live to a good age in the habitual use of tobacco. They might have lived still longer lives without it. A robust constitution or active habits may have prevented the ill effects. Not all pork-eaters have scrofula, but that fact does not prove that swine's flesh is fit for the food of human beings.

Gov. Sullivan said that he knew some smokers live to old age, but “they bear a small proportion to those who by the habit have been swept into the grave in early or middle life.”

Moreover, we are not so sure that all these cases of healthful old age among snuffers and smokers are authentic. Not every doctor's report of the cause of death is trustworthy, and tombstones sometimes lie.

But admitting that these veteran victims do “exist” for a long period and are exempt from acute diseases, it is often a little more than a mummy-like existence, as in a case already mentioned, confessedly that of “an oyster or mud turtle.” Add to this the facts of heredity, already exhibited, and it is

readily seen what the progeny of such creatures very likely will be.

3. "I cannot stop."

This humiliating confession is an appalling evidence of the stultifying power of the vice. Said a young man, "I believe my pipe does me harm; I feel it is injuring me; but were I certain that it would curtail my life by fifteen years, I could not give it up"!! How distressing to hear such a statement from a free-born son of Britain! "I am a slave to tobacco," says a lawyer, "and I will give a hundred dollars to be told how to get rid of it without killing me."

This loss of self control is considered elsewhere. It is necessary here merely to suggest the query, "Is it not truer to say 'I *will* not' instead of 'I cannot give it up?'" This is really the case. If one resolutely determines to abandon the vice and seeks the aid of God, victory is sure. More on this point under the "Cure of the Habit."

4. Good people use tobacco.

It is admitted that a man of very good character, in other respects, may be under the dominion of this habit. Says Dr. Graham: "Tobacco has impaired the delicacy of his moral sense. It has in some sense impaired the nice powers of his understanding to perceive moral truth. It has established in the physical economy of his body an appetite, whose despotic and often irresistible influence upon the intellectual and voluntary powers vehemently urges, and even absolutely compels, the understanding and *will* to comply with its demands. When, therefore, we try to convince him that it is naturally and morally wrong to use tobacco, we shall find it extremely difficult to reach his moral sense through the opposing energy of his lust. His lust will not allow him to fix his mind seriously and earnestly on the evidence we present, but will keep it constantly employed in contemplating the importance of the gratification to his happiness, or in seeking for arguments to defend the gratification, or for evasions and subterfuges from the force of evidence."

Prof. Ives; of Yale College, used to say to his students that "custom is second nature and second nature is stronger than first nature," and added that the tobacco victim would sooner go without his food, for a time at least, than go without his weed. But to cite such cases of human weakness as an excuse for indulgence in the same sin is a virtual admission of the unreasonableness of the habit.

5. To plead that because God made tobacco it is, therefore, right to snuff and puff and chew it, is also too irrational to need consideration. There are a thousand deadly elements allowed to exist in nature, for wise ends, but common sense teaches us to avoid them.

6. The notion that the use of tobacco helps either mental or digestive action is merest moonshine. On the other hand facts prove it to weaken body and soul, to deaden conscience and blunt self respect. It is an insult to others and a sin against God. Moral and religious motives, therefore, most cogently urge one to avoid that which works so wide and deadly an injury to the human constitution.

DO THYSELF NO HARM.

Says a living writer: "You cannot bring a narcotic poison in contact with the fine mucous linings of the mouth, throat and stomach, for days, weeks, months and years, without doing injury. The thing is literally impossible. The poison is absorbed, taken into the circulation and distributed to every fiber of the system. Smell the breath of the smoker or chewer, and the evidence is clear and strong. The blood feels the irritation, and in passing through the heart communicates the short angry jerk which is so common among those who use tobacco. The white fur on the tongue tells the same story, and the occasional tremor, which seems to you so strange, all go to show that your vitality is injured. **YOU ARE HELPING DEATH.** Short as life is, you are making it shorter. **YOU** expend the money for which you work, to weaken your

vital force and rob you of health—the greatest of earthly blessings.”

Dr. Alcott quotes the statement of German physicians, that of the deaths occurring among men in that country, between eighteen and thirty-five years of age, one half die from the effects of smoking. They unequivocally assert, that “tobacco burns out the blood, the teeth, the eyes and the brain” It has been observed, he adds, that “the manufacturers of this article carry pale, ghastly countenances, and it is also said that few of them live to old age.”

A young man of twenty years confessed to a friend of the writer, not long ago, that he smoked about fifteen cigars a day, costing him \$700 a year. A prominent Brooklyn deacon told the same gentleman that he lighted one cigar by the stump of the other from breakfast till supper, eating nothing at noon, so keeping up “the unquenchable fire” from dawn to dark. Persuaded to put out these funeral torches, that were lighting him to his grave, he was saved in season, and in two weeks after his emancipation had gained eight pounds. Our informant cites the case of another great smoker, Henry J. Raymond, of the *New York Times*, a man of robust constitution, who dropped dead in his prime; of President Orton, also of marvelous executive ability, and also cut down in his prime by paralysis of the heart; and of Gen. Dakin, recently stricken down by a similar disease, all of them great smokers and sad illustrations of the ruin of the physical constitution by this habit. Every moral and religious consideration enforces the Divine command, “Do thyself no harm.”

James Parton, who devotes his life to literary labor, and who was himself a smoker once, says, as quoted by the *Journal of Health*: “The vast majority of smokers—seven out of every ten—can, without the least danger or inconvenience, cease smoking totally and forever. I was myself a smoker for thirty years, but I am now free; I can work better and longer than before; I have less headache; I have a better opinion of myself; I enjoy exercise more, and step out much

more vigorously; my room is cleaner; I think I am better tempered, as well as more cheerful and satisfied; it did not pay to smoke, but most decidedly it pays to stop smoking."

But the destruction of health is not all; the deadening of conscience is still more dreadful.

Foster mentions the case of a mother who repulsed a minister who warned her as to her son's habit of smoking. Two years after she was anxious to get his help to save that son from drunkenness, but it was too late. The pipe and bottle were his constant companions. He died a drunkard and a suicide.

A Christian gentleman gives this bit of experience. He was passing a store one day and saw some fine cigars. "I was immediately seized with a hankering so well known to habitual smokers. The determination arose to lay out a few shillings for some. I had been endeavoring to accustom myself to regard my money as the Lord's and myself as His steward. I tried that rule in that case and I found myself unwilling to charge such an item on my account-book. A faithful steward would make no such expenditure, thought I. The money which was taken out was dropped again into my pocket, and I passed on. I have ever found it difficult to smoke cigars since that time. The cure which I propose is to ask the blessing of God on all expenditures, and try to be faithful stewards of the Lord's money."

There was once a Quaker lady who was addicted to smoking tobacco. She had indulged in the habit until it had increased so much upon her that she not only smoked her pipe a large portion of the day, but frequently sat up for this purpose in the night. After one of these nocturnal entertainments she fell asleep, and dreamed that she died and approached heaven. Meeting an angel she asked him if her name was written in the book of life. He disappeared and on returning, replied that he could not find it. "Oh!" said she, "do look again: It must be there." He examined again, but returned, with a sorrowful face, saying, "It is not there."—"Oh!"

she said in agony, "it must be there! I have the assurance it is there! Do look again!" The angel was moved to tears by her entreaties, and again left her to renew his search. After a long absence he came back, his face radiant with joy, and exclaimed, "I have found it; but it was so clouded with tobacco-smoke that it could hardly be seen!" The woman, upon waking, immediately threw her pipe away and never indulged in smoking again.

Rev. Dr. J. W. Chickering, formerly of Portland, writes as follows: "I regard the narcotism of this country as a fearful and growing evil, hardly less mischievous, especially in its physical effects, both individual and hereditary, than the present alcoholism. Both the vulgar and more genteel forms, the filthy tobacco and the more decorous drugs compounded of opium, chloral, etc., are cursing this country and the civilized world to a fearful extent. The nicotian plant, especially filled with deadly poison, is poisoning the life-springs of coming generations; sowing the seeds of more bodily diseases than strong drink, so say experts, careful observers of physical causes and effects; while those in charge of asylums for the insane, for idiots and feeble-minded persons, readily trace mental and moral, as well as physical, effects to the same source.

"Add to this, the filthiness of these habits and the selfish disregard to the comfort of others, so generally characteristic of these wasteful and mischievous habits, and it becomes a profound mystery how any conscientious, patriotic and Christian man can contribute to the hundreds of millions annually spent, and to the pernicious example constantly presented in this direction.

"No wonder that their influence in favor of what we call 'Temperance' is so feebly put forth, and so thoroughly neutralized. In a word, I regard this form of self-indulgence as 'only evil and that continually.'"

Our influence among those who have fallen by strong drink is lessened if they see us victims of a kindred vice. A

professed temperance man urged a drunkard to give up his drink. "I don't want," said he, "a man with his mouth full of nasty tobacco to be talking to me about drinking a little whisky." Our friend thought a moment, and then replied, "That is so. I admit my inconsistency. I will take the beam out of my own eye. I have spent the last cent I ever shall for tobacco."

Dr. Cornell, of Boston, had this incident from a friend in that city. A deacon called on him to beg something for the erection of a church, to which the deacon himself had already contributed somewhat. The gentleman being engaged when the deacon entered the counting-room, asked him to take a seat. The latter abhorred intemperance, but was an excessive tobacco chewer. In a few moments the gentleman was at liberty, and the deacon presented his request for aid. The gentleman, looking him full in the face, said: "Sir, I have but one rule about such matters, and that is, never to give anything, however good the object may be, when the petitioner is an intemperate man." The deacon, not a little excited, replied: "I'm not an intemperate man!" "You're not, are you?" said the merchant, with an air which showed that he knew what he said and meant not to be diverted, in this case, from his usual course. The deacon reddened, and with vehemence exclaimed: "I tell you, I'm not an intemperate man!" "Look at the fire place," was the reply of the gentleman. During the few minutes our applicant sat there he had covered it all over with tobacco juice.

A father gives his experience, in substance, as follows: "Two years ago I chewed and smoked, enjoying my cigar exceedingly. My little Edgar, six years old, a dear boy, walked with me each morning as far as his school. We used to meet many ragged youth with stumps of cigars in their mouths which they had picked up, or with broken pipes. They lounged about with their hands in their pockets in a disgusting way. One morning there were so many of these idlers in our way that I pointed out to my child the shamefulness of

their vulgar habits, and remarked that the police should break up the practice. I was puffing my Havana all the while. Edgar turned up his bright face and in a soft, musical voice asked, "Isn't it worse for a man, father? A blush covered his face, as if he feared that he was too bold. 'Do you think so, Edgar?' I asked 'Boys would'nt want to smoke and chew tobacco if men did not do so.' Here was the answer. I threw away my cigar and have never touched tobacco since, in any form." The logic was irresistible. A little child shall lead them.

It is said that the Rev. Dr. Samuel Hanson Cox abandoned tobacco "long ago, when a drunken loafer asked him while smoking, for a light, and thus led him to feel the force of the fraternity between all users of the vile weed."

"All users of tobacco," says Rev. W. W. Williams, "are not bad men, but nine-tenths of all the rowdies and roughs do use it. Many prosper in spite of tobacco, but they feel that they would have been vastly better if they had never used it, and they urge the young to let it alone. When I was a boy I often worked in the harvest fields with the thermometer from 62° to 98° Fahrenheit, and never felt the need of the liquors freely used by those employed by the family with whom I was spending the summer. When about eighteen my eyes partly failed me, and I began surveying with a corps of civil engineers. While thus employed I was sometimes exposed when the thermometer was 24° below zero, and often while surveying on the frozen Mississippi, my companions, some of whom were from the colder parts of Canada, had their extremities frozen, while I was unscathed, though I had late'y left the warm rooms of college. They all used liquors and tobacco and I did not. I have traveled over forty thousand miles by ocean, lakes, rivers and land, in the New and Old Worlds and never was sea-sick in my life, and never, even on African and Arabian deserts or American and Alpine mountains, found it necessary to use any intoxicating stimulants."

A personal friend of Senator Carpenter, within a week,

made the following statement: "I tell you no man can smoke twenty Havana cigars a day and keep up the practice without encountering certain death. It is a hazardous thing to do, and Matt. Carpenter is doing it. You observe the consequence. He is a slave to tobacco, and it is killing him slowly but surely. He has wasted so that his limbs have become emaciated to the semblance of pipe stems. They call it rheumatism, but it is tobacco, and nothing else, that has wasted him away to this extent, and it will continue its work until death steps in and claims another victim."

HOW TO CURE THE HABIT.

Mr. Trask has made the following points, viz.:

1. Make the most of your *will*. Drop tobacco, and resolve never to use it again in any form.
2. Go to an apothecary, and buy ten cents' worth of GENTIAN root, coarsely ground.
3. Take as much of it after each meal, or oftener, as amounts to a common quid of fine cut or cavendish.
4. Chew it well, and swallow all the saliva.
5. Continue this a few weeks, and you will probably come off conqueror; then thank God, and sin no more.

The reasons for this course are:

1. Gentian is a tonic, bitter in taste, and will tend to neutralize and allay your taste for tobacco.
2. Gentian is a nervine. It will brace up your relaxed and flabby nerves, and tend to save you from the "*awful goneness*" under which victims agonize.
3. Gentian, for a short time, may serve as a partial *substitute* for the quid or pipe. It employs the mouth, beguiles attention, and gives a helping hand to a drowning man.

Dr. R. T. Trall recommends an immediate and entire abandonment of tobacco as a surer method than a gradual change, for "an infinitesimal dose is sufficient to prolong forever the shattered state of the nervous system

Till this is restored the patient is not safe for a moment. He can have no self-sustaining will power." This being abandoned by the person "he should abstain from business, and do as little thinking as possible. He should take a warm bath daily; and whenever he has severe headache, or feels distracted with restlessness, he should lie down, take a warm foot-bath, and have *warm* wet cloths—as warm as he can well bear—applied to the head. He will also find it greatly advantageous to adopt a very simple dietary. He should, for a week or two at least, live principally on good ripe fruits and plain bread; and even eat sparingly of these. All overloading of the stomach will occasion headache, and aggravate the general feeling of wretchedness. He should also exercise very moderately.

"These rules, adhered to for a few days, will emancipate the patient from one of the worst of slaveries that ever degraded human nature. But if weeks, or months, or years, were required, the victory would be worth all it cost. It is rare, however, when the plan I have briefly sketched is rigidly adhered to, that more than one or two weeks is required to redeem, regenerate, and disenthral the most besotted devotee of tobacco."

In the *Phrenological Journal*, August, 1869, a writer gives in detail the method of his cure. When finally he resolved, with God's help, to abandon both smoking and chewing forever, he was awhile unmanned and acted in a strange, abstracted manner; but soon sleep and appetite returned, and in three months the desire for the poison had become nearly extinct. Twenty years' entire abstinence now have led to the feeling of increasing aversion to the smell of tobacco. The dyspepsia, stoppage of the heart's action, suffocation and other symptoms at once ceased, and he believes that twenty years at least are added to his life. To ensure deliverance, he says, a resolution must be made at once, "I will quit forever," and every element of their better nature will come to their aid.

Another in the same magazine, December, 1872, says that

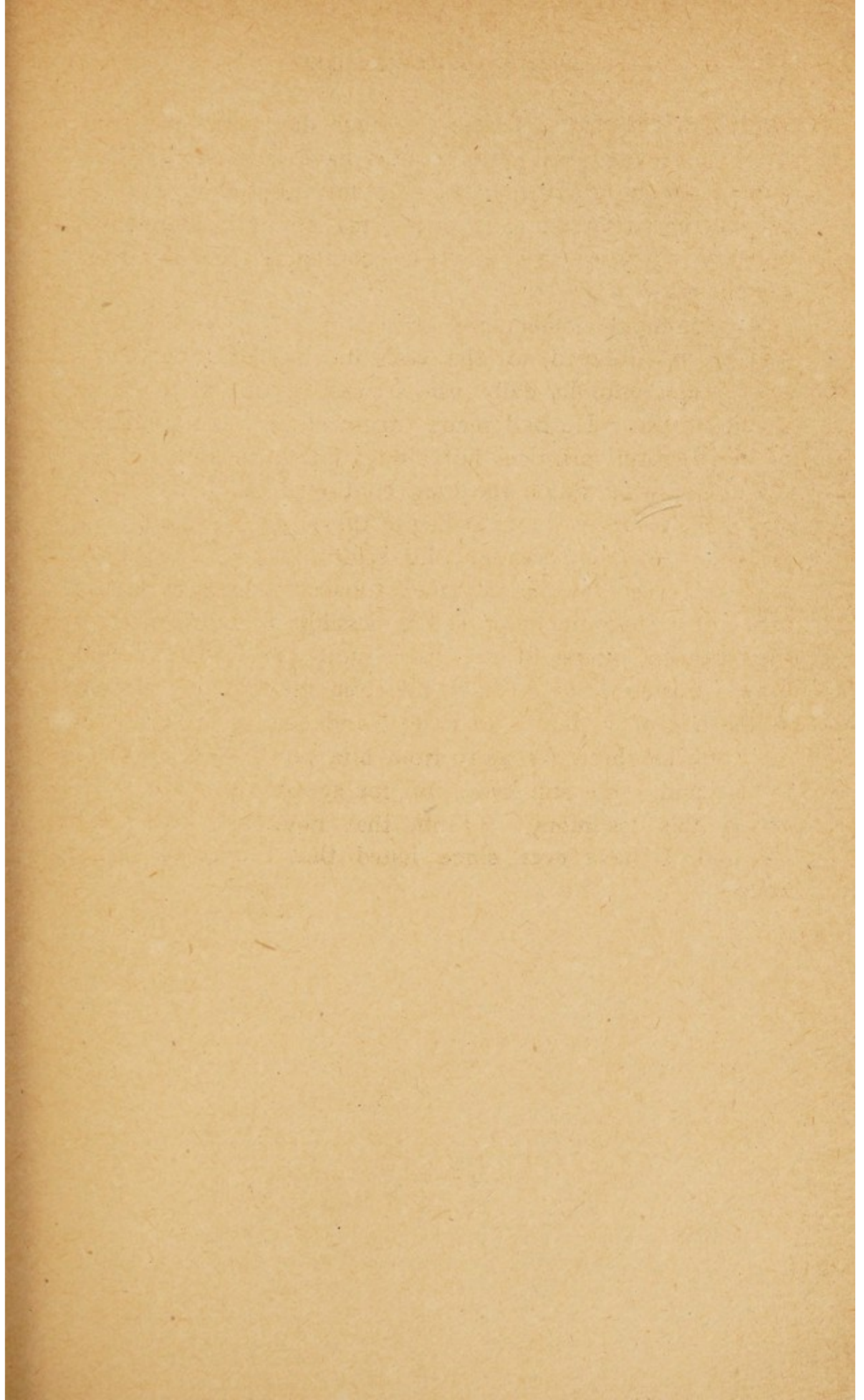
after forty years' thralldom he has been two years a free man. He has had no wish for the weed and but, would "as soon think of cutting off my head as to touch it." Immediate and entire abstinence was the cure.

Dr. S. Alexander writes for the encouragement of those who wish deliverance from what he says is "the deadliest poison known," that one of his patients has broken the shackles of this vice that have fettered him fifty years and now enjoys improved health; another, Hon. H. G. J. —, after forty-three years use of the weed. The latter had good eyesight restored, as he himself believes a result of abstinence from tobacco. Nor did he in 1871 use glasses, although about ninety years of age. Dr. A. regards this abandonment of tobacco "almost a *sine qua non* to success" in curing many complaints. After thirty-six years practice he never knew a case where good effects did not follow the abstinence from tobacco. In his long medical experience he traces twenty-seven diseases, resulting from the vice, more or less marked. In addition to those mentioned such as cancer, consumption, blindness, deafness, paralysis, drunkenness, heart disease, and sudden death, he notes hypertrophy of facial glands which gives the face a distorted and repulsive look; neuralgia of neck and head, asthma, stertorous sleep, debility on waking and obtuseness of moral sense.

One more cure may be noted in the way of encouragement, that of a man who was enslaved from ten years of age to twenty two. Excepting at meal times and when asleep, tobacco was always in his mouth. He realized that he was killing himself. Thirst, emaciation, lung and brain difficulties were the fruits of tobacco intoxication. "On the 7th of June I commenced to live without the vile weed. On that day I actually suffered pain, was compelled to moisten my throat with water every half hour, else a burning thirst would make me miserable. I kept my resolution and the next day felt decidedly better; thirst lessened, food tasted better and hopes of the future

made me cheerful and happy. Each day found me gradually improving, and now months have passed. I have gained several pounds in weight, my respiration has improved, my complexion is better, my strength augmented and my condition has elicited encouraging remarks from my friends."

A prominent member and official in a New York church had been addicted to the constant use of tobacco for forty years, until its daily use seemed necessary to health if not to life. He had made many efforts to rid himself of the doubtful practice, but always failed because of the inward gnawing which the long continued use had created and which forced him to begin the practice again. At last on a certain occasion, he said: "I have long been seeking a deeper work of grace; tobacco appears to hinder me; but I had not supposed it possible to be saved from the dreadful power of this habit until now. Never before have I trusted Jesus to save me from the appetite as well as the use of it, but I do now;" and suiting the action to the word, he threw far away from him the tobacco he held in his hand. He still lives, and for several years has reiterated this testimony: "From that hour all desire left me, and I have ever since hated that I once so fondly loved.



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