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**Contributors**

Southwick, T. S.

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# SMOKE NOT No. 30.

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## *A Voice from Hawaii.*

*By T. S. Southwick, Honolulu, Hawaiian Islands.*

The purpose of the following facts and thoughts is to bring to the mind more fully the evil effects and lamentable results of the use of a very common poison, with the hope that a careful perusal will lead to the abandoning of the habit, if already formed. Tobacco is one of the deadliest of poisons; it is said that one pound of it will kill 300 men, and a single cigar contains enough poison to extinguish two human lives, if taken at once.

The use of Tobacco causes indigestion, dyspepsia, paralysis, catarrh, sleeplessness, irritability of temper, tumours, cancers, giddiness, headache, faintness, defective vision, insanity and many other incurable diseases. It deranges the regular pulsation of the heart, causing what is known as Tobacco-heart. A frequent imbibor of nicotine may fall dead at any time.

It weakens the intellect and favours a dreamy and imbecile state of mind; encourages careless inactivity, paralyzes the will and deadens moral sensibilities and honour, helping many to practice ruthless and unrestrained deceptions, who otherwise would be men of principle. It impairs the memory, injures the imagination and weakens the nervous system, making a grown man nervous and ambitionless, and a boy frequently a lunatic.

It injures the voice, the teeth, and the eyes, poisons the stomach, dries up the blood, and shatters and wastes the constitution. It is a sin, inasmuch as it wastes money, time, strength and life, and thus tramples on the laws of God.

Dr. Edward Smith says: "The whole tendency of the action of Tobacco is towards disease, and it is impossible to say how much good it has prevented." An English Medical Journal, *The Scalpel*, says: "If there is a vice more prostrating to body and mind and more crucifying to all the sympathies of man's spiritual nature, we have yet to be convinced of it."

Smoking is the most injurious manner of using Tobacco, because it sends its poison directly to the lungs through the breath, and if persisted in must cause disease of the lungs and sometimes consumption.

The system recognizing nicotine as a foreign element or a poison, seeks to throw it off as soon as it is detected, hence the usual sickness when Tobacco is first used, but the poison is not always easily expelled from the outraged system and remains sometimes many years after persons have quit the use of Tobacco. Nicotine has been detected in the tissues of the lungs and liver after death.



Some persons seem to use Tobacco with impunity, the system throwing off the poisonous influence of the foreign element in it, in some strange way; yet it is injurious in many ways to all who use Tobacco, for it interferes with the general circulation of the blood and affects every organ and fibre of the human frame. Some persons, in spite of violent outrages to their physical system, live to old age.

Nicotine affects the weakest part of the body first, and whilst some may become blind, others would have tumors, cancers, etc., and others heart disease or defect of mental power, etc. Those who are not made sick at the first using—have very strong constitutions or have inherited a taste for it and are poisoned to begin with.

So obnoxious is nicotine to man generally that it is said cannibals will not eat human flesh which contains the flavour of Tobacco. The turkey buzzards of Mexico refused the flesh of soldiers addicted to Tobacco.

The New York *Medical Journal* says: "In an experimental observation of thirty-eight boys of all classes of society, and of average health, who had been using Tobacco for periods ranging from two months to two years, twenty-seven showed severe injury to the constitution and insufficient growth; thirty-two showed the existence of irregularity of the heart's action, disordered stomachs, coughs and craving for alcohol; thirteen had intermittency of the pulse and one had consumption. After they had abandoned the use of Tobacco, within six months one-half were free from all their former symptoms, and the remainder had recovered by the end of the year."

A College of Physicians has said that not less than 20,000 die annually in this land from nicotine poison.

Rev. A. Sims says: "Such is the rankness of the poison of Tobacco that even to sleep with an inveterate smoker is very dangerous." He adds that the Rev. Geo. Trask is authority for a striking case in proof of this: "The young wife of a great smoker grew pale, lost her appetite, became affected with palpitation of the heart, trembling of the limbs and a death-like sinking at the pit of the stomach; her sleep was often interrupted with darting pains and frightful dreams; she became nervous with symptoms of hysteria. At first her Physician was unable to account for this medley of distressing pains, but at length it occurred to him that they resembled the effects of Tobacco. He communicated his suspicions to her husband who immediately cast away the cigar, and had the satisfaction of seeing his wife recover in a short time without the use of medicine."

The foregoing statements suggest to us the thought of inheritance. The scriptural truth and prophecy "that the sins of the fathers shall be visited upon the children to the third and fourth generations," is demonstrated and literally fulfilled in the



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nicotine habit. It is not to be expected that the clear stream will flow from an impure fountain, neither can a pure healthy child be born of parents who are diseased and polluted with nicotinism.

The laws of heredity are relentless. No after care, no future regret, no subsequent repentance can prevent the train of evil effects, resulting from Tobacco, that are transmitted from parent to child. It is impossible for semi-poisoned parents to produce a child possessing a healthy physical system. They enter the world heavily handicapped, and it is unfair to expect that they should occupy the best positions in the state of society.

The unfortunate but innocent children of Tobacco-loving parents possess a latent appetite for the weed, and if indulged in, however limited the indulgence may be, it will awaken the appetite to an almost uncontrollable activity. We see this principle exemplified daily in its relation to alcoholism, and were the evils of nicotine dilated upon as frequently as are those of alcohol, we should also be witnesses to as many or more as the result of nicotinism.

And can it be expected, in these days when temptations are so rife, that children with *impaired will power* can resist them and not fall to an already created though dormant craving? Many a boy to-day is a drunkard or an inveterate smoker because of an appetite not acquired but inherited.

Patriotism asks for the discontinuance of the use of Tobacco, which is sapping the life of the nations. A growing and progressive country like ours demands men of stability, courage and fortitude of character to manage its affairs, or it will soon degenerate as have other great nations. Americans are fast developing into a nervous, excitable and unthinking people, caused largely by our excessive use of Tobacco, and unless we soon abandon the habit we shall seek in vain for those men who have the requisite qualities to govern our land wisely and successfully.

Every man ought to have enough "love of native land" in him to forego a habit which is detrimental to the best interest of his country, especially when he sees around him boys of tender age, our future statesmen, imperilling their constitutions, their mental powers and their lives by puffing the pernicious cigarette, some while quite young are already stupid and partially insane.

The *Denver Challenge* states that fifteen thousand lunatics in American Asylums owe their condition to the use of Tobacco.

Christianity demands the abandonment of the habit. The use of Tobacco is not conducive to the development of spiritual power in the church, but on the contrary is a hindrance to growth in grace, because it robs a man of his nobility, destroys his mind the image of God, and thereby hampers thought; it also blunts



moral sensibilities and makes its devotees indifferent to their responsibility to others.

The Bible commands us to "have no others gods before Jehovah," but Tobacco sometimes is the first god, and thus the sin of idolatry. Nor can we "worship the Lord in the beauty of Holiness," when we indulge in an unholy thing, nor "serve him with a perfect heart" if we have a tendency to Tobacco-heart. We are told not to commit murder, yet Tobacco has deprived many of life. "Thou shalt not steal" is another command, but is it not theft to rob a man of pure God-given atmosphere when we pollute it with Tobacco smoke? Do we "cleanse ourselves from all filthiness of the flesh and spirit" when we chew or smoke the noxious weed?

Dear Christian brother, let us put away the filthy weed forever, for the sake of Him who died to cleanse us from all unrighteousness. Love urges us to do so. O, realize what it is to disobey God's commands; we cannot pray "lead us not into temptation," when we ourselves enter into it. The use of Tobacco tempts to each one of the foregoing sins if even you have not indulged enough to actually commit them all. Of Heaven it is written that "there shall in no wise enter into it anything that defileth." Can a Christian gratify an artificially created appetite for the glory of God and the good of mankind?

If Temperance, rightly interpreted, is the moderate use of good things and total abstinence from those things which are injurious, why should we use Tobacco or Alcohol when we know that even a small quantity of it impairs some portion of our body or physical system, though perhaps only in a minute degree?

God has given man a body which is to be preserved as a temple for the indwelling of the Holy Ghost and man has no right to destroy it by the use of poisonous drugs.

It is a Christian duty to preserve and develop all our powers, ability, intellect, talents and character for the glory of the Creator, and not to impair them by the use of anything that is deleterious.

"Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you? If any man destroyeth the temple of God, him shall God destroy, for the temple of God is holy, which temple ye are." "Ye were bought with a price: glorify God therefore in your body."

T. S. S.

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