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Ramphlets

Health Tract. No. 4.

STARTLING FACTS ABOUT TOBACCO;

— OR —

THIRTY UNANSWERABLE OBJECTIONS TO TOBACCO-USING.

TOBACCO RUINS A MAN PHYSICALLY, MENTALLY,
AND MORALLY; IT IS A SOCIAL NUISANCE AND
A NATIONAL CURSE.

PHYSICAL EVILS.

1. Tobacco Is a Deadly Poison.

One hundred ounces of Virginia tobacco contain *seven ounces of nicotine*, a poisonous oil whose deadly properties are second to no other known substance but *prussic acid*. A single drop placed on a cat's tongue produces death in two minutes! The vapor alone will kill a large cat. Many cases of death have occurred as the result of applying to a cut or bruise a little of this oil from an old pipe. Its application to the skin as an ointment has frequently been fatal. It is to the presence of this terrible poison that all the virtues of tobacco are due; and it has been estimated that the amount of poison contained in the annual crop of tobacco is sufficient to exterminate all animal life from the globe if rightly administered. The reason why tobacco-users do not die immediately is because they do not take the poison in fatal doses. But it is no less sure in its results. Like opium, arsenic, strychnine, corrosive sublimate, and other poi-

sons, it may be tolerated in gradually increasing doses, for many years; but its sure and awful consequences come at last, and, indeed, are manifested all along to him who has learned to discern them. A single cigar contains poison sufficient to kill two men, if concentrated.

Hundreds of cases of fatal poisoning by tobacco might be cited from numerous medical works. Only a few years ago a homicide was committed in England, by means of nicotine, the murderer crowding a few drops of the oil into the mouth of his victim.

2. Tobacco-Using Is an Unnatural Habit.

There is not one man in fifty who cannot remember the peculiar effect of the first quid of tobacco he placed in his mouth, or the first pipe he essayed to smoke; and we hazard nothing in premising that the remembrance of that experience recalls anything but pleasant sensations. When a lad makes his first attempt at tobacco poisoning, what do we observe? A deathly pallor overspreads his face; his head swims; a feeling of indescribable agony seizes upon him; he reels, perhaps falls, and sheepishly drags himself away into some secluded nook where he can enjoy the beauties of tobacco unobserved and unmolested, meanwhile beguiling the agonizing hours with the amusing pastime of rolling on the grass, or the more serviceable one of tickling his throat with a feather to induce his stomach to turn out what he has himself put in.

How would it be possible for nature to express in more forcible terms her repugnance to the filthy weed? Does she not say, in language unmistakable, I have no use for tobacco? there is no room for it in my dominion? it interferes

with my operations? do not insult me with the disgusting, poisonous stuff?

Very rarely, indeed, can a man be found who did not have to *learn to use tobacco*. This alone is sufficient evidence of its anti-vital, unnatural character; and whatever is unnatural, that is, repugnant to natural, unperverted tastes, is evidently a thing unfit to minister to the wants of the human body.

3. Tobacco-Using Is a Great Cause of Intemperance.

The most observant workers in the temperance cause tell us that they seldom find a whisky drinker who is not also addicted to the use of tobacco. The significance of this fact is apparent. Tobacco is stimulating. At first, a small quantity will produce the desired effect. Pretty soon, as the system becomes accustomed to its presence so that it is in a measure tolerated, a larger quid or an extra cigar is found to be necessary. After a time, it is found very difficult with any amount of tobacco to obtain that degree of stimulation necessary to make the individual feel natural, and so some form of alcohol is resorted to, and the concluding step toward drunkenness is taken. Yes; tobacco-using is the broad road which leads to drunkenness; and it is a failure to recognize this fact which has been one of the chief agents in rendering so futile the attempts of our well-meaning and energetic temperance reformers in combating the great foe of society and religion—intemperance. Thousands of men have been won from the paths of drunkenness and restored to society as useful members; but a few months later found them the same infatuated victims of strong drink as formerly. Why

did they fall? The insatiable thirst for the fiery draught, the maddening desire for stimulation, was kept alive by the use of *tobacco*, and they became an easy prey to their besetting sin. Drunkenness can never be cured until tobacco-using is eradicated from the land.

4. Tobacco Intoxicates.

Alcohol is not the only agent which will produce intoxication. Inebriation is as plainly the consequence of tobacco-using as of whisky-drinking. To be drunk it is not essential that a person should be wholly delirious or insensible.

There are all degrees of drunkenness; and when a man takes into his system any given quantity of either tobacco or alcohol, he is drunk, just in proportion to the dose. A man is just as truly drunk when he has taken only sufficient tobacco to produce a feeling of pleasant exhilaration as when he has taken so much whisky that he will courtesy to a lamp post, and go to bed in the gutter. The difference is only in degree. No man can be wholly himself—entirely sane, we may say, while under the influence of any narcotic or stimulant.

5. Tobacco-Using a Greater Evil than Whisky-Drinking.

So said the presiding officer at a great temperance convention in New York; so says the eminent Dr. Parker, of the same city; and so will all agree who recognize the true relation existing between tobacco and alcohol. Why do we make the astounding claim that the use of the narcotic weed is an evil even surpassing that stupendous and most deplorable vice—intemperance? We answer,

1. Tobacco *kills* more than alcohol, as can be proven by good medical authority.

2. Tobacco-using, as already shown, is one of the chief causes of intemperance.

3. To reform a tobacco-user is a task doubly greater than the reformation of a drunkard.

Tobacco is not so violent in its effects as is alcohol; but it is far more insidious and fatal. As an eminent temperance worker, a physician, once said, "Tobacco is as much worse than liquor as palsy is worse than fever."

6. The Use of Tobacco Lessens Muscular Power.

Experience has demonstrated in the most conclusive manner that tobacco-using is entirely incompatible with the most perfect development of muscular strength and activity. The boat clubs of both English and American colleges recognize this fact, and wholly interdict its use by their members. It is also denied to athletes who are training for an exhibition of their strength or agility.

It is also well known that tobacco destroys the appetite for food, so that a quantity inadequate to maintain the bodily vigor will yet be sufficient to satisfy the appetite. Old smokers have often been known to substitute, from choice, a pipe of tobacco for a wholesome dinner. The effect of this influence must be very evident.

The effects of tobacco upon the Turks, who are inveterate smokers, is seen in their remarkable physical degeneracy. Once they were among the most courageous and warlike of nations. Now they are cowardly, weak, and effeminate, having smoked away their former hardihood and physical superiority.

7. Tobacco-Using Ruins the Voice.

Many a fine speaker or singer has sacrificed his greatest charm upon the shrine of this somniferous god. Hundreds of preachers have left their charges and gone abroad for their health, supposing that they had ruined their vocal organs by their energetic exhortations and earnest appeals in behalf of piety, when the sole cause was their own reprehensible indulgence in cigars or "fine cut."

8. Tobacco Destroys the Healthy Acuteness of the Senses.

Who ever heard of a tobacco-chewer who possessed remarkable delicacy of taste? The delicate nerves which are especially designed for detecting the flavors of substances, are soon blunted, if not wholly destroyed, when constantly insulted with the pungent, acrid flavor of tobacco. We once saw a man whose gustatory sense had become so nearly obliterated that he could scarcely excite it by tickling his palate with a glass of pepper sauce, which he quaffed with as much nonchalance as though it had been the mildest claret.

Smoking and snuff-taking, especially the latter, are fatal to the olfactory sense, the nose losing almost entirely its utility as an organ of smell. Deafness and blindness are, likewise, not infrequent results of tobacco-using in its various forms.

9. The Use of Tobacco Renders People more Subject to the Influence of Contagions and Epidemics.

Tobacco is anti-vital; and, hence, its use is devitalizing. It wastes the vital power, and tears down the defenses of the system, laying it

open to the inroads of malaria, contagion, or any other of the immediate causes of disease. An eminent writer in a popular magazine, although himself a user of tobacco, acknowledges that, while for some years a resident of the tropics, he observed that abstainers from tobacco were the only Europeans who escaped the ravages of fever in a district where it prevailed extensively. He also noticed that "smokers were the chosen victims of cholera, and intermittent and yellow fevers."

10. Tobacco-Using Spreads Contagion.

Many instances have occurred in which the infection which gave rise to one of the most direful and hopeless of malignant diseases, was traced directly to cigars which were manufactured by diseased persons. Not long since, an occurrence of this nature attracted attention to a large Chinese tobacco factory in San Francisco. Upon inspection by a physician, it was found that a number of the hands were almost putrid with that terrible disease which is the penalty of vice, and which is unknown except among civilized nations.

11. Tobacco-Using Leads to Premature Death.

Anything which saps vitality, and undermines the constitution, must shorten life. That tobacco does this would be expected from its very nature; and experience fully confirms the fact.

12. Tobacco Is the Direct Cause of Many Serious and Some Incurable Diseases.

We do not say that tobacco is the cause of *all* diseases, or that it is the immediate cause of a hundred maladies, although it may truthfully be regarded as a *predisposing* cause of almost all

the ills to which flesh is subject. We only enumerate those diseases which are primarily due to the pernicious influence of the drug. Consider the terrible list, every one of which is attributed by good medical authority to the use of tobacco:—

1. Cancer of the stomach, lips, tongue, cheek, nose, and pancreas; 2. Apoplexy; 3. Paralysis;
4. Dyspepsia; 5. Consumption; 6. Impotency;
7. Torpid liver; 8. Diarrhea; 9. Asthma; 10. Constipation; 11. Delirium tremens; 12. Imbecility;
13. Incurable ulcers of mouth, throat, lips, and tongue; 14. Congestion of the brain;
15. Palsy; 16. Piles; 17. Heart disease; 18. Nervousness; 19. Blindness; 20. Vertigo; 21. Sore throat;
22. Epilepsy; 23. Deafness; 24. Loss of memory; 25. Sleeplessness; 26. Necrosis of the maxillary bone;
27. Neuralgia; 28. Locomotor ataxia; 29. Rheumatism; 30. Angina pectoris.

Here we have thirty most appalling diseases, all of which can be traced directly to the use of tobacco, and each of which might be illustrated by numerous clinical cases cited in medical works. Who is willing to run the risk of contracting any of these diseases? The person who is, will inevitably find himself a victim of one or more of them.

MENTAL EVILS.

13. The Use of Tobacco Destroys Manliness and Resolution.

We have already referred to the Turks as an example of what tobacco will do in this direction; but we see equally well marked cases all about us. What a spectacle of palsied resolution, enervated will, and shattered firmness, do we be-

hold in the poor slave to tobacco, who, when endeavoring to escape from its thralldom, exclaimed, in hopeless despair, "Alas! I need tobacco to give me resolution to fight tobacco!"

14. Tobacco-Using Weakens the Intellect.

It is now a universally admitted truth that perfect mental health and strength can only exist with a corresponding physical condition; hence, anything which weakens the body must enervate the mind as well.

A few years ago, the superintendent of public instruction in France issued a circular forbidding the use of tobacco in any form by the students throughout the empire on the ground "that the physical as well as the intellectual development of many youths has been checked" by its use. Accurate observation and comparison of the proficiency of students in our best colleges have shown that those who abstain from the use of tobacco always rank higher in scholarship than those who are addicted to its use. We do not wish to intimate that all tobacco-users are fools; some minds are so brilliant that they shine in spite of the befogging, stupefying influence of narcotism. But men of lesser genius cannot afford thus to waste and obscure their abilities. Who can tell how much *greater* might have been the achievements of such men as Locke, Addison, and Johnson, had their minds been untrammelled by the fetters of the tobacco habit? Who will say that the glory of their lives might not have shone with a brighter luster had it not been partially eclipsed by a debasing, debilitating, devitalizing, dementating habit?

15. Tobacco-Using Destroys Fineness of Feeling and Sentiment.

As already observed, tobacco-using exerts a most destructive influence upon the physical senses, often quite obliterating four of the five great avenues of sensibility. Its influence is still more insalutary upon the far more delicate organs of emotion and sentiment which are so readily affected by physical changes in the body. Alcohol is bad enough; but it only *temporarily* perverts the imagination and the judgment. Tobacco does more. Its influence is constant and accumulative. It not only perverts, but weakens and paralyzes. It changes a kind-hearted, sociable, sympathetic man into a selfish, irritable, repulsive, unappreciative despot, who will never hesitate to sacrifice the comfort, convenience, health, even life, of his wife or child to the gratification of his debasing appetite.

16. Tobacco Is a Tyrant.

Every man who allows himself to contract the tobacco habit yields his liberty, his personal freedom, into the hands of a despot whose tyranny knows no bounds. Of this, he is usually unaware until he tries to break the fetters of habit, and free himself from its blighting influence, when he finds himself grasped by the powerful hand of appetite, his resolution destroyed, and his courage daunted. The following lines by a tobacco-user will well illustrate the forlorn condition of a slave to the vile habit:—

“For thy sake, tobacco, I
Would do anything but die.”

This infatuated devotee of tobacco, in company with thousands of others, although not ex-

pressing his willingness to do so, doubtless *did* even yield his life to his god, *tobacco*.

17. Tobacco-Using Is a Frequent Cause of Imbecility and Insanity.

This is the testimony of many eminent medical men, and is confirmed by the observation of the superintendents and physicians of insane asylums. Numerous instances might be cited of intelligent, talented individuals who became insane from the use of tobacco, and were only cured by a discontinuance of the habit. In one insane asylum in Massachusetts, there were eight patients who were victims of tobacco-using. In another asylum were found, at one time, three insane clergymen, who clamored incessantly for the poison which had dethroned their reason, beseeching every visitor in the most pitiful tones for tobacco.

Statisticians tell us that, since the use of tobacco was introduced among civilized nations, all forms of nervous diseases have increased greatly; is not the cause apparent?

MORAL EVILS.

18. Tobacco-Using Is a Sin.

Every law in the universe is obligatory, and not one can be disregarded without committing sin. Is not sin “the transgression of the law,” according to Holy Writ? Why should we make so wide a distinction between moral and physical laws as to regard the strict observance of one a sacred duty, while the other is treated as a matter of convenience or pleasure? Surely, there can be no satisfactory answer. But the vice of tobacco-using is a direct transgression of

the moral law, as well as of physical law; for the man who consciously indulges in a habit which he knows must result in premature death commits a suicide just as effectually as does he who puts a knife to his throat or ends his life by a pistol shot.

19. Tobacco-Using Is Barbarous.

It is a custom which originated with the savage barbarians of North America, from whom it was communicated to the rest of the world by the first discoverers of this continent. What a humiliating spectacle, when we behold civilization sitting at the feet of barbarism and learning to smoke! When we think for a moment of the terrible effects of this dreadful vice, for such it really is, we are almost forced to the conclusion that humanity had been fortunate if America, with all its wealth of forests, prairies, and mines, together with its *poison*, TOBACCO, had remained the same unknown, untilled wilderness which it was when Columbus first turned his adventurous face toward the setting sun. Is it not a sad breach of morals for Christians to imitate the vices of savages?

20. Tobacco Stupefies the Moral Sensibilities.

One of the most marked effects of the continued use of tobacco is its stupefying effect upon the moral faculties. It is, in fact, a sort of spiritual narcotic. The man who uses it for many years often becomes gradually deficient in moral sense. At least, his acute perception of right and wrong becomes materially lessened. It is an absolute impossibility for a man who indulges largely in tobacco to be as good a Christian as he might

be if he was free from the habit. This is the testimony of hundreds of reformed tobacco-users.

21. Tobacco Excites the Passions, and so Leads to Crime.

Like all other stimulants, tobacco excites the animal passions; and as it at the same time, to a certain extent, deprives the individual of his ordinary soundness of judgment, he has two concurrent and powerful influences to lead him to the commission of whatever base act the circumstances of the moment may prompt.

Again, deprive of his tobacco a man habituated to its use; how irritable, nervous, impulsive, does he become! He loses all control of his actions; and the slightest provocation will make him desperate. He is unsafe; insane, in fact.

SOCIAL EVILS.

22. Tobacco-Using Is a Filthy Habit.

Yes; it is notoriously filthy and disgusting to every one except the individual who indulges it. We need not describe the reeking filth of a tavern bar-room, or a smoking car, for there is no person with the slightest love for neatness and cleanliness who has not a hundred times been offended by forced contact with the results of tobacco-using in some of the many detestable ways in which they occur. A tobacco-user not only presents a most revolting spectacle of defilement in himself, but he renders foul and offensive everything that comes in contact with him. He always leaves a dirty mark behind him—shall we say as a fitting memento of his character? Perhaps that would be a little too hard; but may it not be that constant association with filth will

make some disagreeable modifications in a man's character?

A man who will be a slave to tobacco not only ruins himself—his health, his mind—but he inflicts a most intolerable nuisance upon society.

23. Tobacco Taints the Breath.

It may be suggested that this objection does not amount to much, in these days when almost every person's breath is redolent with something—emanations from decaying teeth, foul odors from a sour stomach, putrid smells from an ulcerated nasal cavity, or something equally offensive. But we protest that these are bad enough alone; and when they are reinforced and augmented by the pungent, fetid odor of tobacco, a climax of foulness is reached which is wholly beyond description, and needs only to be once experienced to be fully appreciated. Times without number, almost, have we been forced to turn away with sickening disgust when conversing with a person whose breath fell upon us freighted with its vapory poison. In more than one instance has the dying invalid turned more ghastly pale as he waved from his presence the minister who came to offer words of consolation, but brought with him the nauseating effluvia of tobacco.

24. Tobacco Defiles the Air.

Even the very atmosphere surrounding a tobacco-user is laden with a characteristic fetor. Every pore of his skin is sending out a stream of the poison, while each expiration of air from his lungs pollutes his immediate neighborhood with its innate nastiness. And if the person is a smoker, the evil is increased tenfold; for it seems to be the special avocation of the smoker

to contaminate as much as possible of the pure air of heaven with his vile drug, thus forcing it upon the most repugnant, for we must breathe or die.

What right has any person to thus poison the "breath of life"? How long would a man be permitted to scatter broadcast the poisonous germs which communicate small-pox or scarlet fever? Yet tobacco kills more persons every year than both these maladies combined. What a blessing to humanity would be the revival of the old puritanic law which would not allow a man to smoke within ten miles of any house, and then not in the presence of a stranger. A slight vestige of that law still exists in the city ordinance of Boston, which interdicts all smoking upon the streets.

25. Tobacco-Using Enervates Offspring, and so Threatens the Race with Extinction.

If tobacco-using should increase during the next two hundred years as rapidly as it has done in the last period of that length, it would become a universal vice. Then would vanish the last hope for the race; ultimate extinction would be inevitable.

It often occurs, and, indeed, is true as a rule, that the worst effects of the use of tobacco are not seen in the man who indulges the habit, but appear in his children. Whence came such a vast army, of nervous, sickly, yellow-faced young ladies? Inquire, and learn that their fathers were tobacco-users, and you have the secret. Improper diet, fashionable dress, lack of exercise, and other unhygienic influences may receive their due share of condemnation for producing such poor specimens of humanity as are these

useless, "vapory," hysterical creatures; but when we find that their troubles began with the very first day of their existence, that they were as hysterical in their cradles as ever afterward, we must look for some hereditary cause; and we find it in the fathers who poured out their children's vitality in reeking streams of tobacco juice, and puffed it away in clouds of odorous smoke.

A terrible inheritance of constitutional weakness, nervous debility, and general incapacity for enjoyment, does the tobacco-using father entail upon his children. Most strikingly applicable are the words of Ezekiel, "The fathers have eaten sour grapes, and the children's teeth are set on edge."

With reference to the same subject, the renowned Sir Benjamin C. Brodie said, "No evil is so manifestly visited upon the third and fourth generations as the evils which spring from the use of tobacco."

26. Tobacco-Using Fosters and Engenders Indolence.

The habitual user of tobacco can scarcely escape the almost irresistible tendency to indolence which his habit engenders. It first wastes his muscles and makes him less fitted for active, energetic labor; then it benumbs his senses so that he becomes averse to activity and delights to linger in the fascinating, dreamy condition of half-unconscious stupidity into which the somniferous drug introduces him. Tobacco-using is a most prolific parent of laziness. Banish cigars, and every other form of tobacco, and how soon would the loafers vanish from our street corners and alleys!

POLITICAL EVILS.

27. Tobacco Is a Useless Expense.

Worse than useless are the millions of dollars annually expended for this poisonous weed. Only think for a moment that Christian England spent last year for a filthy, Indian weed more than all her subjects did for bread; meanwhile, her great cities and poor-houses are filled with half-famished paupers! More than \$40,000,000 every year are worse than wasted by both England and France to satisfy the demand for something with which to defile the body, ruin the intellect, and assist the soul to perdition.

America is no wiser. The amount annually expended by the world for tobacco is not less than \$500,000,000. At this rate the whole value of the globe would be expended in a century. Nor in these estimates is any account taken of the immense profit which would accrue if the capital and labor expended in the cultivation and manufacture of tobacco were applied in some useful occupation.

28. Tobacco-Raising Exhausts the Soil.

No other plant makes such enormous drafts upon the soil as does tobacco. Gen. John H. Cooke, of Virginia, says, on this point,

"Tobacco exhausts the land beyond all other crops. As 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 the whole of this once fertile region."

The farmers of the Connecticut valley begin to see the same impending ruin staring them in the

face, and are eagerly seeking for some fertilizer which will maintain the fruitfulness of their soil. They have recently found an excellent one in corn meal! So now we have a double waste. Ruinous economy!

29. Tobacco-Using Diminishes National Vigor, and Impedes Civilization.

It is quite easy to see how the tobacco habit should diminish national vigor, from its influence upon posterity, as already noticed. The Turks, who smoke almost incessantly, are an excellent example of its national influence in this respect. Said the eminent Brodie, physician to the queen of England and president of the Royal Society, "I cannot entertain a doubt that if we could obtain accurate statistics, we should find that the value of life in smokers is considerably below the average."

Being a scion transplanted from barbarism, it should be naturally expected that it would impede civilization by its growth. And does it not? How could it work all the mischief already proved upon it and do otherwise?

30. The Culture and Manufacture of Tobacco Undermines the most Valuable Resources of the Nation.

Agriculture and manufacturing are the two chief sources of a nation's material prosperity. When these avenues of wealth are closed, bankruptcy and ruin are inevitable. When tobacco-raising usurps the place of the raising of wheat, corn, cotton, and other useful crops in our fertile valleys, does it not plant its cloven foot directly in the way of permanent prosperity? And when the capital which might be employed in the useful arts and trades is invested in the manufacture

of tobacco, is it not really placed in a bank which promises nothing but ultimate bankruptcy? And are not the thousands employed in these manufactories unwisely withdrawn from useful and honorable avocations?

In France the tobacco trade is made a government monopoly; and as long ago as 1844 there were 10,000 officials employed in the management of it, or receiving pensions as retired officers. Holland has 1,000,000 sallow, sickly individuals engaged in the manufacture of tobacco; and the United States employs 40,000 persons in manufacturing the weed which exhausted 400,000 acres of the richest land in its cultivation.

WHAT WILL YOU DO?

Tobacco-user, what are you going to do in the face of this long array of facts, every one of which is sustained by science, experience, and common sense? Will you pass them lightly by, and say, "Tobacco does n't hurt me; and besides, I can't do without it"? Will you deceive yourself because you have not yet felt all the woful consequences of your habit, and still remain a slave to this most relentless tyrant? If you so decide, you will have for your consolation the reflection that whatever your desires, however lofty your aspirations, or exemplary your conduct in other respects, in the one vice of tobacco-using you are not only ruining your own prospects for this world, and perhaps the next, but you are dragging down with you your offspring, and all who may be so unfortunate as to follow your example; besides being a constant source of offense to every person of delicate instincts or pure tastes who may be so unfortunate as to associate with you.

HOW TO OVERCOME THE HABIT.

This is the great problem with those who have become convinced that duty to themselves, to their families, and to society, demands that they should abandon the habit which has become almost inseparably fastened upon them by long indulgence; and it is a very important one, for upon its solution depends the ultimate triumph and emancipation of the tobacco slave, or his more hopeless enslavement.

Quite a number of substitutes have been recommended as aids in combating the appetite for tobacco, chief among which is gentian; but they are all alike worthless. Nothing but a firm determination, an unyielding resolution, will avail. Anything which will operate as a substitute must produce somewhat similar effects to those occasioned by tobacco itself; and, consequently, is objectionable on the same grounds.

Shall the change be made at once? or may the habit be abandoned by degrees?

This question has occasioned much discussion, and opinion seems to be somewhat divided; but our best authorities say, "Abandon the foul thing at once and forever." Experience seems to support this position; for it has been found that a person who adopts the plan of gradual diminution really suffers more in the aggregate than the person who at once discards entirely the use of the weed, although the latter suffers more intensely for a brief period. This has also been found to be the case with liquor-drinking.

Do not make the attempt as an *experiment*. Consider it carefully, candidly, reasonably. Calmly view the terrible consequences which

persistence in the habit must bring, not only to yourself, but to your children. Weigh, carefully, all the arguments which have been advanced in the preceding pages, and such others as your own experience may supplement. Then enter upon the conflict with a deep sense of the solemn duty which you are under the deepest obligations to discharge. Never for once think of anything but victory. Remove temptation from yourself as far as possible. Are you a Christian? Then do not fail to avail yourself of that never-failing source of strength which none but the Christian enjoys. By means of the encouragement and assistance which religion affords, many a poor victim of the tobacco habit has been reclaimed who had struggled in vain with his vice when only assisted by his own enervated will and palsied resolution.

Attention to the general habits is of the utmost importance as an element of success. The nervous system has been shattered by long abuse; and when the stimulating influence of tobacco is withdrawn, the unhappy individual soon finds what mischief has been wrought. He quickly ascertains his real status, the actual strength of his nervous organization. When he finds himself thus brought down to his true level, what should he do? Would it be wise for him to stimulate his flagging energies with strong tea or coffee, a little wine or brandy? This would be only hiding the real condition without remedying it. Stimulation is just what has worked all this mischief. No. Avoid stimulation most carefully. Give the poor nervous sufferer rest—rest of both body and mind. A man who has been long accustomed to the use of tobacco should not attempt

to pursue his customary avocations when leaving off his habit. He will be fretful, irritable, vacillating, "all out of sorts," perhaps a little "flighty," or even delirious. He must have such associations as will be calculated to counteract these conditions. Surround him with cheerful society and pleasant diversions, so that his mind may be drawn from himself and his morbid sensations, until nature has time to re-arrange her disturbed functions and marshal her scattered forces.

The patient should eat rather sparingly, a light diet of pleasant and nutritious fruits and grains being preferable. A warm bath three or four times a week should be administered. When he feels more than usually restive, with headache and general discomfort, a warm foot-bath with the application of cloths wet in hot water to the head will be quite certain to give relief. A few days of patient perseverance in this course will result in a complete emancipation of the most inveterate tobacco-user. More than one or two weeks are never required.

A change of air and scenery, recreation, and moderate exercise, are very useful auxiliaries in the effort to overcome the tobacco habit.

What Eminent Men Think About Tobacco.

In the preceding pages, very little authority has been cited, for the sake of brevity. In order to assure the reader that an abundance of the most reliable authority is not wanting to support the propositions advanced, the remaining pages of this tract are devoted to quotations and citations of the opinions of eminent medical and other professional men.

Says Dr. Pratt, "Surely, if the dictates of reason were allowed to prevail, an article so injuri-

ous to the health, and so offensive in all its forms and modes of employment, would speedily be banished from common use."

Sir Benjamin C. Brodie, president of the Royal Society, says that one of the worst cases of neuralgia he ever saw was caused by tobacco-using, and ceased with the habit.

The same author says that the habit produces amaurosis, and mentions cases in which the patient recovered upon discontinuing the use of tobacco.

Dr. Rush said, in reference to tobacco, "It produces dyspepsia." "It imparts to the complexion a disagreeable, dusky color."

The Half-Yearly Abstract of the Medical Sciences for 1854 describes a case of angina pectoris resulting from tobacco-using.

Professor Lizars, in an excellent work on tobacco, says that its constitutional effects are "numerous and varied, consisting of giddiness, sickness, vomiting, dyspepsia, vitiated taste of the mouth, loose bowels, diseased liver, congestion of the brain, apoplexy, palsy, mania, loss of memory, amaurosis, deafness, nervousness, emasculation, and cowardice."

Dr. Johnson adds the following as local diseases resulting from tobacco-using: "Ulceration of the lips (not unfrequently of a syphilitic character), ulceration of the gums, cheeks, mucous membrane of the mouth, throat, tonsils, etc."

Dr. Johnson again says, "What is the testimony of facts? Why, for one inveterate smoker who will bear testimony favorable to the practice, ninety-nine such of the candid of these, are found to declare their belief that this practice is injurious."

An able writer in the *Quarterly Journal of Science* says, in reference to tobacco: "Tobacco belongs to the class of narcotic and exciting substances, and has no food value. Stimulation means abstracted, not added, force. It involves the narcotic *paralysis* of a portion of the functions, the activity of which is essential to healthy life." "Tobacco adds no potential strength to the human frame. It may spur a weary brain or feeble arm to endure exertion for a short time, but its work is destructive, not constructive."

Scores of other great names might be added to the eminent medical authorities already quoted; but our space will only allow the addition of the following facts with reference to how tobacco was regarded in its early history:—

When first introduced into Russia, tobacco-using was punished by cutting off the nose.

In Turkey it was made a capital offense, as also in Persia. A Turk found smoking in Constantinople was led through the city with his nose transfixed by his pipe.

Pope Urban fulminated a bull of excommunication against users of it.

It was punished as an evil crime in Switzerland.

In 1616, King James of England published a "Counterblast to Tobacco," in which he says of the habit, "A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fume thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless."

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