

smoking is specially injurious to a healthy adult. Like many other things, if there is a constitutional taint it may bring it out when tobacco is used to excess, but we do not believe that it is essentially more injurious in the form of cigarettes than in any other form. Bicycling has been largely credited with inducing masturbation in girls, but, as Dr. Ballantyne has pointed out in his very able article on Bicycling and Gynæcology in the *Scottish Medical and Surgical Journal* for June, "perhaps the best summary of the matter is contained in the following statement made by Verchere (*Progrès médical* 2. S., xx, 306, 1894) at a meeting of the *Société de médecine publique et d'hygiène professionnelle* : "Quant aux sensations voluptueuses qui peuvent se produire, elles n'apparaissent que lorsque la femme le veut bien." In other words, where a taint exists in the psychical or physical nature, certain things, otherwise innocuous, may become exciting agents. But that is a reason only for prohibiting their use to individuals, and not for depriving the large mass of people of a legitimate enjoyment, which in the case of bicycling is also for the majority a healthful exercise. Certain forms of food are poisonous to certain people, yet that is no argument for prohibiting their general use. Even unobjectionable foods, if eaten to excess, may become sources of injury to the individual. Because some people will not refrain from eating shell-fish, knowing, as they do, that they invariably suffer from it, are oysters, crabs, clams, etc., to be prohibited by law to all people? Because some people surfeit themselves with food till they become confirmed dyspeptics, a misery to themselves and those around them, with wrecked constitution and impaired mentality, is eating to be henceforth altogether prohibited by law? We might produce instances innumerable, but these are sufficient to establish our point.

The actual facts are: Tobacco is harmful to most neurotics, though even among these we have known a few exceptions, to whom, when used in moderation, it seems decidedly beneficial; it is harmful in certain cases of cardiac affections; it affects the sight injuriously in some few people, and the throat, producing follicular pharyngitis, in others. These people should not use it. Used to excess it is bad for every one, as is everything else, even such wholesome things as bread or water. What constitutes excess is an individual question to be determined for each person either of himself or with the advice of his physician. Cigarette smoking is not of itself more harmful than any other form, but is subject to the above-mentioned general law-facts. It has, however, two special dangers: 1. The smallness of the cigarette and its