

perverted excites a desire, which appetite or desire often becomes inordinate and ungovernable. "Reaction, or physical resistance will," says the Professor, "like that of the moral, lessen in proportion to the repetition of the attacks, and then those guards of health desert nature and go over to the side of her enemy, and thus we see how intemperate drinking and immoderate smoking tobacco or opium first began their destructive career."

The first effect of tobacco on those who have surmounted the natural abhorrence of it, and who have not only learnt to endure it, but even acquired the habit of chewing or smoking, produces a waste or vitiation of the saliva. This saliva is secreted by a complex glandular apparatus from the most refined arterial blood, and constantly distils into the mouth in health, and from the mouth into the stomach, at the rate of twelve ounces a day. It resembles much the gastric juice of the stomach, and its importance in digestion may be imagined after listening to the words of the great Dr. Boerharre, who, in one of his lectures at the Academy, remarked, "Whenever the saliva is lavishly spit away, we remove one of the strongest causes of hunger and digestion; the chyle prepared without this fluid is depraved, and the blood is vitiated for want of it." "I once tried," said the great philosopher and physician, "an experiment on myself, by spitting out all the saliva. The consequence was I lost my appetite; hence we see the pernicious effect of chewing and smoking;" and the conclusion by the philosopher was, that chewing and smoking tobacco was pernicious to many, especially those who are thin and pale and of a consumptive tendency, by destroying the appetite and weakening digestion. At one time it was thought when the plant was first introduced into England that it was an antidote to hunger, but it was observed that the number of hypochondriacal and consumptive people was greatly increased by its use, and, among the testimony of others, we find also that of Prof. Cullens, in his "Materia Medica," stating, "that constant chewing tobacco destroyed the appetite, by depriving the constitution of too much saliva." This may be also the case from smoking if expectoration be indulged in too freely.

It is said that one of the kings of Spain was afflicted with an offensive breath, to remedy which the physician advised His Majesty to chew a composition of gum-arabic, ambergris and other perfumes, the use of which occasioned a great expenditure of saliva. The courtiers from the vanity of imitating their superiors, went very generally into the same customs. The consequence was, that those who also followed the fashion with ardor, lost their appetites and became emaciated, and consumption increased so fast among them that the practice was forbidden by royal edict.

Those who do not eject the saliva from tobacco, but swallow the mixture, usually find it induces faintness, palpitation of the heart, trembling of the limbs, and, sooner or later, some chronic trouble.