

DR. RICHARDSON ON TOBACCO.

The following is taken from a speech made by Dr. Richardson, at Exeter Hall, London, on the occasion of starting a Society for the Suppression of Juvenile Smoking.

It is frequently said that if tobacco were very hurtful the doctors would not use it. But most of them begin to use it before they become doctors. When they know it to be bad they sometimes say: "I do not expect to live out half of my days anyway, but I do not want my sorrow to have occasion to struggle with the habit."

That shows that these doctors are usually no braver than other people, when it comes to a question of self-denial or breaking up a bad habit which has a firm hold on them. But they often acknowledge that if they were free from the habit they would not take it up. That is a good hint to the boys who are free, not to begin. But there are exceptions, and one of the noblest is that of Dr. B. W. Richardson, who has done such grand work in showing up the bad effects of alcohol. He did not write very strongly against tobacco until he gave it up. Now that he has given it up, this is what he says:

"In my earlier life I was not a smoker; I went through all the arduous work of a medical student, by being present at the operations in large hospitals, in studying anatomy in the dissecting and post-mortem rooms and in fever hospitals, and I never smoked, though I went through my work with great facility. Later on I learned to smoke, and continued to do so for many years. The whole of that time I was dyspeptic from smoking. At length I resolved to give it up. It was hard work to do so, but I eventually succeeded, and have never been more thankful than for the day on which it was accomplished. I gave up wine, beer, and every other alcoholic drink with infinitely less trouble than smoking. It is very difficult indeed to abandon this pernicious habit. I am informed by jail surgeons that their prisoners crave tobacco far more than anything else they are deprived of, which shows that the habit is one which is very inveterate when once established.

"Smoking is to a certain extent connected with drinking. I admit there are many who are exceptions to this, for I could name some friends of mine who are engaged in very active work in the Temperance cause, and yet are smokers. They are so strong minded as to keep from the alcohol. But we often find that when a man smokes, he has a desire for alcohol to relieve him of the sinking sensation which the tobacco produces. While smoking has not the same injurious effect upon the system as drinking, it produces a disease which is functional in its character. Persons who smoke, experience a faintness, followed by nausea, which alcoholic drinks often allay. On this point I can speak from personal experience. I should have been led into the field of total abstinence five years before I was, had it not been for the smoking habit which I had contracted.

"Tobacco stops the proper working of the digestive powers; it causes an irregular circulation, so that there is not a correct distribution of blood; and it deranges the whole nervous system. If it were a fact that all our young women and young men were to smoke, and continue the habit until they became fathers and mothers, their offspring would be so stunted and little as to be thoroughly incapable of carrying out the duties required by our generation. We cannot praise our mothers too much for the fact that they have not become smokers. They have conferred a boon upon us by this forfeiture of indul-

gence, of which we cannot speak with too much earnestness and warmth; and now, happily, we find men who can efficiently carry out a movement which is absolutely needed. We feel ashamed when we walk along our streets, and see boys of tender age using the pipe; and more so when we find friends of Temperance and hard workers in that cause saying, 'If you cannot drink, you may smoke; that will do you no harm.'

That distressing disease, dyspepsia, is one of the commonest diseases resulting from the use of tobacco. Dr. Drysdale examined 200 smokers who were patients of the Metropolitan Hospital, and he found many who complained of habitual constipation, often alternated with diarrhoea and various other forms of dyspepsia, sometimes with emaciation. Dr. Hardwicke says, after much observation, that he thinks no one who smokes is perfectly healthy. They may say they are, but if you get into conversation with them, you will find them complaining sometimes of very serious diseases.

Others know it hurts them. Dr. George Trask tells of meeting a finely built young man who looked quite sickly. He engaged him in conversation, and soon he acknowledged, "I am killing myself with tobacco, and I know it."

"How long have you smoked tobacco?" inquired the doctor.

"I have never smoked very much till of late, but I have chewed the article ever since I was sixteen years old."

"How old are you now, sir?"

"Thirty-three."

He had consequently used the weed about seventeen years.

On further inquiry, it was found he was suffering from dyspepsia. His liver was somewhat affected as well as his whole alimentary canal.

"I would give \$500," he continued, "to be free from the vile habit."

"Why then do you not leave it off?"

"I cannot do it. I must die a miserable slave!"

And so this pitiable craving robs its victims of the very energy that is necessary to free himself from its clutches, and in the midst of his young manhood, when he ought to be delighting himself with buoyant health and looking forward to a long life of usefulness, he finds himself a miserable dyspeptic, a tobacco slave, with no prospect of freedom but in death.—*Woman's Journal Series.*

OTHER PEOPLE'S CONVENIENCE.

We ought to think of other people's convenience more than some of us do. The home is the place where this thoughtfulness ought to begin to be cultivated. One who comes late to breakfast admits that he is guilty of an amiable self-indulgence, but forgets that he has marred the harmonious flow of the household life, and caused confusion and extra work. The other day an important committee of fifteen was kept waiting ten minutes for one tardy member, who came sauntering in at last, without even an apology for causing fifteen men a loss of time that to them was very valuable, beside having put a sore strain on their patience and good nature. Common life is full of just such thoughtlessness, which causes untold personal inconvenience, and oftentimes produces irritation and hurts the hearts of friends. We ought to train ourselves in all our life to think also of other people.—*Sel.*

False religions seek (like Elymas with Sergius Paulus) men's money. True religion seeks to save men's souls.