

tends to lower their habits of cleanliness, whilst smoking in the little rooms of cottages is often very injurious to both wives and children.

Paralysis of various kinds is, in my view, often caused by smoking or chewing, and with especial rapidity by the latter habit. Indeed, amaurosis is only one of the many kinds of nerve destruction caused by the use of tobacco, General paralysis and insanity are, therefore, perhaps rightly attributed to the use of tobacco, especially in France, where the amount of smoking is terribly on the increase. Youths and boys are continually damaged in health, almost irretrievably, by taking to tobacco in imitation of their fathers and tutors; and it is a great pity that smoking cannot be kept out of European courts, since the habits of royalty are so apt to become fashionable—

“Delirant reges, plectuntur Achivi.”

Sir William Jenner used to teach that smoking tended to produce palpitation of the heart, prolapse of the lower bowel, and impotence; whilst Sir B. Brodie denounced tobacco as the most enervating of all modern practices, and ascribed the degeneration of the modern Turks to the national habit of great tobacco-smoking.

My main object in this letter is to introduce to English readers an article on tobacco from the pen of Professor Mantegazza, of Florence, a gentleman of European fame. The following facts are taken from an admirable work by that learned author, entitled “Elementi di Igiene,” and what he there says may tend to prove that there are in Italy, as in England, France, and Germany, many medical men who are foes to tobacco:—

Johnston (says Mantegazza) has calculated that 800,000,000 people use tobacco.

Tobacco, introduced into Europe not many centuries ago, has an ample history, and figures as one of the principal sources of the revenues of European governments.

In 1496 Pietro Pane, one of the companions of Columbus, gave the first notice to Europeans about tobacco, which he called *cohoba*.

In 1519 tobacco was discovered by the Spaniards near Tabasco.