

persons would deny that in the young smoking is not only not beneficial but is positively the reverse. No boy should be allowed to smoke under any circumstances whatever. More than this, we believe that in young men it is indeed of very doubtful use. The qualification of personal peculiarity, of mental and physical make-up, rises just here. Certain it is that tobacco is more surely of good service in the elder man,—in proportion as one approaches or has passed what might be called the psychologic menopause. The next most important consideration is as to amount. Moderation is the first condition of the benefit to be gained from any good thing. The man who permits use to grow into abuse finds the most innocent thing may become the most pernicious. It is surely so as to smoking. To smoke all the time is to lose the good and the pleasure of smoking a little, and quickly changes the benefit into harm. We believe no fairly normal person of mature years was ever hurt in mind or body by the equivalent of three cigars a day smoked at the proper time. Six cigars or pipefuls a day we should say would be excessive or immoderate use. Questions of when and how to smoke are quite as certainly to be decided judiciously, and our own opinion, confirmed by experience and observation, is that the only proper time for smoking is directly after meals. One should never smoke during active exercise of any kind, physical or mental, nor, as a rule, in the open air. One should never smoke for several hours before eating or sleeping, and under no circumstances just immediately preceding. The slow smoker is the wise one. Rolling forth a big cloud of smoke is to waste both the smoke and the pleasure; it is banal, and is proof of slavery to habit *per se*. The genuine tobacco esthete is jealous of the air, gives his nose its due share of delight—the greater part, perhaps—neither poisoning the lungs by gluttonous inhalation, nor the atmosphere by rivalry with a factory chimney. The good Dr. Boteler said that doubtless God could have made a better berry than the strawberry, but also, doubtless God never did. As to the kind of tobacco and method of use we are inclined to paraphrase by saying that doubtless there may, in the future, be “a better smoke” than a good Havana cigar, but just as doubtless there is none better now. The Cubans deserve independence beyond all doubt! The cigar should be smaller and thinner than usually made, and not so tightly wrapped, thus permitting it to be lit more easily, and permitting a more leisure usage. The pipe may be an instrument of civilization, but it distinctly tends to dirt and dogmatism unless controlled by a cleanly and alert mind. But how about the cigaret, do you ask? Our subject for this time was tobacco and tobacco-smoking.—*Philadelphia Medical Journal*.