

exponent of sound principles in relation to man's health and physical habits, has hitherto been almost silent on the subject. If any medical man feels, that by simply raising his voice, he may be the means of saving the life, or preserving the health of a single fellow being, who may be unconsciously shortening his days, by indulging in what he calls an innocent pastime and a luxury, he is culpably negligent if he remains silent. The profession, says Mr. Solly, have no idea of the ignorance of the public regarding the nature of Tobacco. Even intelligent, well-educated men stare in astonishment, when you tell them, that tobacco is one of the most powerful poisons we possess. Now is this right? Has the medical profession done its duty? Ought we not as a body to have told the public, that of all our poisons, it is the most insidious, uncertain, and in full doses the most deadly?

Mr. Lizars enumerates the constitutional effects of tobacco by stating, that they are numerous and varied, consisting of giddiness, sickness, vomiting, dyspepsia, vitiated taste of the mouth, loose bowels, diseased liver, congestion of the brain, apoplexy, palsy, mania, loss of memory, amaurosis, deafness, nervousness, emasculation and cowardice.

Frightful as is this list of ills, I can, from my own experience, endorse its accuracy, and yet, how large a number of our own profession are addicted to the vice, and how fatal must be the effect of their example upon the unthinking. It forms a sort of pretext for the indulgence, that has no sounder argument to support its pretensions, than Moore's excuse for its sister habit, drinking:—

“Let the toast pass,”

“I'll warrant we'll find an excuse for the glass.”

The medical man who indulges in the practice of smoking, is not, if Lizars be an authority, the only sufferer as, “surgeons, especially operating surgeons, who smoke tobacco, cannot have the same cool head and hand, as he who never uses the weed. The late Mr. Liston never smoked. Before performing any important operation he took a gallop over the Pentland hills to brace his nerves.”

Dr. McCosh, formerly a professor of the Calcutta Medical College, and an experienced surgeon of the Bengal Medical Staff, says among other things, that the very difficulty of learning to smoke, the headache, and nausea, and vertigo, with which that is acquired, are enough to shew that the habit is most injurious; only made endurable by long habit, and persevered in from want of some more congenial occupation. Habitual smoking, too, often leads to habitual drinking: the drain upon the system must be replenished, and brandy and water is the succedaneum. Some pretend to gainsay this, and maintain that they do not spit; but this only shews the torpor of the salivary glands; for if they were in a healthy state, saliva would be as copious, as when they were learning the habit.

Some smoke from medicinal motives, and to produce a laxative effect, or from absurd notions that it neutralizes malaria: but these same persons would grumble loudly, at being obliged to take a pill every evening, to produce the same effect.” The danger of smoking for medicinal purposes is evident from its continued and increasing use, as well as alcohol for the same end. Remedies