

But tobacco, in my own experience, is guilty of causing a very great amount of suffering, and I wish I could see a crusade arise against this extraordinary vice of modern days, which is, unlike alcohol, never necessary (as far as I know) in any way, either in health or in disease, and which, I am certain, is very seriously undermining the stamina of modern civilized nations, and especially of the Males of England, France, and the United States of America, where the strongest kinds of tobacco are in fashion.

In England, too, cities are so large nowadays, and life indoors is so frequent among men of all classes, as well as among women, that a narcotic poison, such as tobacco, is especially debilitating, and its use ought to be loudly inveighed against.

Smokers who are not "made of iron" are not long in experiencing some of the many evil effects of this poison; sometimes these are rather rapid. Thus, I lately saw a young fellow of twenty-three who had nearly entirely lost his eyesight from chewing and smoking half an ounce of tobacco (Virginia) daily; and another case was published by myself lately in a medical journal of a man of twenty-seven similarly blind from smoking, for some years, an ounce of shag daily.

When quite a young man, I remember a case of an extravagant smoker, a gentleman related to myself, who died suddenly after smoking a great number of strong cigars; and of late I have noticed that coroners have, in more than one instance, given verdicts in this direction.

Palpitation of the heart is often bitterly complained of by smokers, and dyspepsia of all degrees, accompanied by constipation or diarrhœa. The injury done to the teeth by the use of tobacco, is best seen among men of the operative classes, who sometimes loose every tooth in their head before the age of thirty, from the filthy state in which the mouth is kept by continually smoking or chewing. How would such men like their young wives to be so careless of their looks?

Women ought, I contend, to dislike tobacco-smoking exceedingly. This habit annoys non-smokers, and the gentler sex is not as yet permitted to smoke by one of the unwritten laws of English society. It withdraws men from the society of women, and