

support of both, for having again assumed the editorial yoke, notwithstanding your former losses. The *Medical Journal*, although intended to be the organ of the medical profession, (which it has ever been your aim to uphold,) ought nevertheless, to be the journal of the public; and no one having any pretensions to literature or science can, or should be without it. Physics and physiology are the domain of every educated man. Having premised thus much, I will offer no excuse for giving you an article on the "Use and Abuse of Tobacco," in the course of which I shall draw upon Lizar's admirable *brochure* of that name, like him, satisfied if my remarks have any appreciable tendency in arresting the progress of excessive smoking, by drawing the attention of the public to the subject. It is difficult to estimate "says he in his notice to the eighth edition of his work" either the pernicious consequences produced by habitual smoking, or the number of its victims among all classes, old and young. The enormous consumption of Tobacco can be ascertained from yearly returns, made by the Government Custom-House, but its physical, moral and mental deteriorations, admit of no such tangible analysis. These, although certain, are slow and imperceptible in their development, and it is therefore impossible to ascertain the extent of the injury, which the poisonous weed inflicts upon the public health, or the alteration it must necessarily effect upon the character of its inhabitants. The consumption of Tobacco is stated to be, in 1853, 29,737,561 pounds, thus showing an allowance of considerably more than a pound, on an average, to every man, woman, and child, in the United Kingdom of Great Britain and Ireland. The prevalence of smoking has been of late greatly on the increase, and the use of the narcotic commences with the young from mere childhood. Such a habit can not be more lamented than reprobated. The injury done to the constitution of the young may not immediately appear, but cannot fail ultimately to become a great national calamity.

I was asked a few days since by one of our ablest surgeons and most distinguished physicians, now retired from an extensive practice in the enjoyment of its sweets, whether I had remarked the decided increase in the number of deaths, from diseases of the brain since my coming into practice. Having admitted the proposition, my friend, whose shrewdness and quickness of perception is characteristic, was disposed to assign as the principal cause, the character and quality of the spirituous liquors so largely indulged in by all classes, adding that pure wine is now scarcely ever drunk, its substitute being vile adulterations or alcoholic manufactures. My own opinions and experience, however, turn to another cause, the excessive use of Tobacco, and had I not since laid my hand on Lizar's invaluable little book, my own observations in the course of a long and extensive practice, in which the treatment of chronic disease formed a large portion, would have furnished me with proofs innumerable.

For two or three years past, the discussion of what has been called the "tobacco question," has engaged the attention of non-medical, as well as medical writers in Great Britain, and my quondam-fellow student, Mr. Solly, now a surgeon of St. Thomas' Hospital, has taken a prominent part in the discussion, and although the evils of excessive smoking prevail as extensively here as in Great Britain, the medical profession, to which the public looks as the rational