

poisonous, but is extremely irritating when inhaled in any considerable quantity ; the amount of these gases given off is a very small volume of the first named, and a large volume of the latter.

Now, knowing that tobacco contains some poisons the question might very naturally arise ; how, and by what means do any or all of these poisons enter the system, and what effects have they on the system of the smoker? In the first place in regard to their entrance into the system we well know that they are very capable of being absorbed by the mucous membrane lining the mouth and throat ; but by far the greater portion of these poisons pass through the lungs of the person who inhales the smoke, and it is here in the lungs that the evils of tobacco first show, and also it is here in the lungs that the major portion if not indeed all the harm of smoking is done.

It is almost entirely to this inhaling of the smoke that the troubles arising from the use of tobacco are due. It is claimed that the burning paper of the cigarette is the cause of the harm done to the system, of the one who uses the weed in that particular form. This may be true, for in the combustion of the paper most naturally some gases are found, which are to a greater or lesser extent poisonous. But of all, the tar and carbon monoxide contained in the smoke are by far the most harmful and detrimental to the membranes of the throat and lungs, than any of the other poisonous substances contained in tobacco.

Besides the disease of the lungs caused by the constant irritation, the poisonous substances pass into the system, and gradually tend toward the physical degeneration of the smoker, who habitually inhales ; some medical authorities also claim that constant smoking causes a hardening of the arteries and angina pectoris.

There exists a rather popular belief that no germs can exist in tobacco, and that it is a rather good disinfectant. This idea is erroneous in such cases. In regard to the former, that there are no germs in tobacco, it has been found that occasionally besides having germs of its own, the tobacco has another crop of bacteria which the enterprising tobacconist has "sown on" in order to improve the flavour. Then again in regard to its merits as a disinfectant, it may act as such during the time that the smoke is passing into the smoker's mouth, but that tobacco smoking is of any benefit as a disinfecting agent is extremely doubtful.

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