

A CHAT ABOUT TOBACCO.

BY THE FAMILY PHYSICIAN.

On the first introduction of tobacco into Europe, every effort was made, by writings, imposts, and bodily punishment, to restrict or put down its use. It is said that more than a hundred books were written to condemn the use of tobacco, foremost among them being the celebrated "Counterblast to Tobacco" of James I., in which he speaks of it as being "a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fume thereof nearest resembling the horrible Stygian smoke of the pit that is bottomless." There is an old tradition of the Greek Church which ascribes the inebriation of the patriarch Noah to the temptation of the devil by means of tobacco, so that the king was not altogether without authority for the black Stygian parentage which he assigns to its fumes. In Russia, smoking was absolutely prohibited, the knout being the punishment for the first, and death for the second offence. In Rome so much importance was attached to the custom that in the list of offences it followed the crime of adultery. In some of the Swiss cantons a council cited all smokers before them, and the innkeepers were ordered to inform against those who were found smoking in their houses. Urban VIII. was so enraged against the practice that he went in state to the Vatican and thundered excommunication on every soul who took the accursed thing in any shape of form into a church. As might have been expected, opposition and persecution excited only more general attention to the plant, awakening curiosity regarding it, and tempting people to try its effects, so that the use of the drug spread rapidly. The Turks and Persians have become the greatest smokers in the world, although their priests and sultans declared that smoking was a sin against their holy religion. The custom is now almost universal, as has been truly said, or rather sung:—

Tobacco engages Both sexes, all ages. The poor as well as the wealthy; From the court to the cottage, From childhood to old age, Both those that are sick and the healthy.

Tobacco thrives in nearly every part of the globe. Amongst narcotic plants it occupies a place similar to that of the potato among food plants. It is the most extensively cultivated, the most hardy, and the most tolerant of changes in temperature, altitude, and general climate. The plant was formerly grown in many parts of England, particularly in Yorkshire, but now its cultivation is by law restricted to half a poe "in a physic or university garden, or in any private garden for physic or chirurgery." What are the effects produced by smoking? In the case of the novice the symptoms produced are nausea, vomiting, extreme weakness, relaxation of the muscles, and a depressed action of the heart, the last-mentioned being indicated by pallor of the face, weakness of the pulse, cold sweats, and a general tendency to faint. The effects produced on the habitual smoker are, of course, widely different, and of a much more pleasurable description. It is very difficult to analyse the sensations produced by the use of tobacco; we are usually content to recognise the fact that they are pleasurable, and to smoke on in peace. By the use of tobacco some people seem able almost to liberate the mind from the trammels of the body, and to give it a freer range and more undisturbed liberty of action. Belzer, in his "Night and Morn," exclaims: "A pipe, it is a great comfort, a pleasant soother! Blue devils fly before the honest breath. It tips the brain, it opens the heart, and the man who smokes thinks like a sage and acts like a Samaritan." There is no want of testimony in favour of the use of the drug. The "sovereign weed," as Spencer calls it, has been extensively lauded both in prose and verse. Kingsley, in "Westward Ho!" speaks of it as a lone man's companion, a bachelor's friend, a hungry man's food, a sad man's cordial, a wakeful man's sleep, and a chilly man's fire. Old Hobbes of Malmesbury, the first and clearest of English philosophers, regularly had his twelve pipes a day, and kept to it till he was nearly as old as Old Parr himself. Robert Hall, the most eloquent of English preachers, and John Foster, the most original of English essayists, were smokers; Campbell was a patron of the weed, and Byron's lines to "Sublime Tobacco" are as well known as Campbell's address to the "pungent nose-refreshing weed." Sir Walter Raleigh took it to the day of his death, for Aubrey says: "He took a pipe of tobacco a little before he went to the scaffold, which some female persons were scandalised at, but I think 'twas well and properly done to settle his spirits." Thackeray was a great admirer of the weed, and, in one of his essays, says that he would rather smoke up the chimney than not smoke at all. Is the use of tobacco injurious to the health? This is the question which it is very difficult to answer. By the non-smokers it is said that it causes blindness, palpitation of the heart, paralysis, diseases of the teeth, mouth, and tongue, dyspepsia, diarrhoea, and even falling of the bowel. The smokers, on the other hand, assert that you may smoke to all eternity without in the slightest degree injuring your health—in fact, you are rather likely to improve it. Of course, no one doubts for a moment that smoking is a very bad thing for boys, and that many of the pallid sickly-looking lads that one sees in the streets, with dirty short pipes in their

mouths, would be benefited by a substitution of a fair allowance of birch for tobacco. The weight of evidence is in favour of the view that tobacco, smoked in moderation by full-grown healthy adults, is not injurious to the system. We cannot undertake to define the term "in moderation"—each man must decide that for himself. There can be no doubt, however, that a man who lights his pipe or cigar in the morning before breakfast is decidedly overstepping the bounds of moderation. Smoking in excess is undoubtedly a very harmful habit, disordering digestion, lessening the appetite, inducing restlessness at night, with disagreeable dreams, and weakening both body and mind. Sore throat and chronic dyspepsia may often be clearly traced to excessive smoking, and it will be found that the habitual smoker has generally a thickly-coated tongue. There is one thing to be said, however, and that is, that the symptoms quickly disappear when the habit is discontinued.

ECHOES FROM PARIS.

Paris, Oct. 7.

As an example of the knowledge of French journalists with English life we may remark that the *Chronicle* informs the readers of the elevation of Sir Beauchamp Seymour and Sir Garnet Wolseley to the Peerage with the title of *Baronet*!

Yet another new political newspaper is to be published at Paris after the holidays. This is *Le Passant*, to be edited by M. Jules Simon; and it is said to have a good deal of money at its back.

NEW journals in the Bonapartist interest are now being printed in St. Malo and circulated in the western departments of France. M. Paul de Cassagnac is the political manager of the enterprise, and they are opposed to the interests of Prince Jerome.

THE Princess Dolgorouki has quitted Paris again. Her destination is Pau, where she is expected to remain for a time. The Princess is accompanied by a very considerable suite on her travels, and creates a sensation everywhere, much, as it is said, it is her desire to be incognito and escape attention.

Another absurd story going the rounds of the Continent is that Arabi surrendered because he was suffering from pains in the stomach. He is said to have telegraphed to Sir Garnet Wolseley, "As you have good doctors, will join you shortly. Prefer captivity with the English to cholera in Egypt."

THE Parisians have the notion that they have a brother of King Cetewayo among them, and that he has come to get the French to support his counter claim to the vacant kingdom in South Africa. It is true that there are several black people in Paris, yet it must be remembered that the famous Moores from the St. James's Hall are *en voyage* and out of town for once in their long lives.

THE eyes of the early strollers were opened widely as they saw the other day a procession of gentlemen going along the Boulevards, who were all in the most irreproachable evening dress, and were preceded and followed by members of the Garde. They might have been mistaken for a procession similar to that witnessed in the Chapeau de paille d'Italie, had not the public soon become acquainted with the fact that these were a seizure of fashionable visitors to a gambling and baccarat saloon, where some unpleasant fact or another had necessitated the intervention of the police. Life in Paris is now a fiercely gambling one.

A PROTEST is made by a journal against "the drinkers of gin" such is the angry spirit abroad against us, because they go to the opera in their travelling costume. It is perhaps unpleasant to the Parisians who have put on evening dress to see this apparent disrespect to their perfectly caparisoned selves. The fault is, however, with the management, for we have frequently seen English people at the opera at the paying place protesting against going into the stalls because they were not in evening dress, and asking for seats in a part of the house where evening dress was not required. The answer has always been, "It is not of the slightest consequence. Evening dress is not necessary in the stalls of the opera."

A YEAR or two ago a relative of the Ottoman Ambassador caused a terrific sensation in the fashionable world by marrying a young Roman Catholic lady who ran away from Paris to join her lover, and was eventually consigned to a convent. The unlucky bridegroom in that case will have witnessed with unmixed vexation the superior happiness of another Turkish diplomatist, who happens to be of Greek origin. This young gentleman also won the favor of a fair Parisian, but she happened to be neither a Roman Catholic nor a born Frenchwoman, and so M. Alcibiade Loghades and she were wedded with all due formalities a few days since in the chapel of the Russian Embassy at the Hague, the lady's parents being members of the Greek Church.

OUR CHESS COLUMN.

All communications intended for this Column should be addressed to the Chess Editor, CANADIAN ILLUSTRATED NEWS, Montreal. J.W.S., Montreal.—Papers to hand. Thanks. Correct solutions to Problem No. 493 received.

We have received the second number of the "Brooklyn Chess Chronicle," and we are sorry the first number did not reach us. From the notices which we find in the number at hand, it appears that this new candidate for public favor has met with a very favorable reception, and we feel sure that it deserves it. The "Fortnightly Budget" contains a large amount of chess news, such as amateurs are always desirous of reading, and the games and problems seem to be an excellent selection. The subscription is only \$2 per annum, or ten cents for single numbers.

The "British Chess Magazine" for the present month contains a game of chess played by correspondence between Mr. J. W. Shaw, of Montreal, and Mr. J. E. Narraway, of Halifax, N.S., and each move in the contest is accompanied with a quotation from Shakespeare.

We are confident that these two gentlemen must have carefully inspected the writings of the immortal bard, as their selections are singularly happy and appropriate.

The next time they play a correspondence game, and desire to annotate it in a similar manner, let them look for materials in the writings of old Chaucer, and Spenser, who are not unlikely to answer their purpose.

The "Illustrated London News," of the 23rd ult., gives a representation of the game of chess recently played in England by living pieces. The contest took place in Redworth Park, Highbury, and the whole affair was, according to all accounts, most tastefully prepared and executed in all its details. The living warriors were directed in their movements by two gentlemen appointed for the occasion, and independent of the changes and chances of the mimic battle, which could only be understood by the initiated, the whole scene was witnessed with much pleasure by a large number of visitors. The fact that the performance was repeated several times goes far to prove that it gave general satisfaction.

In a cartoon in a late number of "Punch" the game of chess, and its legitimate ending, Checkmate, are made use of to illustrate recent political transactions in connection with Egyptian affairs. Under the cartoon we find the word "checkmate," and the following distich:

Such diplomatic dodges he taught him to employ: Until the Sultans Sultan was beaten by our Boy.

Lord Dufferin and the Sultan are the players, and the word, "Diplomacy," appears upon the chessboard.

Chess matches must be very difficult things to arrange, when we consider the amount of letter-writing which has to be done. Some months ago we imagined that the time we had devoted to reading the correspondence between Messrs. Zukertort and Steinitz would not be thrown away, but we were disappointed, and now we find that all our anticipations of a contest between the latter and Mr. Mason are in the same manner to end in letter after letter and no fight.

The following extract from "Land and Water" of the 9th ult., will be read with much interest by chess amateurs on this side of the Atlantic:

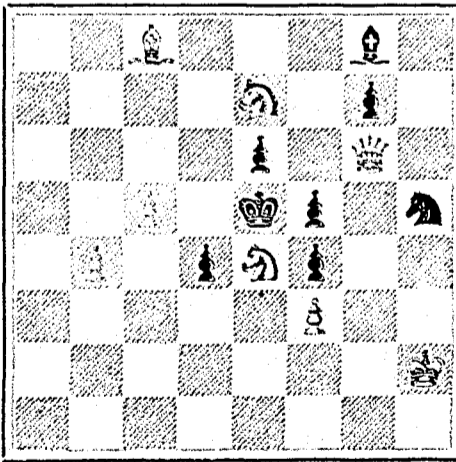
While matches are being arranged, one has already been commenced in the shape of an interesting little encounter to consist of three games between Messrs. Mackenzie and Blackburne. The accomplished American champion was victorious in the first game. N. B.—By champion we mean an eminent representative. There are at present two American champions in this country.

The chess contest which is at the present time engrossing the attention of the players of Glasgow for what is called the West of Scotland cap, is an interesting one. A large number of players have entered their names as contestants, and several games have been played. The system of competition is the same as that adopted at the Vienna Tourney, that is, each competitor has to play two games with every other player. Draws to count half a game to each player. We insert one of the games of the match in our Column to-day.

PROBLEM No. 494.

By J. G. Finch.

BLACK.



WHITE.

White to play and mate in three moves.

SOLUTION OF PROBLEM No. 492.

White. Black.

- 1. P to K Kt 3. 1. Any. 2. Mates acc.

GAME 631ST.

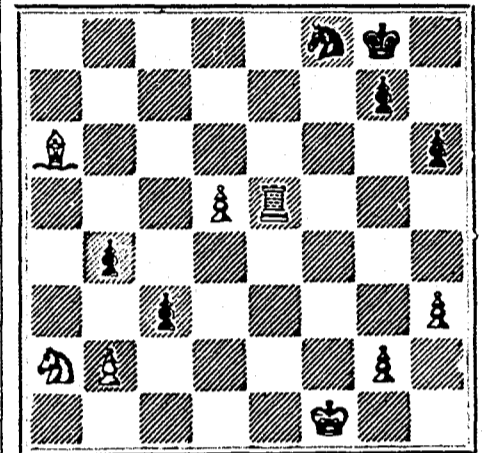
Played in the Glasgow Chess Club Champion Tourney between Messrs. Crum and Fyfe.

Cadbury's COCOA ESSENCE. PURE, SOLUBLE, REFRESHING. It is often asked, "Why does my doctor recommend Cadbury's Cocoa Essence?" The reason is that being absolutely genuine, and concentrated by the removal of the superfluous fat, it contains FOUR TIMES the AMOUNT OF NITROGENOUS or FLUSH-FORMING CONSTITUENTS of the average of other Cocoas which are mixed with sugar and starch. Beware of imitations, which are often pushed by Shopkeepers for the extra profit.

(Irregular Game.)

- WHITE.—(Mr. Crum.) 1 P to Q B 4, 2 P to K 3, 3 P to Q R 3, 4 P to Q B 1, 5 P to Q 5, 6 P takes P, 7 K to Q 3, 8 P to Q B 3, 9 P to K 4, 10 P to K B 4, 11 K to K B 3, 12 Castles, 13 Q to B 2 (b), 14 P to K 5, 15 B to Q 2 (b), 16 Q R to K sq, 17 B to B 5 (c), 18 B to K 4, 19 P to R 3, 20 R takes B, 21 R to K 2, 22 P takes P, 23 B to K 3 (a), 24 R takes B, 25 Q to Q 2, 26 R to K 4, 27 K to R sq, 28 B takes Kt, 29 Q takes Q, 30 B takes P, 31 K to Kt sq (h), 32 K takes R, 33 B to Q B 8, 34 B to Q R 6, 35 P takes P, 36 Kt to Q R 2. BLACK.—(Mr. Fyfe.) 1 P to K 3, 2 Kt to KB 3, 3 P to Q B 3 (a), 4 P to Q B 1, 5 P takes P, 6 P to Q 3, 7 P to Q R 3, 8 Q Kt to Q 2, 9 P to K R 3, 10 B to K 2, 11 Castles, 12 Kt to R 2, 13 R to K sq, 14 Kt to K B sq (c), 15 P to Q Kt 4, 16 P to Q B 5, 17 Kt to Q B 4, 18 B to K Kt 5, 19 B takes Kt, 20 Kt to Q 6 (f), 21 P takes P, 22 B to B ch, 23 R takes B, 24 Q to Q Kt 3, 25 R takes P, 26 R to K sq, 27 P to K B 4, 28 Q takes R, 29 R takes Q, 30 R to K 8, 31 R takes R, 32 R to K 4, 33 P to Q R 4, 34 P to Q Kt 5, 35 P takes P, 36 P to Q B 6 (g).

BLACK.



WHITE.

- 37 P takes P, 38 Kt to Q Kt 4, 39 B to Q 3, 40 B to Q Kt sq, 41 Kt to Q B 2, 42 K to K 2, 43 P to K R 4, 44 P to K Kt 4, 45 K to Q 2, 46 K to K 2, 47 Kt to K 3, 48 K takes R, 49 B to K R 7, 50 P to Q 6, 51 K to K B 4, 52 P to K Kt 5, 53 K takes P, 54 P to K R 5, 55 B takes Q, 56 P to K R 6 (m). 37 P to Q Kt 6, 38 P to Q Kt 7, 39 R to K 6, 40 R takes P, 41 Kt to Q 2 (g), 42 Kt to Q B 4, 43 K to B sq, 44 K to K 2, 45 Kt to K 5 ch, 46 K to Q 3, 47 R takes Kt ch, 48 Kt to Q B 6, 49 B to K 4 (k), 50 K takes P, 51 K to K 2 (l), 52 P takes P ch, 53 K to B sq, 54 P to Q Kt 8 (Queen), 55 Kt takes B.

Drawn game.

NOTES.

- (a) P to Q B 4 at once seems stronger. (b) Mr. Crum afterwards thought he should have advanced the K P at once. (c) Black's position is very cramped. (d) B to K 3 would have been better, as the after game demonstrates. (e) Mr. Crum in playing over the game thought he should have played B to K 4 at this point. (f) The Knight is now strongly posted. (g) This move should have lost the game to White. He should have retired the King. (h) If Black checks at K 6, then Q R takes B. (i) The end game is interesting as showing how an easily won game can be frittered away. (j) Why not R to Q 6? (k) If the King had here taken the Pawn the game was done. Black lost at least two moves. (l) K to K 3 would have won. (m) The last moves of Black are very extraordinary. The game was to be won in different ways.

—Glasgow Herald.

PARISIANS of a certain class are delighted at the prospect of the revival of Mabile—only, this time, it will be placed in the environs of the Champs Elysees, and will be called the Jardin des Fleurs. Persons of a serious turn who desire to exchange philosophical and intellectual views, or to read the latest political doings and speculations in serious journals, will find the Jardin des Fleurs well worthy of a visit.

GRAY'S SYRUP OF RED SPRUCE GUM. COUGHS & COLDS. SOLD BY ALL DRUGGISTS.