

**TOBACCO AND THE KIDNEYS.**—Dr. Auld, an eminent physician of Glasgow, calls attention, in a recent number of the London Lancet, to an important fact which seems to have been heretofore overlooked: viz., that tobacco may be a cause of organic disease of the kidneys. As it is well known, the appearance of albumen in the urine is the leading symptom of Bright's disease of the kidneys. Dr. Auld finds that the use of tobacco is often accompanied by this symptom, and lays it down as one of the results of chronic nicotine poisoning. According to his observations, tobacco is responsible for a very large number of functional disorders not commonly attributed to it. Tobacco poisons both the nerve centers and the nerve ends, causing muscular twitching and various other nervous symptoms. When these symptoms are present, it is not sufficient merely to moderate the use of the drug, but it must be wholly discarded, otherwise a cure cannot be effected.

**A FEW OF THE EVILS OF TOBACCO.**—Good Health, gives the following, with which this Journal is in full accord: The amount of nerve energy and vital force that is being squandered by the use of this drug, is beyond estimate. If the sum total of human life and strength sacrificed to tobacco could be represented in figures, the aggregate would be astounding. Tobacco is unquestionably one of the worst of all the curses of civilization. The mischief done by opium, cocaine, and other vice-drugs is enormous, but insignificant beside the far-reaching evils justly attributable to the use of tobacco. Thousands of men are kept in a state of chronic lethargy by its narcotic influence. Millions of consciences are benumbed by its subtle spell. Countless multitudes of children are born with weak nerves and feeble constitutions, as the result of the chronic nicotine poisoning of parents. The use of the vile drug by civilized man is one of the enigmas of modern civilization. The old Greeks and Romans who shaped the foundations of our modern civilization, used neither tobacco, tea, nor coffee, nor strong liquor. Unless a radical change for the better can be effected within a few generations to come, the condition of the then existing race, at the present rate of deterioration, is fearful to contemplate. Extinction would come at last as a beneficent act of Nature, who desires only the survival of the fittest.

**ON THE VALUE OF HEALTH.**—It is a good thing to accumulate pithy sayings by eminent men. In a recent address by Prof. Tyndall, he quotes two valuable paragraphs which may at any time afford useful texts to medical men who have to preach on this subject: "There have been men who by wise attention to this point might have risen to eminence, might have made great discoveries, written great poems, commanded armies, or ruled States, but who by unwise neglect of this point have come to nothing. Imagine Hercules as an oarsman in a rotten boat, what can he do there but by the very force of his stroke expedite the ruin of his craft?" Health is a priceless boon. When once we are in possession of it no effort or care should be spared in its preservation. When lost it may never be regained. In one of Mr. Emerson's essays, he says: "Get health. No labour, temperance, pains, poverty, nor exercise that can gain it must be grudged, for sickness is a cannibal which eats up all the life and youth it can lay hold of, and absorbs its own sons and daughters.

**MORAL EFFECTS OF TOBACCO.**—Dr. J. M. W. Kitchen, in the N. Y. Medical Record, gives the following, which we fully endorse: Tobacco injures health through its moral effects. The tobacco habit is certainly a dirty, and frequently a disgusting habit, and encourages other dirty practices. Its use tends to make men cowardly, irritable in temper, and low in spirits. It blunts ideas of purity and courtesy, leading to invasion of the rights of others. Thousands whose systems are saturated with nicotine and who reek with nauseating odor do not hesitate to inflict their presence on sick or well. The time will come when the tobacco-user will not be allowed to poison the atmosphere that is the common property of the public—will not be allowed to force the inhalation of nicotine upon the general public, to say nothing of being allowed to poison the infants and women in his own family. What would be said of a man who introduced poison in any degree into the food or drink of his child? Is the poisoning of the household atmosphere by the ignorant, thoughtless, or selfish smoker morally more defensible.