

## INTRODUCTION.

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HAVING for a long time been deeply convinced of the baneful effects of tobacco smoking and chewing, and hearing so little said against such habits, I felt it to be my imperative duty to both speak and publish something that would tend to diminish at any rate the future popularity of these evil practices, as well as to persuade the present race of smokers and chewers to give up their weed. I have purposely written from a scriptural stand-point for the following reasons: First, because the Bible is the highest authority; Second, if the word of God is against such narcotic customs, they must be sinful. Third, because tobacco devotees commonly say there is nothing in sacred writ against the indulgence of the weed. I have also obtained evidence of an incontrovertible nature from other sources—from facts of daily observation, from statements of the most eminent physicians in the land, and from statistics directly bearing on the subject. Let me assure the lover of the weed who may read these pages that they have been written in the kindest spirit, and with a sincere desire to benefit him, by pointing out to him the fearful injury tobacco does to his physical, mental, and moral being. I therefore beg of him to give the arguments here brought forward a candid and careful perusal, believing that if they are read in this spirit certain good will result. May Heaven's richest blessing crown this humble effort to do good, and make it conducive to the glory of God, and the best interests of men. Amen.

TORONTO, September, 1878.

THE AUTHOR.

P.S.—I hereby acknowledge my indebtedness to the author of "Confessions of an old Smoker;" to the author of the "Fascinator;" to the Rev. George Trask; Dr. A. Clarke; John Lizars, M.D.; to the *Primitive Methodist*; and to many other magazines and newspapers, religious and secular.