

## HURTFULNESS OF TOBACCO.

BY W. DRYSDALE OF MONTREAL IN CAN.  
PREF.

Tobacco is an evil which to my mind is working much more mischief than is generally felt by the community, judging from the all but universal use of this weed in one form or other. You will have to abandon the idea that because "Good men, men a thousand times better than the so-called reformers," use the weed, that the matter is to be made a question of conscience, when such men as Dr. Drysdale, Fellow of the Royal College of Surgeons, London; Sir Benjamin Brodie, F. R. S., Dr. Kostal, Physician to the Royal Factory of Tobacco at Iglan, (who furnishes valuable statistics of narcotic poisoning) Dr. B. W. Richardson, Dr. Jolly of Paris, and hosts of others have all written on the subject condemning its use. Surely looking at the question even from a selfish point of view, namely, in the interests of the health, not only of the smoker but his offspring, we are bound to look at the question of tobacco in all its bearings.

Dr. Chavasse in his valuable work, "Advice to a Mother," says, in answer to the question: have you any remarks to make on the almost universal habit of boys and very young men smoking?

"I am addressing a mother as to the desirability of her sons, when boys, being allowed to smoke. I consider

## TOBACCO SMOKING

one of the most injurious habits a boy or young man can indulge in: it contracts the chest and weakens the lungs, thus predisposing to consumption; it impairs the stomach thus producing indigestion; it debilitates the brain and nervous depression; it stunts the growth and is one cause of the present race of pigmies; it is one of the greatest curses of the present day."

The following case proves more than any argument can prove the dangerous and deplorable effects of a boy smoking. From *Public Opinion*, the *France* mentions the following fact as a proof of the consequences of smoking for boys: "A pupil in one of the colleges, only twelve years of age, was some time since seized with epileptic fits which became worse and worse in spite of all the remedies employed. At last it was discovered that he had had been for two years past secretly indulging in the weed." Effect-

al means were adopted to prevent his obtaining tobacco and he soon recovered."

The *British and Foreign Medical-Chirurgical Review*, so long ago as January, 1861, says: "We see with satisfaction that the Minister of Public Instruction of France has issued a circular addressed to the directors of colleges and schools, forbidding the use of tobacco and cigars to students." Sir Benjamin Brodie, F. R. S., from the result of experiments upon animals tells us that the poison acts by destroying the functions of the brain, many observers have noticed the inferior attainments of students who smoke.

Professor Miller, of Edinburgh says: "As medical men we know that smoking injures the whole organism, puts a man's stomach and whole frame out of order, acting mainly, as all other poisons do, on the nervous system;" while in the United States this last summer we were furnished with alarming statistics of the evil effects of tobacco smoking and particularly of the cigarette so fashionable and popular with young people. Very many young folks have been reduced a state of imbecility and are now inmates of lunatic asylums from this habit. Drs. Bucke, Workman and others who have charge of our Canadian asylums can readily corroborate all that has been said as to this filthy habit. This is a reform and one of the most practical, and it is to be hoped the day is not far distant when the use of this weed will be abandoned, and that we may have to rejoice over the downfall of tobacco as we are at present at the overthrow of King Alcohol. We appeal to every mother and sister in the land to come to the aid of those who are battling against this great evil, and let us see to it that this Canada of ours shall have a strong sturdy race of men to go out and occupy the land.

Montreal.

W. DRYSDAL

## LOVE STRONGER THAN DEATH.

The storks are said to be very affectionate and self-sacrificing in their devotion to their young. A fire was raging. The young birds in a nest were suffering with the heat. Their cry touched the mother stork's heart. She flew to their help. She sheltered the nest with her wings, and actually burned to death while seeking to protect her loved ones with her feathers. How like our Saviour's love for us! The shadow of His wing, how much has it been for my soul! Yes, He