

"Siebert also believes that many nervous diseases of men are caused by the use of the cigar, with which the smoker gradually swallows small quantities of nicotine, for which reasons he would advise the pipe. Some great smokers suffer from a true spinal irritation, they feel as if strangled, they have bronchial spasm, palpitation, pain in the chest, vomiting, and pain in the abdomen."

Sichel and Wordsworth have accused tobacco of producing blindness, and call one kind of amaurosis by the name of *tobacco-amaurosis*,

"Bean asserts that smoking may produce angina pectoris. Smoking has next, the grave inconvenience of being one of the most selfish pleasures in the world, since it annoys and drives away people who do not share this taste."

Professor Mantegazza concludes that "tobacco is never necessary; it is always hurtful to boys and young men, to weak people and those disposed to consumption."

He adds that "all ought to try to put a stop to the general invasion of tobacco, which threatens to involve the whole of Europe in a dense cloud of smoke, which poisons even those who do not smoke."

It is a pleasure to see that men of eminence, such as Jenner, Critchett, Brodie, Copland, Mantegazza, and so many more at the present day are striving to set themselves against that mad race after this injurious physical pleasure of smoking, which is doing so much harm.

The end of all science is to secure long life and health to the individual and the race; and it ought, I believe, to be a part of the rational *creed* of every good man and woman to abjure the use of tobacco, and keep others from falling into the vice of smoking.