

THE HORRORS OF CIGARETTE SMOKING.

Dr. Hammond, in the New York World, says: As to cigarette smoking, properly practiced and with due regard to moderation, and provided also that pure tobacco be used, I cannot see how it is more injurious than cigars or pipes. But no speedier method for rendering existence painful is more efficacious than to smoke cigarettes and to inhale the fumes into the lungs. By this practice a very large absorbing surface is exposed to the action of the nicotine and other poisonous products which are evolved when tobacco is burned. As a consequence, the system is more thoroughly subjected to their influence and disease more certainly produced. The action of the brain is impaired thereby, the ability to think and, in fact, all mental concentration are weakened. Neuralgia, especially about the face throat diseases, nasal catarrh, serious affections of the eyes, dyspepsia, and above all, interruption in the normal action of the heart, are among the consequences resulting from the inordinate use of tobacco and especially from the inhalation of cigarette smoke. This is not mere theory, for I have seen many cases of all these disorders in the course of my practice as a physician, and have known them to be directly traceable to the cause mentioned. Laws for the repression of cigarette smoking by young persons are difficult, if not impossible, of enforcement. It can be prevented only through the proper education of parents and guardians and the children themselves.

Investigation shows that the cigarettes sold in this country are, as a rule, vilely adulterated, and with substances even more injurious than tobacco. Something might be done, perhaps, by the passage of laws preventing the manufacture or sale of cigarettes. Surely if the law can interfere to stop the production of oleomargarine on the ground of its being prejudicial to the health of the public, it might properly be invoked on the same plea for the manufacture of cigarettes. Some States do not allow alcohol in any form to be produced or sold within their limits, and yet I am inclined to believe that more injury can be inflicted on the human race by the excessive use of tobacco by young persons than by immoderate liquor drinking. The latter would probably kill more quickly and before the subject would have an opportunity of procreating the species, but the former would certainly destroy the health and vitality of those who might descend from him. In the city of Washington I saw a few days ago a wretched looking child, scarcely five years old, smoking a cigarette and blowing smoke from his nostrils. His pale, pinched face was twitching convulsively, his little shoulders were bent, and his whole appearance was that of an old man. Should he live to become the father of a family, what kind of children is he likely to have?



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