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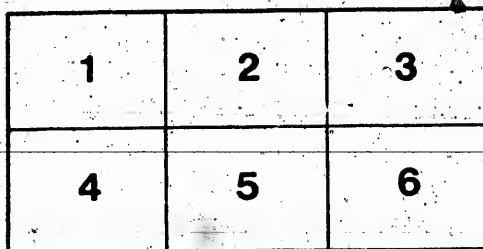
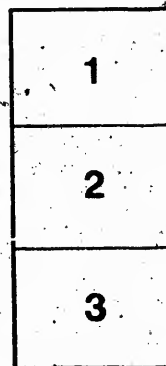
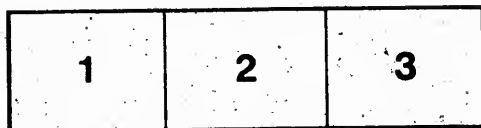
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THE
PHYSICAL, MENTAL,
AND
MORAL EVIL

OF
TOBACCO

By BYRON LAING.

TORONTO:
BRIGGS, 78 & 80 KING STREET EAST.
MONTREAL, QUE. S. F. HUESTIS, HALIFAX, N.S.

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The Physical, Mental, and Moral Evil of Tobacco.

"Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. vii. 1.

"Be ye clean that bear the vessels of the Lord." Isa. lii. 11.

FOR whatever use the weed may have been intended, it is certainly an unbecoming associate of holiness. The one is sweet, attractive and ennobling; the other, foul, repulsive and degrading. That which makes even the bar-room filthy cannot be conceived of as being compatible with a high degree of moral purity, and the Christian who touches it at once soils his influence. Breaths thus tainted do not impress the penitent with the sweetness of the Gospel; and a minister addicted to this evil has reason to blush when he administers the emblems of the purest sacrifice ever known. Sufficient evidence against tobacco is found at once in the fact that those who use it never honestly

advise others to use it, but rather to shun it lest they be ensnared by its strange fascination.

The analysis of tobacco as given by different authorities varies somewhat, but all agree in pronouncing it dangerously poisonous. Nature testifies to this fact in her attempts to throw off the enemy when first introduced into the system. A "tolerance" of the poison may be finally established, the system having adjusted itself to the new condition of affairs; yet, says Dr. Steele, after the three great eliminating organs—the lungs, the skin and the kidneys—have thrown off a large quantity, much remains in the system, and a derangement of the functions of the body must ensue, in proportion to the excessive use of the weed and the state of the constitution. The prominent constituents are carbonic acid, carbonic oxide, and ammonia gases, carbon or soot, and nicotine. The first produces drowsiness, the second a tremor of muscles and heart, the third dryness of the mouth and throat. Nicotine is the most powerful poison, and is contained as high as six per cent., enough being in one or two good cigars to produce death, if thrown directly into the blood. A few drops of the oil of tobacco will quickly despatch a dog, and death has been known to result from the wrap-

ping of a few leaves around the body of a person, for the purpose of smuggling them, the poison having been absorbed in perepiration. The testimony of a distinguished college of physicians is that 20,000 people die annually in the United States from the use of tobacco. Of the 70,000 lunatics in America, 15,000 were made insane through using the weed.

Cigarettes are especially injurious. Dr. Moffat attributes in a large degree the diminutive size of the Spaniards, Portuguese and Cubans to the use of the cigarette; the women and children smoke excessively as well as the men. The cheap cigarette, so generally used among boys in our towns and cities, is manufactured from culled material and refuse cigar stumps, quids, etc., gathered from the streets and saloon floors, where they have been thrown, perhaps, from the most filthy mouths. Shocking!

For the benefit of those who may not be informed, we quote from Dr. Richardson, an acknowledged authority, a summing up of the various disturbances produced in different individuals and constitutions by smoking: "In the blood it causes undue fluidity, and change in the red corpuscles; in the stomach it gives rise to debility, nausea and vomiting; in the mucous

membrane of the mouth it produces enlargement and soreness of the tonsils—smoker's sore throat—redness, dryness, and occasional peeling of the membrane, and either unnatural firmness and contraction or sponginess of the gums; and, where the pipe rests on the lips, oftentimes 'epithelial cancer'; in the heart it causes debility of the organ, and irregular action; in the bronchial surface of the lungs, when that is already irritable, it sustains irritation, and increases the cough; in the organs of sense it produces dilation of the pupils of the eye, confusion of vision, bright lines, luminous or cobweb speaks, and long retention of images on the retina, with analogous symptoms affecting the ear, viz., inability to define sounds clearly, and the occurrence of a sharp, ringing noise like a whistle; in the brain it impairs the activity of the organ, oppressing it if it be nourished, but soothing it if it be exhausted; it leads to paralysis in the motor and sympathetic nerves, and to over-secretion from the glands which the sympathetic nerves control." Another eminent physician, Dr. Shrew, enumerates eighty-seven distinct diseases produced by this fatal "luxury." A German periodical tells us that half the young men who die from twenty to twenty-five years of age are destroyed by the use of tobacco.

Probably in this, as in wine bibbing, the strong and healthy will seem to escape entirely; because they live long, they seem to lose sight of the fact that they might have lived longer. Some of these die suddenly in the end, perhaps from heart disease, when, if an examination were made, it would be found that the affection of the heart was induced by the use of the weed. Dr. Solly, of London, tells of a man who had smoked for thirty years without any apparent injury, when, suddenly, he dropped dead, through narcotism of the heart, caused by tobacco. The man of active out-door habits will suffer less than one of sedentary occupation, but in any case the poison will have its effect, and even though it be small, yet are we not justified in thus tampering with the candle of our life, simply for sensual gratification.

No violation of nature's laws is without its penalty, and that penalty must be paid. Do you seem to escape? Yet will the law of heredity assert itself, and innocent offspring suffer the consequence of your sin. We believe the chewing and smoking of many young children is due to something other than a desire to be like their fellows. Depraved appetites from birth have ruined thousands in the bud.

Body, intellect, and soul are laid siege to by constitutional weakness.

So closely are the body and mind related that the one suffers with the other. As to the effect of tobacco on the mind, abundance of testimony is given. A recent report of the superintendent of public schools, of Piqua, Ohio, states that in two grades of 78 boys from 12 to 15 years old, 31 habitually smoked cigarettes, and only seven could say they had never smoked. Of 96 boys from 10 to 12, there were 68 smokers, and in the primary schools, of boys from 6 to 10; 40 per cent. smoked; in the A. B. C. class many had begun the practice. Close observance of these and similar schools all over our land has justified the remark, that the best scholars are not tobacco users. A professor in one of our Ontario colleges said that he could tell every smoker in his classes, by the effort it cost them to solve mental problems. In the Polytechnic school of Paris, the pupils were divided into two classes, smokers and non-smokers. The latter not only excelled in their entrance examinations, but throughout the whole course of study. So long ago as 1868, in consequence of these results, the Minister of Public Instruction forbade the use of tobacco by the pupils. In the United

States, naval and military academies are lifting up their voice, and adopting the prohibition principle. Dr. Gihon, medical director of the Naval Academy at Annapolis, in his report for 1892 says: "The most important matter in the health history of the students is that relating to tobacco, and its interdiction is absolutely essential to their future health and usefulness. In this view I have been sustained by my colleagues, and all sanitarians in civil and military life whose views I have been able to obtain." Other schools and colleges are attaining unto like opinions, and the weed is being made war against as an enemy of man's physical and intellectual interests.

Furthermore, it is found that this evil is a co-worker with alcohol. We denominate it the right hand supporter of the liquor traffic. True, some use tobacco who do not drink, yet there are few who drink that are not addicted to the use of the weed, in some form. Thousands of young people make this the starting point to a drunkard's career. The ammonia causes dryness, irritation and thirst, which calls for drink. Dr. G. Decaisne, on examining 38 boys between the ages of 9 and 15, who were smokers, found in 22 of them a strong craving for alcoholic

stimulants; this ceased upon the discontinuance of their bad habit. Tobacco is without doubt the primary cause of much drunkenness. Out of 600 prisoners confined in the State Prison in Auburn, N. Y., for crimes committed when under the influence of strong drink, 500 of them testified that they began their intemperance by the use of tobacco. Liquor dealers are not slow to perceive this, and to keep a supply of cigars to catch the barely initiated wine-bibber. The cigar does its work on one side of the bar, and the money paid for it helps to fill the cask on the other. Thus it becomes no weak supporter of King Alcohol.

Accepting these facts, as we must, one may well enquire, What honest man can continue the use of the weed? And yet in the Christian Church thousands on thousands—even ministers of the Gospel—are found smoking and chewing as though the thing were perfectly harmless. They oppose the liquor business, and at the same time encourage its recruiting officer, that is, they help God with one hand, and the devil with the other. While we denounce the imbibor, the dealer, and the legislator, ought we not to shake our garments of every influence that would in the least savor of the bar-room? If we cannot,

how much to be pitied is that poor man who once stood on the bar-room floor, politely saying, "I don't drink, but will take a cigar," but who has gone on from bad to worse until he now lies in the gutter! Think of a Christian tobacco user saying, "The drunkard could quit if he would." Man! If you cannot break off the disease in its infancy, what can you expect of him who is bound with the double chain? In trying to help these unfortunates, and to overthrow the stronghold of darkness, we need to divest ourselves of every encumbrance. It becomes the duty of every parent, every teacher of the youth, every instructor of the masses, to set himself against the spread of this evil, and use every means for its extinction.

That which is denounced by military schools and men of secular enterprise, as being opposed to national interests—an enemy of body and intellect—surely demands a greater consideration by the leader of all moral enterprises—"the Church." If the influence of the weed be deteriorating to an alarming extent in the former case, much more must it be regarded as opposed to the finer interests of the soul. The Rev. Francis Close, D.D., late Dean of Carlisle, says: "Evidence arises every day which convinces one

more and more that the prevalent use of tobacco, especially by the younger portion of the community, is destroying the physical stamina of our country, stripping youth of its bloom and beauty, and manhood of its virility, with a reflex influence on *morals* which is truly deplorable."

It is gratifying to see the open stand taken by some of our Conferences this year. The Niagara Conference of the Methodist Church spoke as follows: "This Conference desires to discountenance the use of tobacco, and urges upon all our ministers and members strongly to discourage its use in the community." The Toronto Conference said, "We deprecate in any of our members the use of tobacco, which is not only disgusting and harmful to the individual, but also presents an example which, when followed by the young, operates to their serious physical, moral, and spiritual injury. We submit for the earnest consideration of those connected with our Church, who are engaged in the sale of tobacco, whether the time has not come when it should be discarded from their stock of merchandise." This is as it should be.

Were John Wesley living to-day, it is not improbable that he would not only retain those rules relating to drink, and those much un-

observed ones concerning "dress," but also earnestly advise abstinence from tobacco as one of the conditions of membership. One thing is certain, much more can and ought to be said throughout our societies directly to this point. Mere advice won't do. It is time that the Church was purified from an influence so contrary to temperance principles, so opposite to Gospel purity. As long as Christian ministers, class leaders, Sabbath-school superintendents and teachers "smoke until the world is blue, and their theology is blue, and everything is blue," may not the world look up and say, "Thou that teachest a man should not steal, dost thou steal?" In order that our preaching be most effective, it is necessary that we preach by example as well as by precept. We know of strong men, the influence of whose teaching is rendered weak as to these points, simply because their practice does not harmonize with their precept. The candidate at the bar of Conference, the child in the Sunday-school, and the sinner in the street, loses confidence in them.

We know of some who are so conscious of this fact, that to appear more consistent they refrain from teaching at all along this line. One of our best Sabbath-school superintendents

objected to the circulation of a mild temperance pledge, drawn up by the lady teachers, on these very grounds. Tobacco was mentioned; he used it, and felt that to present it under the circumstances would be as "sounding brass," etc. A little boy when advised by his smoking father, innocently replied: "If it's wrong for boys to smoke, isn't it worse for a man, father?" Surely it is. On him who stands at the helm of affairs devolves the greater responsibility. Children look to their parents, scholars to their teachers, the Church to her ministry, and the world to the Church. Our example should be such that when we condemn any evil, we may say, "Follow thou me."

Some have spoken of this habit as a weight, carefully avoiding to call it a sin. We are persuaded that if any use it as a luxury, without being convinced of sin, it is through lack of proper investigation. How far these are accountable for not arriving at such an investigation, we will leave a higher power to judge. Some do not *wilfully* stop short of the truth. Let us suppose for a moment that to you, dear brother, it is not even a weight, as you call it; yet what about that weak brother that is stumbling over your example? "Take heed lest by

any means this liberty of yours become a stumbling-block to them that are weak." "When ye sin so against the weak brethren, and wound their weak conscience, ye *sin* against Christ. 1 Cor. viii. 12. "Wherefore," saith the apostle, "if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend." The principle laid down here is one that should run through all our Christian life. It more than meets the case in hand, for the apostle is speaking of that which to him personally was no evil, while as to tobacco, we are unanimous in admitting that it is at least a weight. Now, if the former could be construed into a sin, much more the latter. Moreover, the term weight here means sin. Reader, if you use or sell tobacco, try yourself by this principle. The whiskey-seller is a stumbling-block over which weak ones stumble into hell; the man who sells tobacco is as surely guilty. Does any one ask to what extent his influence is harmful to others? We cannot tell. Your neighbor is influenced by you, and he influences some one else in turn, and that influence will not stop at your death, but roll on down through the centuries. Judgment alone will reveal the harm done. Brother, stop and

think! "Destroy not him with thy meat for whom Christ died."

The magnitude of this evil is not arrived at until we consider its expensiveness; even then its enormity doth not fully appear. The consumption of tobacco, it is said, costs the world annually over \$1,000,000,000. Judging from some statistics, the probabilities are that the actual amount does much exceed the round numbers here given. At least one-half of this is used on this side of the Atlantic. One tobacco firm in New Orleans turns out of a particular brand 10,000 cigars daily.

Money spent in this way is given away by littles, and is scarcely missed, but in a few years an enormous sum has been expended, even a fortune. An estimate, taken from a work by Rev. Albert Sims, is as follows: "One cigar per day, at five cents, would, at 7 per cent., compound interest, amount in ten years to \$252.16, in twenty years to \$748.15, in thirty years to \$1,084." Many use much more costly cigars, and as many as five and six per day. Thus the people are squandering hundreds of millions each year, while the whole Protestant world gives annually only \$9,000,000 to the mission cause.

The Church is not guilty of all this waste, yet

she is culpable for the influence by which she licenses the waste. How many classes have we that can lift up innocent hands? The filth is at our fireside, its fumes pollute the prayer circle, its stench is in the choir, its stains are on the steps to the sacred desk. A young man being remonstrated with by his father for the use of the weed, said, "It certainly can't be wrong, to use tobacco, for Bro. Blank uses it, and I don't believe he would do wrong." Bro. Blank was the presiding elder on that district. How sad!

Our cash outlay, say nothing of the influence, is sufficient to bring the blush to every cheek. Personally, we are acquainted with classes that spend from \$150 to \$200 a year; their minister is barely supported, and the cause of missions wholly neglected. Some use it still more excessively. A certain Christian merchant confessed that his tobacco expenditure would, in forty years at compound interest, amount to \$30,000. He looked to God for help, and quit. Sammy Hick, on seeing how happy a poor woman was made by a sixpence, said to himself, "Alas! How many sixpences I have spent for tobacco!" He resolves never again to spend his money thus.

In his sermon on tobacco and opium, Dr. Talmage says: "Put into my hand all the money

spent by Christian men in Brooklyn for tobacco, and I will support three orphan asylums as well and as grandly as the three great orphan asylums already established. Put into my hand the money spent by the Christians of America for tobacco, and I will clothe, shelter and feed all the suffering poor of the continent." It is a fact, that as a Church we spend at least two or three million dollars more for tobacco than for the extension of the Gospel. The lowest estimate is \$5,000,000 for tobacco; the highest for missions, \$8,000,000. Ah, yes, we are guilty. In the face of these things we ask, Is it a small matter that we give this thing place among us?



