

TOBACCO
MORALLY & PHYSICALLY CONSIDERED
IN RELATION TO
SMOKING & SNUFF-TAKING.

BY J. BROWNE.

"Tobacco!—a vanity, that has beset
The world, and made more slaves than Mahomet;
That has condemn'd us to the servile yoke
Of slavery, and made us slaves to smoke."

QUARLES.

DRIFFIELD:
B. FAWCETT;
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TO
DAVID ANDERSON, ESQUIRE,
IN ADMIRATION
OF WHOSE GENERAL CHARACTER
IN PROMOTING EVERY
OBJECT TENDING TO THE AMELIORATION
OF MANKIND;
AND PARTICULARLY IN
ERADICATING HABITS AND CUSTOMS ALIKE
INJURIOUS TO THE
MORAL AND PHYSICAL CONDITION OF
SOCIETY,
THE FOLLOWING TREATISE
IS DEDICATED AS A TESTIMONIAL OF THE
AUTHOR'S
RESPECT AND ESTEEM.

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PREFACE.

THE following treatise was originally compiled as a lecture and read before the members of the Discussion Class in connexion with the Mechanics' Institute in Driffeld. On the recommendation of several friends the author was, with some reluctance, induced to remodel the lecture and send it to the press—deeming that a few particulars connected with a subject which has engrossed the attention of kings, popes, the legislature, poets, moralists, historians, divines and physicians, could not fail to prove entertaining to the general inquirer. From a field so voluminous he has, however, merely culled a few *leaves* from the “Indian weed”—bound them together in a string of his own, and now presents them to his readers to *smoke* at their pleasure. His chief object, being to show the baneful effects of the common use of tobacco, in order, if possible to reclaim its votaries from the continuance of a practice equally insinuating in its advances, and difficult, to relinquish, as it is pernicious to the health and morals of the community.

J. B.

Driffeld, Sept., 1842.

TOBACCO.

THE introduction of the use of tobacco forms a singular chapter in the history of mankind; and it may well excite astonishment, that the discovery of a nauseous and poisonous weed, of an acrid taste and disagreeable odour; in short, with scarcely any other than deleterious properties, should have had so great an influence on the social condition of all nations; that it should have become an article of most extensive commerce, and that its culture should have spread more rapidly than that of the most useful plants.

There is certainly no human habit with which so many curious considerations are connected as with that of tobacco smoking. The habit is more perfectly artificial than almost any other in which man indulges; and there are few which are more repulsive to the natural taste. It is generally disagreeable to those who do not practice it; those who do, have, in the first instance, acquired it with effort and difficulty; and many of those who try are unable to acquire it at all. Hence the wonder is, how it happens that a habit of this description which seems to contain in itself fewer elements of propagation than almost any other, should exceed all others in the extent of its diffusion. In extent it embraces the circumference of the globe; it comprehends every class of people,—from the most savage to the most refined,—and includes every climate, from Siberia to the equator, and from the equator to the extreme south. What renders this more surprising is the comparatively recent period within which

this habit has become thus extended: 250 or 300 years is a short time for a habit to gain all but universal prevalence.

Tobacco is an annual plant; a native of America, and flowers in July and August. The root is large and fibrous, and sends up an erect branching stem, about four feet in height, round, slightly viscid and furnished with numerous large pointed leaves—the lowermost of which are about two feet long and of a pale green color. The calyx is bell shaped and cleft into five erect segments; the tube of the corolla is twice the length of the calyx and swells into an oblong cup, which expands into five pointed plaited pale red or rose colored segments. The stamens are the length of the tube of the corolla.

Tobacco was at one period raised to a considerable extent in Yorkshire; but the cultivation of it for the purposes of trade has long been prohibited, and this country as well as the greater part of Europe is chiefly supplied from Virginia, where the plant is cultivated in the greatest abundance. It is cut down in August and hung up to dry; it is then packed in hogsheads and exported to be manufactured for use.

The plant was first discovered by the Spaniards in Yucatan in 1520. It was afterwards transported to the West-Indies and North-America. It was first brought into Europe in 1559, by a Spanish gentleman named Hernandez de Toledo, who brought a small quantity into Spain and Portugal. From Portugal seeds of the plant were sent to Paris by Jean Nicot the French Ambassador, as a present to Queen Catherine de Medicis who used it in the form of powder, and who may therefore be considered the inventor of Snuff.

Tobacco is believed to have been first brought to England by the settlers, who returned in 1586 from the colony, which it had been attempted to found in Virginia under the auspices of Sir Walter Raleigh; and Stow the historian, adds that, all men wondered what it meant. Harriot says

that the English during the time they were in Virginia, and after their return home were accustomed to smoke it after the manner of the natives. Raleigh and other young men of fashion were the first to adopt the practice in England; and it as rapidly spread among the English as it had previously done among the Portuguese, Spaniards, and French.—Malcolm says "that Sir Walter Raleigh used to sit at his door smoking with Sir Hugh Middleton, in the reign of Queen Elizabeth, and that the custom was probably promoted through the singularity of the circumstance, and the eminence of the parties,—motives alone adequate to establish a habit however loathsome."

At the time of the discovery of America, tobacco was in frequent use amongst the Indians; the practice of smoking was common to almost all the tribes, and they pretended to cure a great variety of diseases by the use of this plant. The wonders which the Indians attributed to this plant in healing wounds and curing diseases, is supposed to have been the cause of its attracting the notice of other nations, and exciting so great an interest on its first introduction into Europe. Its introduction into Europe however was every where marked with ridicule and persecution. King James the I, ever anxious for correcting the morals of the people, by repeated proclamations and publications, attempting to restrain its use; and a hundred other works in various languages, and in different parts of the world were published against its use. To such an excess was the practice carried, that the people even smoked in churches. Pope Urban the VIII excommunicated, those who should be found guilty of this offence; and the Empress Elizabeth also prohibited its use in churches. In Transylvania an ordinance was published in 1689, threatening those who should plant tobacco, with the confiscation of their estates. The grand Duke of Moscow and the King of Persia, forbade its use under the penalty of the loss of the nose and even of death. In

England an edict was published against its use; and in Constantinople, where its use is now so general, the custom was in the seventeenth century, thought so ridiculous and hurtful, that a Turk found smoking was conducted in ridicule through the streets, with a pipe transfixed through his nose. Its principal opponents were the priests, the physicians, and the sovereign princes: by the former its use was declared sinful. Sultan Amurath IV, made smoking a capital offence, on the ground of its producing infertility. In some parts of Switzerland it was likewise made a subject of public persecution—the public regulations of the Canton of Berne, in 1661, placing the prohibition of smoking in the list of the ten commandments, immediately under that against adultery.

The common notion that the specific appellation of *tobacco* was derived from its having been imported from Tobago, is now universally admitted to be without foundation. Humboldt has shown that tobacco was the term used in the Haytian language, to designate the pipe employed by the natives in smoking the herb, which term having been transferred by the Spaniards from the pipe to the herb itself, has been adopted by other nations.

During the reign of George III, the practice of smoking, which had previously been exceedingly prevalent, went out of fashion, and was nearly superseded, among the higher and middle classes by that of snuff taking. Latterly, however, smoking cigars has revived the practice.

Tobacco is a powerful narcotic, and also a strong stimulant, and taken internally, even in small doses, it proves powerfully emetic and purgative. Its essential oil is celebrated for its extreme virulence, and when applied to a wound is said by Redi, to be as fatal as the poison of a viper. The decoction, powder, and smoke are used in gardening to destroy insects; the decoction is also used in destroying insects in sheep.

The qualities of tobacco, as appear from the *Materia Medica*

are the following:—the recent leaves possess very little odour or taste; but when dried their odour is strong, narcotic, and somewhat foetid; their taste bitter, and extremely acrid. They emit sparks in burning, and give out a suffocating smoke, and when distilled, yield an essential oil of a green color, on which their medicinal properties are supposed to depend. Its medical properties, according to the same work, are narcotic, sedative, emetic, diuretic, cathartic, and errhine, whether it be taken into the stomach or externally applied. The three first mentioned properties are sufficiently obvious, even from the effects which smoking or chewing it, produce on persons unaccustomed to its use. These are severe headache, sickness, extreme debility, cold sweats, and sometimes even convulsions. From its narcotic power also, the smoking or chewing tobacco has been found useful in allaying the pain of toothach, and smoking has in some instances been found useful in spasmodic asthma. As an emetic it cannot be recommend as its effects are too violent for internal exhibition. Tobacco is the basis of all kinds of snuff generally used. The powdered leaves when snuffed up the nostrills of those unaccustomed to the use of snuff, excite vehement sneezing and promote a considerable discharge from the nose. Snuff has been used upwards of 200 years in Britain; its immoderate use weakens the sight, produces lethargy, and gives a tendency to apoplexy. After the use has become habitual, it cannot be relinquished without considerable risk, arising from the suspension of the artificial discharge it produces, as Dr. Cullen observed from his own experience. It is the opinion, however, of this celebrated physician, that tobacco in any shape cannot be beneficially administered to the healthy subject.

"The essential oil of tobacco," says Macnish, "is so intensely powerful that two or three drops inserted into a raw wound would prove almost instantly fatal." Mr. Barrow, in his travels, speaks of the use made by the

Hottentots of this plant. "A Hottentot," says he, "applied some of it from the short end of his wooden pipe to the mouth of a snake while darting out its tongue. The effect was instantaneous as an electric shock; with a convulsive motion that was momentary, the snake half untwisted itself, and never stirred more; the muscles were so contracted, that the animal felt hard and rigid, as if dried in the sun." From the philosophical transactions it appears that so virulent is the operation of tobacco as a poison, that an ounce of its strong decoction injected into a vein, killed a dog in a very short time in terrible convulsions. Dr. Adam Clark in his "Dissertation on the use and abuse of tobacco," says that a single drop of the chemical oil of tobacco, put on the tongue of a cat, produced violent convulsions and killed her in the space of one minute.

"The first effects of smoking," says Dr. Sigmond, in the *Lancet*, "are generally acceleration of the pulse, followed by sickness and general lassitude, sometimes fainting and a desire for sleep; afterwards the pulse is lowered both in strength and fulness. Dr. Waterhouse, of New-England, has addressed some remonstrances to youth against cigars, as detrimental to health; and really not without reason, if we may judge from the following announcement in a Massachusetts paper:—'Died in Salem, Master James Berry, aged twelve, whose death was caused by excessive smoking of cigars.' Two cases of death by excessive smoking are quoted by Gmelin, in one instance by seventeen pipes at a sitting; in the other by nineteen. The great objection to its use is, that it vitiates or wastes the saliva, and thus injures the digestion and appetite; the glands of the mouth are affected, for the saliva becomes bitter and the breath fetid; the teeth are rendered yellow and black, and without excessive caution, in carefully washing the mouth after each indulgence, the gums are liable to become diseased and the teeth consequently to decay; the sight very often

is impaired; and if the habit be carried to excess, the mental faculties are often injured. Smoking is decidedly injurious to the thin, to hectic and hypochondriac persons; it creates an unnatural thirst, and too often leads to spirit drinking; it gives a taste for indolent habits and to a general torpor. Excessive smoking is neither warranted by good sense, nor can it be indulged in without detriment to the functions of the organs." Another writer in the *Penny Cyclopædia* makes the following observation, which is a fitting conclusion to Dr. Sigmond's remarks. "Tobacco must therefore be considered a narcotic, acrid poison. Habit however reconciles the system to its action when used moderately, but nothing can secure the body from its irritative property. The evils which follow are not always very obvious, but that injury does result in most cases, is certain."

One strong argument adduced in favor of smoking is that it is beneficial in preventing plagues, and other infectious diseases; but it appears from the observations of Dr. Russell, that those who smoke at Aleppo, are quite as subject to the infection of plague as are other persons.

So sensible is every brute creature of the poisonous and deleterious quality of the tobacco plant, that not one of the various tribes of beasts, birds, or reptiles, has ever been known to taste it. It has been reserved to man alone, to make use of this poisonous plant. Man tastes every thing and makes every thing subservient to his appetite.

"Prompted by instincts never erring power
Each creature knows its proper aliment,
Directed, bounded by this power within,
Their cravings are well aimed: Voluptuous man
Is by superior faculties, misled:—
Mised from pleasure even in quest of joy."

ARMSTRONG.

From the domestic chemist a useful little work on detecting adulterations and poisons,—it appears that snuff is adulterated with inferior sorts of powdered tobacco, and frequently with vegetable powders entirely free from odour, such as the sweepings of snuff shops, pulverised nut shell, and the powder of old rotten wood called powder post. The color is improved by ochre or umber, and the appearance or feel is modified by the addition of treacle and urine; the latter is added for the sake of its ammonia and thus increasing the pungency of the snuff; powdered glass is also added, to render its acrimony more potent; common salt is added to increase the weight, and muriate of ammonia and sugar candy, also enter into the endless list of adulterations of snuff. Tobacco is adulterated with nitric acid and potash, which are ingredients of saltpetre, and are added to make it burn readily. Lead, copper, antimony, sulphuric acid, alum, chlorine and corrosive sublimate—a deadly poison—sugar, black-hellebore, and dried dock leaves, are also used to adulterate tobacco. When it is too aromatic it contains cascarilla and other drugs. The smoke of adulterated tobacco, adds the same work, is very injurious to the lungs.

It is not long since an account appeared in the London papers, of a cigar manufacturer having been detected in making cigars of dried cabbage leaves soaked in a strong decoction of tobacco. At Beverley a man was recently in custody, for having upon his premises several tons of dock leaves for supplying a London cigar manufacturer, to be used for a similar purpose. It was said that enormous quantities of these leaves had been sent to London by the same person, for making cigars and adulterating tobacco, besides being a direct fraud upon the revenue and an injury to the honest trader. He used to represent to his neighbours, that the leaves were for bedding his pigs, and in the writer's opinion, a much more appropriate purpose than that to which they were applied. But to crown all, it is only a few months ago, that a

person at Sheffield was detected in adulterating his tobacco with dried horse's dung, and selling it as capital "*snuffs*," a description of short-cut tobacco, well known amongst the lovers of the "*Indian-weed*." To shew that adulteration has been at all times, and is at the present day, practised to a great extent, it appears by an act of parliament passed in the reign of George I, that persons employed in the adulteration of tobacco with herbs and other materials, may be imprisoned six months; by another act passed in the reign of George III, persons cutting walnut-tree, hop, sycamore, or other leaves in *imitation* of tobacco, are liable to forfeit £200.; and by an act passed in the present year, it is enacted "that any manufacturer of tobacco, having in his possession any commins or roots of malt, roasted grain, succory, lime, sand, umber, ochre, sea-weed, ground wood, peat or other moss, or any dried leaves, or herbs, for adulterating tobacco or snuff, or increasing their weight, shall forfeit the same, and £200."

Accidents happen oftener with tobacco than is commonly supposed. Severe languor, retching, and convulsive attacks sometimes ensue from the application of ointment, made with this plant, for the cure of ringworm; Santeuil, the celebrated French poet, lost his life in consequence of having unknowingly drunk a glass of wine, into which had been put some Spanish snuff. Sir Astley Cooper, Sir Charles Bell, Fuller, Dr. Paris, and Dr. Grahl, of Hamburgh, each relate dreadful and fatal effects of the application of tobacco when used medicinally; and Dr. Sigmond advises the greatest caution in its use.

Destructive accidents have also occurred through carelessness in using a lighted pipe, particularly in farming business, where sparks of tobacco have been scattered amongst straw; warehouses and manufactories have also been burnt to the ground through the same cause. Carrier waggons and stage coaches have frequently been consumed by the smoking of passengers. The practice is now,

however, strictly forbidden on all railways, both for the sake of security and to prevent annoyance to other passengers.

"The effects of Tobacco," says Macnish, "are considerably different from those of any other intoxicating agent. Instead of quickening, it lowers the pulse, and, when used to excess, produces languor, depression of the system, giddiness, confusion of ideas, violent pain in the stomach, vomiting, convulsions, and even death. When used in moderation, tobacco has a soothing effect upon the mind, disposing to placid enjoyment, and mellowing every passion into repose. Its effects, therefore, are intoxicating. In whatever form it is used, it produces sickness, stupor, bewilderment, and staggering in those unaccustomed to its use. There is no form in which it can be taken that is not decidedly injurious and offensive. The whole, from snuffing to plugging, are at once so utterly uncleanly and unnatural, that it is incredible they ever insinuated themselves into civilized society. Though a moderate quantity of snuff taken now and then, may do no very great harm, yet in the extent to which habitual snuffers carry it, the practice is positively pernicious. The membrane which lines the nose gets thickened, the olfactory nerves blunted, and the sense of smell consequently impaired. Nor is this all, for, by the strong inspirations which are made when the powder is drawn up, some of the latter is pretty sure to escape into the stomach. This organ is thence directly subjected to a powerful medicine, which not only acts as a narcotic, but produces heartburn, and every other symptom of indigestion. It is generally believed that Napoleon owed his death to the morbid state of his stomach produced by excessive snuffing. Snuffing has also a strong tendency to give a determination of blood to the head, and on this account plethoric subjects should be the very last ever to enter upon the habit. If it were attended with no other inconvenience, the black loathsome discharge from the nose and the swelling and rubicundity of this organ, with other

circumstances equally disagreeable, ought to deter every man from becoming a snuffer. The smoker, while engaged at his occupation, is even happier than the snuffer. An air of peculiar satisfaction beams upon his countenance; and as he puffs forth volumes of fragrance, he seems to dwell in an atmosphere of contented happiness. His illusions have not the elevated and magnificent character of those brought on by opium or wine. There is nothing of Raphael or Michael Angelo in their composition—nothing of the Roman or Venetian schools—nothing of Milton's sublimity or Ariosto's dazzling romance; but there is something equally delightful, and in its way equally perfect. His visions stand in the same relation to those of opium or wine, as the Dutch pictures of Ostade to the Italian ones of Paul Veronese—as Washington Irving to Lord Byron—or as Izaak Walton to Froissart. There is an air of delightful homeliness about them. He does not let his imagination run riot in the clouds, but retains it to the lower sphere of earth, and meditates delightfully in this less elevated region. If his fancy be unusually brilliant, or somewhat heated by previous drinking, he may see thousands of strange forms floating in the tobacco smoke. He may people it, according to his temperament, with agreeable or revolting images—with flowers and gems springing up, as in dreams, before him—or with reptiles, serpents, and the whole host of *diablerie*, skimming, like motes in the sunshine, amid its curling wreaths. This is all that can be said in favor of smoking. In no sense, except as affording a temporary gratification, can it be justified or defended. It pollutes the breath, blackens the teeth, wastes the saliva which is required for digestion, impairs the fine nerves of the brain, destroys the appetite and injures the complexion. In addition to this, it is apt to produce indigestion and other disorders of the stomach; and in corpulent persons, it disposes to apoplexy. At the present moment, smoking is fashionable, and crowds of young

men are to be seen at all hours walking the streets, with cigars in their mouths annoying passengers. They seem to consider it manly to be able to smoke a certain number, without reflecting that there is scarcely an old woman in the country who would not beat them to naught with their own weapons, and that they would gain no sort of honor were they able to outsmoke all the burgomasters of Amsterdam. As the practice, however, seems more resorted to by these young gentlemen for the sake of effect, and of exhibiting a little of the *haut ton*, than for anything else, it is likely soon to die a natural death among them; particularly as jockeys and porters have lately taken the field in the same way, being determined that no class of the community shall enjoy the exclusive monopoly of street smoking. The observations made upon the effects of snuffing and smoking, apply in a still stronger degree to chewing. This is the worst way for the health in which tobacco can be used. The waste of saliva is greater than even in smoking, and the derangements of the digestive organs proportionably severe. All confirmed chewers are more than usually subject to indigestion and melancholy; and many of them are afflicted with liver complaint, brought on by their imprudent habit. The most innocent, and, at the same time most disgusting way of using tobacco, is plugging, which consists in inserting a short roll of the plant into the nostril, and allowing it to remain there so long as the person feels disposed. Fortunately this habit is as rare as it is abominable and it is to be hoped will never become common in Great Britain."

"We have," say the clever editors of Chambers' *Edinbro' Journal*, "more than once pointed out the dangerous effects of smoking, now one of the most vulgar *accomplishments* among young men." The following observations in a *Hamburg Journal* shewing the extent to which this vicious and mean indulgence is carried in Germany, are then quoted by the editors. "The propensity of smoking

is declared by the physicians to be actually one of the most efficient causes of the German tendency to diseases of the lungs. In point of expense, its waste is enormous. In Hamburg alone, 50,000 boxes of cigars have been consumed in a year, each box costing about £3. sterling—£150,000, puffed into the air! And it is to be remembered that even this is but a part of the expense; the cigar adorning the lip only of the better order, and even among those, only of the young; the mature generally abjuring this small vanity, and blowing away with the mighty meerschaum of their ancestors. This plague like the Egyptian plague of frogs, is felt every where and in every thing. It poisons the streets, the clubs, and the coffee houses; furniture, clothes, equipage, person, are redolent of the abomination. It makes even the dullness of the newspapers doubly narcotic; the napkin on the table tells instantly that native hands have been over it; every eatable and drinkable, all that can be seen, felt, heard, or understood, is saturated with tobacco; the very air we breath is but a conveyance for this poison into the lungs; and every man, woman, and child, rapidly acquires the complexion of a boiled chicken. From the hour of their waking, if nine-tenths of the population of Germany can ever be said to be awake at all, to the hour of their lying down, which in innumerable instances the peasantry do in their clothes, the pipe is never out of their mouths; one mighty fumigation reigns, and human nature is smoke dried by tens of thousands of square miles. But if it be a crime to shorten life, or extinguish faculties, the authority of the chief German physiologists charges this custom with effecting both in a very remarkable degree. They compute that of twenty deaths, of men between eighteen and thirty-five, ten originate in the waste of the constitution by smoking. The universal weakness of the eyes, which makes the Germans pre-excellence a spectacled nation is attributed to the same cause of general nervous debility. Tobacco burns out their

blood, their teeth, their eyes, and their brains; turns their flesh into mummy, and their mind into metaphysics."

As to the universality of smoking, the following extract from a learned paper on "The introduction and use of Tobacco," in the Asiatic Journal, vol. 22. will give some idea:—"In Spain, France, Germany, in Holland, Sweden, Denmark, and Russia, the practice of smoking tobacco prevails amongst the rich and the poor the learned and the gay. In the United States of America smoking is often carried to an excess. It is not uncommon for boys to have a pipe or cigar in the mouth during the greater part of the day. The death of a child is not unfrequently recorded in American newspapers with the following remark subjoined:—"supposed to be occasioned by excessive smoking." If we pass to the east we shall find the practice almost universal. In Turkey the pipe is perpetually in the mouth; and the most solemn conferences are often concludcd with a friendly pipe. In the Indies not merely all classes but both sexes inhale the noxious vapour. In China the habit equally prevails."

Lord Byron in his poem of "The Island" thus apostrophises tobacco on the universality of its use as a luxury:—

"Sublime tobacco!—which from east to west
Cheers the tar's labours, or the Turkman's rest;
Which on the Moslem's ottoman divides
His hours,—and rivals opium and his brides;
Magnificent in Stamboul, but less grand,
Though not less loved, in Wapping or the Strand."

The practice of smoking is carried on in many countries without the aid of a pipe. The Arabs and Turks use their *chibouk*; the Persians and Hindoos the *hookah*; the Germans the *meerscham*; the Dutch and English the *clay-pipe*, while in Spain, Italy, and every part of America, cigars are used almost to the entire exclusion

of the pipe. Of all the various ways in which tobacco is used in England, none has made more striking advances within the last few years than cigars. However this form of the plant may be used in Spain and the tropical regions, it was till within a few years ago scarcely known in England except to the higher class of smokers; "but now," observes an individual lately writing on the subject, "every stripling who is just starting up into manhood thinks a cigar indispensable as a symbol whereby the world may know that he is at length become a man; and lest this important piece of information should not be diffused widely enough by his remaining within doors, he exercises his new vocation in the street." In consequence of the custom becoming thus vulgar, it is now affirmed that "cigar smoking in the streets has been totally relinquished amongst the genteel portion of smokers, and is now solely confined to shop-boys and domestics."

"Smoking, or as the phrase was, taking tobacco" says Sir John Hawkins, "was in Queen Elizabeth and her successors' time, esteemed the greatest of all foppery. Ben Jonson, who mortally hated it, has numberless sarcasms against smoking and smokers; all which are nothing compared to those of our British Solomon James I, who like many other monarchs, for the sake of the public health, did not think it below his royal dignity to take up his pen on the subject. In 1603 he published his famous work called, '*A Counterblaste to Tobacco*,' in which the following remarkable passages occur:—"It is," says he (alluding to smoking,) a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fume thereof, nearly resembling the horrible stygian smoke of the pit that is bottomless. "Tobacco" he further observes "is the lively image and pattern of hell, for it hath by allusion in it all the parts and vices of the world, whereby hell may be gained; to wit, First it is a smoke, so are all the vanities

of this world. Secondly it delighteth them that take it; so do all the pleasures of the world delight the men of the world. Thirdly it maketh men drunken and light in the head, so do all the vanities of the world, men are drunken therewith. Fourthly he that taketh tobacco cannot leave it; it doth bewitch him; even so the pleasures of the world make men loath to leave them; they are, for the most part enchanted with them. And further, besides, all this, it is like hell in the very substance of it for it is a stinking loathsome thing, and so is hell;" and moreover his majesty declared that "were he to invite the devil to dinner, he should have three dishes; first a pig; second a poll of ling and mustard, and third a pipe of tobacco for digestion."

To bear out his majesty that tobacco "doth bewitch men and make them loath to leave it," the following anecdotes will sufficiently show.

On its first introduction our ancestors carried its use to an enormous excess, smoking even in the churches, which was the cause of Pope Urban VIII, publishing his decree of excommunication against those who should use so unseemly a practice. This excess is perhaps only equalled by the case of William Breedon, vicar of Thornton in Buckinghamshire, of whom Lilly the astrologer says, "when he had no tobacco he would cut the bell ropes and smoke them!" It is a tradition in Herefordshire, that a man of the name of Kemble was so infatuated with smoking and the "ruling passion being so strong in death," that on his being condemned for heresy he actually went through a crowd of weeping friends for a distance of some miles, on his being taken from prison to suffer martyrdom, smoking a pipe with the greatest composure and fortitude. Hence in that country has arisen a saying that the last pipe smoked at a sitting is a *Kemble-pipe*. Many persons by continually holding a pipe in their mouths have worn away a hole in their teeth fitting the shank of the pipe.

The great Frederick of Prussia had his pockets lined with tin to hold snuff, and they, it is said, were generally well filled. Bonetus says "that a certain physician was not satisfied with indulging in the habit of smoking during the day-time but he must have a lamp hung to his bed with wax candles and pipes. Upon his death, his head was examined, when the whole brain was so dried that it was not larger than a nut." A military officer who had been an incessant smoker from childhood, was found by Krankius to have a dense substance in the skull resembling soot in taste, and appearance, which was attributed to tobacco. And last, though not least, the author of "The Old Smoker's reasons for breaking his pipe," (and who was himself a minister of the gospel,) relates the following ludicrous narrative:—"A minister of the Gospel smoked almost from morning till night; but through the fumigation some how or other his breast was wounded by the shafts of love; he made overtures of marriage; these were acceded to, provided the reverend gentleman would altogether desist from smoking; but this was too great a sacrifice. However, after several endeavours, the lady so far accommodated herself to his habit to consent, provided he smoked no more than *fifteen pipes* in one day. No entreaties of the divine could prevail: the lady was inexorable. With that deliberation and gravity which such a subject demands, he weighed the pipe and the object of his affections in the balance of his judgment, and mark the result, he turned his back on the temple of hymen, and soberly walked off with the smoking tube in his hand."

"The use of tobacco," says John Wesley, "is an uncleanly and unwholesome self-indulgence; and the more customary it is, the more resolutely should you break off from every degree of that evil custom." "Snuff-taking," continues he, "is a silly, nasty, dirty custom; a vile bondage, which we should break at once."

Dr. Adam Clarke says "the common use of snuff has

a direct tendency to dry up the brain, emaciate the body, enfeeble the memory, and destroy in a great measure the delicate sense of smelling—to produce apoplexies, abscesses, consumptions, cancer on the lip, and innumerable other diseases.”

Mr. Curtis, in his observations on health, says “the excessive use of tobacco in whatever shape it is taken, heats the blood, hurts digestion, wastes the fluids and relaxes the nerves. A patient of mine who used to boast of the number of cigars he could smoke in a day, produced ptyalism or salivation by his folly, and had he not abandoned the practice he would have lived but a very short time. Snuff is highly injurious to apoplectic persons, and those labouring under deafness and other diseases of the head—to the consumptive, to those afflicted with internal ulcers or subject to spitting of blood. It is an uncleanly habit, it vitiates the organs of smell; taints the breath; weakens the sight by withdrawing the humours from the eyes; impairs the sense of hearing; renders breathing difficult; depraves the appetite; and if taken in abundance gets into the stomach and injures in a high degree the organs of digestion.”

Another writer observes, in An article on the Medical properties of Snuff, “that snuff stimulates the mucous membrane of the nose, and sympathetically the whole body by which the mental powers are affected. It is liable to bring on so profuse a discharge of matter from the delicate membrane lining the nose as to relax and corrode it, and to produce polypus, or a concretion of clotted blood in the nostrils, and an accumulation of matter in the head. Public speakers, teachers of languages, and all those to whom a clear and distinct articulation is necessary, ought to avoid this habit. While the nose is continually obstructed and a free respiration is impeded, the habitual snuff-taker generally breathes through the mouth only, and is obliged at always keep his mouth partly open, and to inspire

more frequently, and with greater efforts, which are always productive of injury to the system.”

Speaking of cigar divans and smoking, the Rev. J. A. James observes, “It may, to some, seem trifling to say, that the first cigar a young man takes within his lips often becomes his first step in the career of vice. I knew a youth, the son of a minister too, who acquired such a passion for this species of gratification that it contributed to the ruin of his circumstances as well as of his character. His income was limited, and he was at one time £20. in debt to a tobacconist for cigars, at whose house he used to meet a company of youths, as idle as himself, to enjoy the gratification of smoking. Another individual in Liverpool used to spend a pound a day in cigars, which he had sprinkled with otto of roses before he smoked them. I always grieve and tremble over every young man whom I see contracting this habit,—it often leads to other and worse things.”

The author in his time has known many persons who by the constant habit of smoking, have rendered life anything but agreeable, and two individuals whom he well knew, he is confident shortened their days by scarcely ever having the pipe out of their mouths whilst at work, until they became exceedingly nervous and totally lost their appetites, except for weak and diluted liquors. He is happy however to say that he succeeded in winning from this bad habit one individual, who had by frequently smoking brought on indigestion and a depraved appetite, and was therefore a sufferer to all the train of evils consequent on such a derangement of the system. After about six months totally refraining from smoking, he informed the author with pleasure that he had lately enjoyed better health than he had done for some years previously.

The author of the “Hints on Etiquette” observes, “if you have been so unfortunate as to have contracted the low habit of smoking, be careful to practice it under

certain restrictions, if you are desirous of being considered fit for civilized society. The first mark of a gentleman is a sensitive regard for the feelings of others; therefore smoke where it is least likely to prove personally offensive by making your clothes smell; then wash your mouth and brush your teeth. What man of delicacy could presume to address a lady with his breath smelling of onions? Yet tobacco is equally odious. The tobacco smoker in public, is the most selfish animal imaginable; he perseveres in contaminating the pure and fragrant air, careless whom he annoys, and is but the fitting inmate of a tavern. Smoking in the streets, or in other public places is only practised by shop-boys, would-be-fashionables, and the "swell mob." All songs that you may have seen written in praise of smoking in magazines, or newspapers, or heard sung upon the stage, are *puffs* empty and unmeaning as those flying from the pipe, and are paid for by the proprietors of cigar divans and tobacco-shops to make their trade popular, therefore never believe or be deluded by them. Snuff-taking is merely an idle, dirty habit, practised by stupid people in the unavailing endeavour to clear their stolid intellect, and is particularly offensive to their neighbours. 'Dr.' said an old gentleman who was an inveterate snuff-taker, to a physician, 'is it true that snuff destroys the olfactory nerves, clogs and otherwise injures the brain?' 'It cannot be true' was the caustic reply 'since those who have any brains never take snuff at all.'

"We would recommend it to every young man," says the author of "The young man's own book," "to avoid taking snuff or smoking; the latter is characteristic of vulgarity, and the first though a fashionable affectation, is a filthy practice; they both tend to sully and dirty the mouth, than which there cannot be a more disagreeable thing. Besides snuff-takers are generally very dull and shallow people, and have recourse to it merely as a fillip to the brain; by all means therefore avoid the filthy practice."

In a volume of Blackwood's magazine is the following piece of advice given to the ladies. The writer says, "Let me give this one hint to the dearest sex:—Do let the scholar, the gentleman, the man of sense, have a fair hearing. And when such a one does utter sweet things to you—how sweet—they will not come from a mouth tainted with cigar. His soft and pure breathings will need no fumigation—they will have a natural enchantment. You will be spared the incense of tobacco—the odious incense of a lying breath—the insult of tobacco. Were I a woman, I had rather be a widow and wear weeds, such as might become a widow, than admit a filthy fellow to blow his weed into my nostrils. It must be the poison of that noxious weed that has pinched in and deteriorated to such a degree, as we see them, the bodies of the young men of the present day. Half of them are dwindling fast into shadows, nipt, cast-off, smoking away their own epitaphs—'Fumus et umbras unus'—we are but smoke and shadow."

One of the objections raised against smoking tobacco is its being offensive to ladies and banishing them from the society of men. In nations where the fair sex are thus excluded the consequence is, the loss of polished manners, and frequently also of morals. The pipe banishes them from our society, but should they be sufficiently hardy to endure the suffocating fume, they suffer for their temerity. When they retire to get rid of the noxious vapours, they are obliged to purify their vestments ere they can place them in the drawers, or cloth themselves with them again.

"Pernicious weed! whose scent the fair annoys,
Unfriendly to society's chief joys;
Thy worst effects is banishing for hours
The sex, whose presence civilizes ours:
Thou art, indeed, the drug a gard'ner wants,
To poison vermin that infest his plants;

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Thy worst effects is banishing for hours
The sex, whose presence civilizes ours:
Thou art, indeed, the drug a gard'ner wants,
To poison vermin that infest his plants;

But are we so to wit and beauty blind,
As to despise the glory of our kind,
And show the softest minds and fairest forms,
As little mercy as the grubs and worms."

COWPER.

The following exquisite piece of sarcasm, on snuffing, lately appeared in "The Commissioner," a periodical publication. The observation made by the Chevalier is just such as might be expected from any individual, a stranger to the habit. "With that he thrust his hand into one of the large flaps of his waistcoat, drew out a ponderous gold box, extracted enough from it of a black looking powder to have charged a musket, and crammed the dust up his left nostril. 'May I ask what that stuff is?' said the Chevalier, 'I have seen a great number of persons stopping their noses with something of the same kind, as if this country was famous for bad smells, and they wanted to keep them out.' 'I will tell you what it is Chevalier,' said Mr. Longshanks; 'it is what we call snuff, the powder of a poisonous weed, which by this process is rendered very serviceable to our frailties. I have heard that you think us all mad, but that is a mistake; we are only all foolish. This snuff gives a man something to do when he has nothing; spares many an empty head the trouble of making an answer; gives politicians, hypocrites, and knaves, time to compound a lie when they have not one ready; furnishes a wise look for a fool's face; enables men by grimace to cover an emotion, and prevents people leading you by the nose, for fear of drifting their fingers."

Dr. Radcliffe recommends snuff as being of the deepest importance to the physician in giving him an opportunity, when asked a question which requires momentary thought, to deliberate during the operation of taking a pinch of snuff.

"As a friend to noses, of all denominations," says a writer

in the New Monthly Magazine, "I must here enter my solemn protest against a barbarous abuse to which they are too often subjected, by converting them into dust holes, and soot bags, under the fashionable pretence of taking snuff, an abomination for which Sir Walter Raleigh is responsible, and which ought to have been included in the articles of his impeachment. When 'Some Sir Plume of amber snuff-box justly vain,' after gently tapping its top, with a look of diplomatic complacency, embraces a modicum of its contents with his finger and thumb, curves round his hand so as to display the little brilliant on his little finger, and commits the high-dried pulvillio to the air, so that nothing but its impalpable aroma ascends into the nose, we may smile at the custom, as a harmless piece of foppery; but when a filthy, clammy compost is perpetually thrust up the nostrils with a voracious pig-like snort, it is a practice as disgusting to the beholders as I believe it to be injurious to the offender. The nose is the emunctory of the brain; and when its functions are impeded, the whole system of the head becomes deranged. A professed snuff-taker is generally recognisable by his total loss of the sense of smelling, by his snuffing and snorting, by his pale sodden complexion, and by that defective modulation of the voice called talking through the nose; though it is, in fact, an inability so to talk, from the partial or total stoppage of that passage."

A vast quantity of valuable time is wasted by the votaries of tobacco, especially by the smokers; and that the devotees of snuff are not greatly behind in this respect will be shown by the following singular calculation of Lord Stanhope:—"Every professed, inveterate, and incurable snuff-taker," says his lordship, "at a moderate computation, takes one pinch in ten minutes. Every pinch, with the agreeable ceremony of blowing and wiping the nose, and other incidental circumstances, consumes a minute and a half. One minute and a half out of every ten, allowing

sixteen hours to a snuff-taking day, amounts to two hours and twenty-four minutes out of every natural day, or one day out of ten. One day out of every ten, amounts to thirty-six days and a half in a year. Hence if we suppose the practice to be persisted in forty years, two entire years of the snuff-takers life will be dedicated to tickling his nose, and two more to blowing it. The expense of snuff, snuff-boxes, and handkerchiefs will be the subject of a second essay, in which it will appear that this luxury encroaches as much on the income of the snuff-taker as it does on his time; and that by proper application of the time and the money thus lost to the public, a fund might be constituted for the discharge of the national debt."

That his lordship does not materially exaggerate in these calculations will be apparent when compared with facts connected with the useless, idle, and injurious customs of smoking and taking snuff. In Hamburgh, as has already been shown, £150,000, a year are puffed into the air in the use of cigars alone! In the United States of America, fifty-millions of dollars are spent in cigars. In 1836, the consumption of tobacco in France, is stated to be nearly five-millions of pounds. And in Great Britain, in 1830, the quantity of leaf and manufactured tobacco, cigars, and snuff, entered for home consumption, amounted to nearly twenty-millions sterling. From the duty paid on this pernicious article, government derives one of its principal sources of the revenue, which, according to Maculloch's Dictionary, amounts to no less than three-millions annually. But let us take an individual case. Suppose a man, in order to feast his nose or gratify a perverted and artificial appetite, spends sixpence a week in tobacco—and how many poor men do this?—at the end of the year he has spent £1. 6s. and if continued for forty years, £52. This is a moderate computation, when we take into consideration, that a spiritual officer in a christian church lately confessed that he had "puffed away £5. annually." And what, let

us ask, has the smoker had for his money?—nothing that is beneficial or tangible—it has all gone like many other things that end in *smoke*. Now this £1. 6s., according to the author's ideas, might have been laid out to much better advantage in performing a number of useful offices. It might have purchased some useful article of furniture or dress. It might have procured some valuable books, or a newspaper, or other entertaining periodical. It might have contributed towards assisting a young man in paying back some part of that boundless debt which he owes to the care and tender anxiety of his aged parents who may have lived long enough to feel the want of a son's solicitude. Or if not required for any of these purposes it might have been deposited in a savings' bank, or some other place of security, where it would be daily accumulating, and would be ready for the hour of sickness and need. A man at the age of twenty-four years by an annual payment of £1. 6s. might in any of the insurance offices secure at the age of sixty, an annuity that would in a great measure assist in rendering his declining years comparatively independent.

Those who are addicted to smoking, or snuff-taking, would only be considering their best interests by forsaking habits which not only prove highly injurious to health, but are a heavy pecuniary tax. In the author's opinion, it is an extreme perversion of the reason of man, and subversive of his better feelings in pandering to the grosser and animal passions, when the money and time wasted in their gratification, might be more commendably employed in procuring intellectual entertainment; in contributing towards acts of duty and benevolence; in improving personal appearance; in adding to the physical comforts, and in retaining unimpaired that frame so "wonderfully and fearfully made;" for he who wilfully transgresses the laws by which that noble piece of mechanism—the human structure—is governed will in the end most assuredly pay the penalty of a breach of those laws.