ON
SMOKING, CHEWING,
AND
SNUFFING;
ITS
PERNICIOUS & DESTRUCTIVE
TENDENCY,

Both Mentally and Bodily.

BY MARSHALL,

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ENTERED AT STATIONERS' HALL.

INTRODUCTION.

TO THE READER,

I trust this little book will prove as useful as the Writer's hopes lead him to expect, feeling certain that the majority of Smokers, Chewers, and Snuffers, are not altogether aware of its consequences; they never imagine either can bring on illness, but always impute it to some other cause, whereas both smoking and chewing, and likewise snuffing long persisted in, bring on the worst of maladies, and aggravate nearly every complaint.

THE AUTHOR.

ON
SMOKING, CHEWING,
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MISCHEVIOUS & DESTRUCTIVE TENDENCY,
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THE following is an unexaggerated account of the effects of smoking on the constitution, as proved by the best Physicians, and also by myself and numbers of smokers. Its danger has been fully tested by them both practically and theoretically. It brings on depravity and weakness of the brain, in time affecting all its members, gradually but surely; memory and all the intellectual powers are weakened and corrupted by its use; it is soothing, stupifying, and deadening, which is a sure indication of its pernicious working on the brain. It should be shunned as the worst of poison (which it is) by everyone inclined for study, and by everyone who has an inclination to do what they have to do in a proper manner; also by the invalid, and by everyone who would wish to enjoy pleasure without alloy.

In many persons it causes a very bad temper, and in all smokers great shakiness and nervousness, and makes them often disagreeable to talk with, muddles and makes them swimmy; it also renders them unfit to write properly immediately after the act. It is destructive to the teeth, and causes a sad waste in that rich and necessary fluid, the Saliva, thereby interfering with the functions of digestion, for it would be better that scarcely any food be taken at all, than to bolt or swallow it, without properly impregnating it with the Saliva, and giving it a perfect mastication. The sickly smoker will therefore see his danger. The Lungs likewise suffer—it gives a sheepish, pale, sallow, thin, and emaciated appearance to many; in fact it is highly injurious to the strong, but more especially to the weak, to the fat, but more particularly the lean. Its constant tendency is to level us with the brute. It is all outlay, without the least particle of return or benefit.

To those troubled with any complaint, such as nervous debility, low spirits, head-aches, melancholy and depression, caused by particular excesses, it is a great aggravation, indeed, to a great many it is the sole cause of these complaints; scarcely any cures need be expected while smoking, chewing, or snuffing is persisted in. Let any smoker, **STRONG** or **WEAKLY**, leave off the habit, (say for one week,) and see if he will not be fifty times more competent to attend to his business or pleasure, by being the possessor of a more valuable and clearer head. Business will then (in time) become a pleasure,

but it will be imperatively necessary to keep from thinking of the detestable habit, or it will, till we become used to its discontinuance, cause a little annoyance; keep the mind employed—do not let it have (like a child) any little toy it may want to play with. It time you will find more difficulty to return to it, than you now experience in your endeavours to leave it off; strong minds will not find it difficult to leave off, weak minds may find it rather difficult at first; but strong minds are soon weakened by the use of tobacco, so that it may be inferred, the longer we use ourselves to a bad habit, the longer it takes to cure us of the evil effects of that habit, and to give us our natural strength and command over ourselves, so the sooner we set about an improvement the better; but I will venture to say, that in a month or so, those who have been great smokers, will have reason to be thankful for having abandoned the filthy and pernicious practice. They will not wish to return to it again, unless they have a very lazy turn of mind, with no firmness of character left, which must be deeply deplored.

Its great annoyance to the gentler sex must not be passed over in silence, for it is very great in many instances, although they generally suppress and hide the disgust they have and feel through it. Many young men have entirely left off smoking on this account alone, but they have had strong minds, and have left off in time, thinking this objection quite sufficient to warrant them

in feeling a disgust at it. But this is a very small objection in comparison with the effects we have shown it has on the constitution, it however tends to show what can be done by a right way of thinking. And in conclusion, (if you wish to improve) the writer begs to request you will not let the habit master you any longer, which it assuredly will, if you do not act the MAN. You need not fret about the revenue, tobaccanist, or cabbage dealer, they will rub on without you—look to home first.

The following are extracts from eminent Medical Gentlemen on the subject,—

“Tobacco plays a very important part in this country, as to the habits of the people; however used, whether smoked, chewed, or taken as snuff, its action on the system is but little different. It is essentially a narcotic, and as such it is detrimental to the power and healthiness of the nervous system, as such, it stimulates, at the expense of subsequent depression, and eventual loss of tone, as such, it interferes with the functions of assimilation and expenditure, and as such, is injurious to the health of the system.

“Tobacco exerts more marked and injurious effects when chewed, less of these when smoked, and is least deleterious when used in the form of snuff; this is only,

however, a question of degree, and in the temperate climates the use of tobacco in any way can only be justifiable, when from poverty of diet, and consequent vital depression, the effects of an habitually used narcotic may not be undesirable."

ROBERTSON, "on Diet and Regimen."

"THE MISCHIEF OF SMOKING.—In the first place it occasions, usually, a terrible waste of Saliva, which Saliva otherwise would go to assist in digesting the food; but in proportion to the excessive demand, such as occasioned by smoking, does it become thin and inefficient for that purpose. If smoking do not provoke spitting, it exercises more freely its narcotic and stupifying property; hence the notion that smoking is soothing and comforting, because it may thereby certainly tranquilize, but whilst it composes, it most insidiously enervates. Inveterate smokers invariably, more or less, are dyspeptics, and, with scarcely an exception, highly nervous. Smoking usually provokes drinking, and hence another evil. But I almost question whether smoking alone, where it must be, or will be persevered in, is not more mischievous without a stimulant, which latter, by diverting the secretions, carries off the effects of the tobacco. Smoking therefore, alone or with drink, especially if indulged into to excess, creates great shakiness and nervousness the following day. Independent

of this ordinary consequence from a smoking 'bout,' the continual use of it spoils the teeth, renders offensive the breath, thins the face most remarkably, gives a dark shade under the eyes, and, what is well attested by first-rate medical authority, tends terribly to emasculate the strongest individual. An invalid should not smoke, and a man who studies his health had better also abstain from it."

Dr. CULVERWELL, on "How to be happy."

"Among the habits to be avoided, is that of tobacco smoking; odious and vulgar as it is, whoever may be addicted to it. It is peculiarly objectionable in youth in course of education for the medical profession; offensive as it necessarily must be to patients who are cognisant of it, either by smell or sight. Independent of its pernicious effects, it also marks an inferiority of mind, and disposition to other idle and lounging habits, habits injurious in a high degree (if not fatal) to mental progress, and to the acquisition of knowledge."

Mr. MARTIN'S "Memorandum on Medical Apprenticeship."

"Snuffing and smoking, medically speaking, are both abominably unwholesome. To those whom smoking causes to spit, it is productive of great depression, and considerable nervous irritability; to those who say they swallow their saliva, it is equally pernicious;

to those who are insensible to secretion, it acts locally, and its influence is conveyed by the nervous extremities to the BRAIN."

"The property of Tobacco is sedative, stupifying, creative of vomiting, and if swallowed in the form of infusion, poisonous. The great smoker is generally shaky and nervous, and like the drinker, never happy but when engaged in his favorite propensity. Some people it muddles, makes them swimmy, and very disagreeable to talk to. To say nothing of the nuisance of smoking,—the habit captivating and socializing as it may be, is decidedly bad, very bad for delicate persons. As to chewing, it happily is not a national habit, it is so beastly a one that there is little to fear of an invalid resorting to it; it is even more pernicious than smoking. With regard to snuff, young men should particularly avoid becoming snuffers, as a very short indulgence makes them look ten years older. These habits are very easy to acquire, and very difficult to leave off; but it is not as some people say, dangerous to abandon them at the eleventh hour of your life; mayhap such may not be necessary, but I have known people give up smoking and snuffing which they had indulged in for years, at a moment's notice, and those people have been my patients, and they have soon found reason to thank me for the advice."

Dr. CULVERWELL, on "Guide to health."

A Friend states, "That after smoking twenty-seven years, and falling into very bad health—head weak and sight failing—he resolved to abandon the use of tobacco: he has adhered to his resolution for two years, and has now completely recovered his health and strength."

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