

**ABOUT TOBACCO AND ITS  
DELETERIOUS EFFECTS: A  
BOOK FOR EVERYBODY,  
BOTH USERS AND NON-USERS**

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About Tobacco and Its Deleterious Effects: A Book for Everybody, Both Users and non-users by  
Charles Elihu Slocum

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A BOOK FOR EVERYBODY, BOTH  
USERS AND NON-USERS

BY

CHARLES ELIHU SLOCUM, M. D., PH. D., LL. D.  
(COLUMBIA UNIVERSITY, AND UNIVERSITY OF PENNSYLVANIA)  
MEMBER OF LOCAL, OHIO STATE, AND THE AMERICAN  
MEDICAL ASSOCIATIONS

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*There is neither tobacco nor alcoholic beverage in  
the science of good health or the conditions  
for true manhood.*

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a conscience and will cultured  
to duly respect the health of  
body and mind of self, and the  
rights of others.





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# YSAARBLI BMAI

## THE CRAVING FOR TOBACCO, OR ANY OTHER NARCOTIC

is but a perversion of physiologic, healthful appetite which, if gratified, soon leads to perversion and destruction of the victim's will, or the faculty of conscious or deliberate action to quit what appeals to every clean, well-informed mind as an unclean and most sinful habit against self, and against the human race.

## PREFACE

The writer, a physician of over forty years practical experience, like all physicians of ample patronage, has seen very largely of the baneful effects of tobacco, as enumerated on succeeding pages. He is impelled by a sense of duty to put forth this book in hope to awaken the conscience and sense of propriety of users of tobacco, and to warn all non-users, including the young, against beginning its use.

It is hoped that the reader may herein be shown, forcefully, that the use of tobacco is one of the most unnatural, useless, and worst of habits, from the continued efforts and sickness necessary to form the habit, from its impairment of body and mind, its enslavement of the will, its disgusting encroachments on the pure air and other rights of those not addicted to it, and its further sinfulness in its entailment of degeneracy.

From the writer's observations among his patrons a large book could be written; but it appears to him preferable to bring together in small compass, for the general reader, succinct statements of many medical men, prominent in the different lines of professional activity in different countries, rather than let the evidence, herein given against the use of tobacco, rest on individual testimony.