

TOBACCO: ITS USE AND ABUSE

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649722211

Tobacco: Its Use and Abuse by J. B. Wight

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

J. B. WIGHT

**TOBACCO: ITS
USE AND ABUSE**

TOBACCO:
ITS USE AND ABUSE.

BY REV. J. B. WIGHT,
Of the South Georgia Conference.



PRINTED FOR THE AUTHOR,
PUBLISHING HOUSE OF THE M. E. CHURCH, SOUTH,
J. D. BARBER, AGENT, NASHVILLE, TENN.
1889.

"USE no tobacco unless prescribed by a physician. It is an uncleanly and unwholesome self-indulgence."—*John Wesley.*

"But O! what witchcraft of a stronger kind,
Or cause too deep for human search to find,
Makes earth-born weeds imperial man enslave—
Not little souls, but e'en the wise and brave."

—*Arbuckle's Poem on Snuff.*

I do not place my individual self in opposition to tobacco; but science, in the form of physiology and hygiene, is opposed to it; and science is the expression of God's will in the government of his work in the universe."—*Willard Parker.*

"Having for many years made a specialty of the study of the laws of health and disease, I consider this one of the greatest evils of the present day. Language cannot describe the terrible effects which tobacco produces upon both body and mind. It perverts the taste, impairs mental capacity, corrupts the moral sense, and stimulates the animal nature."—*Nathan Allen.*

1
 2
 3
 4
 5
 6
 7
 8
 9
 10
 11
 12
 13
 14
 15
 16
 17
 18
 19
 20
 21
 22
 23
 24
 25
 26
 27
 28
 29
 30
 31
 32
 33
 34
 35
 36
 37
 38
 39
 40
 41
 42
 43
 44
 45
 46
 47
 48
 49
 50
 51
 52
 53
 54
 55
 56
 57
 58
 59
 60
 61
 62
 63
 64
 65
 66
 67
 68
 69
 70
 71
 72
 73
 74
 75
 76
 77
 78
 79
 80
 81
 82
 83
 84
 85
 86
 87
 88
 89
 90
 91
 92
 93
 94
 95
 96
 97
 98
 99
 100

PREFACE.

THE author has no apologies to offer for this book. It is the result of careful investigation extending over more than three years, and is written because light is needed on this question. Many persons consider tobacco a harmless luxury, and as such they do not scruple to use it. Is it so? The question arose, and the investigation was begun in order to answer it.

The field was entered with an unprejudiced mind, for as a boy I used to look forward to the time when I should smoke as men do. As the investigation has proceeded the subject has grown; and what was once considered a harmless self-indulgence has developed into a question of great magnitude. In discussing the question no statement has been admitted which is not sustained by competent authorities. All has not been said that might be, and many authorities that could be cited have been left out because it has been thought useless to multiply them.

If I have sometimes spoken strongly, it is because I have felt strongly, and because the facts justify it. This "use and abuse" of tobacco is a subject that is too little considered. Had I failed to speak what I believed to be the truth, conscience would reproach me; for I have not written for the pleasure there is in it, but because duty to my

neighbor and to God demanded it. But it will be seen that the strongest statements are made by those who have studied the question, and have a right to speak.

It is not the object of this work to present the use of tobacco as the greatest vice that we are addicted to as a people, nor its votaries as sinners above all other men. But that tobacco-using, as commonly practiced, is a vice, and that light is needed on this question, the author has endeavored to show. The tobacco-habit numbers among its votaries some of our best and most conscientious men, who, if they were convinced of its harmfulness, would discard the weed forever. The author hazards nothing in saying that when the effects of tobacco—physically, mentally, morally, and hereditarily—are better known there will be less of it used by thinking men—men who have a work to do, and desire the best condition of body and mind in which to do it.

I know that some good men will be horrified that their idol should be so spoken of; and some bad men will cry that "now you want to take away our tobacco too." I know that the work may be pronounced one-sided, extreme, fanatical, and the like, but knowledge of this has not caused me to swerve one iota from the course dictated by reason and conscience.

I am aware that the work has many imperfections. Therefore all just, well-meant criticisms, though they may be severe, will be gladly welcomed; but such as come from

a spirit of fault-finding, or are made after but a partial and prejudiced examination of the book, will fall on deaf ears. The different chapters of the work are interdependent, and no right conception of it or of the merits of the question of which it treats can be had unless considered as a whole.

The facts and testimonials here given have been gathered from many sources, and a number of persons have rendered kindly assistance. These have my heart-felt thanks. But I must especially acknowledge my indebtedness to "The Tobacco Problem," a most excellent work by Meta Lander; to "Facts about Tobacco," by Edward P. Thwing; "The Use and Abuse of Tobacco," by John Lizars; "Smoking and Drinking," by James Parton; and "Tobacco: Its Effects on the Human System," by William A. Alcott, with "Notes and Additions" by Nelson Sizer.

With these statements I send it forth, and with the hope that it may not be without its mission of good to some one.

J. B. W.

Cairo, Ga., July 4, 1888.

CONTENTS.

	PAGE
CHAPTER I.	
The Uses of Tobacco.....	9
CHAPTER II.	
Cost of Tobacco.....	26
CHAPTER III.	
Physical Health as Affected by Tobacco.....	36
CHAPTER IV.	
Effects of Tobacco on the Mind.....	103
CHAPTER V.	
Heredity.....	117
CHAPTER VI.	
Tobacco and the Young.....	129
CHAPTER VII.	
Ladies and Tobacco.....	143
CHAPTER VIII.	
The Morality of the Habit.....	153
CHAPTER IX.	
The Social View of the Question.....	172
CHAPTER X.	
Chewing <i>vs.</i> Smoking.....	191
CHAPTER XI.	
Can the Tobacco-habit Be Mastered?.....	197
CHAPTER XII.	
An Evil to Be Remedied.....	216