

ABOUT TOBACCO AND ITS DELETERIOUS EFFECTS

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About Tobacco and Its Deleterious Effects by Charles Elihu Slocum

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CHARLES ELIHU SLOCUM

**ABOUT TOBACCO
AND ITS DELETERIOUS
EFFECTS**

ABOUT
TOBACCO
AND
ITS DELETERIOUS EFFECTS

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

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

1909
THE SLOCUM PUBLISHING COMPANY
TOLEDO, OHIO



8-10-16
T696
BIOLOGY
LIBRARY

of author.

TO LIVE PROPERLY REQUIRES

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



TO THE
FREE MEN AND FREE WOMEN
OF AMERICA

This Book
Is Respectfully Dedicated
In Recognition of Their Freedom
From the Slavery of Narcotics
And the Exemplariness thereby Exhibited

296902

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.

When a young man, the writer, like so many others, 'learned to use tobacco' and continued its use for several years in what is called moderation by the average user. Before entering upon the study of medicine, however, the ill effects of the weed became so apparent to him that he threw into the falls of Niagara nearly all of the last cigar he lighted, the holder with it. Fortunately he had enough of moral courage and strength of will left to overcome the habit's craving for continuance; and he has since been entirely free from tobacco. During all of these forty-five years of freedom, he has not ceased to be thankful for his deliverance from one of the most unnatural, enslaving, and degenerating of habits.

The writer has thus had ample personal experience with tobacco and, having for many years had in mind the publication of evidence against its use, his observations of its ill effects have probably been closer on this account. He fully accords with the strong indictment against the habit shown on the succeeding pages of this book.

CHARLES ELIHU SLOCUM.

TOLEDO, OHIO, December, 1909.

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