

Geo A McAllister

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THE

JOURNAL OF HEALTH.

CONDUCTED BY AN

ASSOCIATION OF PHYSICIANS.

Health—the poor man's riches, the rich man's bliss.

VOLUME I.



Philadelphia:

PUBLISHED AT NO. 108 CHESNUT STREET.

STEREOTYPED BY L. JOHNSON.

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1830.

[4th Improved Edition.]

life, postponing all prudential considerations, and the suggestions of his better judgment, for the gratification of present appetite and passion. The man is here merely carrying into effect the lessons which the child received.

Practice, not Proverbs.—It is very justly remarked by Beddoes, in his treatise on Hygeia, that to bear in the mouth that *health is the first of blessings*, not only answers no good purpose, but tends to create that sort of hypocrisy or self-deceit, which substitutes the repetition of a maxim for its observance. Habits such as will stand firm under difficulties and temptations, can be created only by taking up the means of securing this blessing *as a study*; that is, by fixing the attention severally upon the modes in which it is forfeited, on the advantages that accompany its possession, and the consequences of its loss. If ever the Roman address of congratulation, "*Felix quem faciunt aliena pericula cautum*;"—happy is he who learns caution from the danger of others—be appropriate, it may with the greatest right be claimed by those who learn caution with regard to their own health, from observing what brings infirmity upon others.

TOBACCO.

It is really surprising that a single individual could be found, who, after experiencing the distressing sensations almost invariably produced by the first use of Tobacco, would be willing to risk their recurrence a second time: still more so, that any one should again and again resort to the "noxious weed," until, its immediate effects being lessened by habit, it becomes an article of luxury, from the use of which it is found difficult to refrain.

The extreme nausea—pain of the head, and vertigo—the cold death-like sweat, and general exhaustion, experienced by the novice in chewing, snuffing and smoking, we should imagine would be fully sufficient to prevent the use of tobacco from becoming a habit. Yet, such is "the folly and infatuation of the human mind," and the power of custom and example, in opposition to prudence and the dictates of nature, that one of the most disgusting productions of the vegetable kingdom, "in all places where it has come," to use the quaint expression of Sir Hans Sloane, "has much bewitched the inhabitants, from the polite European, to the barbarous Hottentot."

Did this "modern herb" possess a tithe of the virtues ascribed

to it by Dr. Thorus in his *Pætopologia*;^{*} did, in fact, the least benefit result to the system from its habitual use, there would then be some reason why, "with all its loathsomeness of smell and taste," it should have become so general a favourite. But we know, on the contrary, that all who habituate themselves to its use, sooner or later experience its noxious powers.

Tobacco is, in fact, an absolute poison. A very moderate quantity introduced into the system—even applying the moistened leaves over the stomach—has been known very suddenly to extinguish life. The Indians of our own country were well aware of its poisonous effects, and were accustomed, it is said, on certain occasions, to dip the points of their arrows in an oil obtained from the leaves, which being inserted into the flesh, occasioned sickness and fainting, or even convulsions and death.

It must be evident to every one, that the constant use of an article possessing such deleterious properties, cannot fail, at length, to influence the health of the system.

In whatever form it may be employed, a portion of the active principles of the tobacco, mixed with the saliva, invariably finds its way into the stomach, and disturbs or impairs the functions of that organ. Hence most, if not all, of those who are accustomed to the use of tobacco, labour under dyspeptic symptoms. They experience, at intervals, a want of appetite—nausea—inordinate thirst—vertigo—pains and distension of the stomach—disagreeable sensations of the head—tremors of the limbs—disturbed sleep, and are more or less emaciated.

According to Boerhaave, "when this celebrated plant was first brought into use in Europe, it was cried up for a certain antidote to hunger; but it was soon observed, that the number of hypochondriacal and consumptive people were greatly increased by its use."

Dr. Cullen informs us that he has observed "several instances" in which the excessive use of tobacco in the form of snuff, has produced effects similar to those occurring in persons from the long continued use "of wine and opium;" that is, "loss of memory, fatuity, and other symptoms of a weakened or senile state of the nervous system, induced before the usual period."

The almost constant thirst occasioned by smoking and chewing has, in numerous instances, it is to be feared, led to the intemperate use of ardent spirits.

This thirst cannot be allayed by water; for no insipid liquor will be relished after the mouth and throat have been exposed to the stimulus of the smoke or juice of the tobacco: a desire,

^{*} A Latin poem in praise of Tobacco, published in the 17th century. Howel, in one of his letters, describes it as "an accurate piece couched in strenuous heroic verse and full of matter."

of course, is excited for strong drinks, which soon leads to intemperance and drunkenness.

The use of snuff destroys entirely the sense of smell, and injures materially the tone of the voice; while chewing and smoking vitiate the sense of taste. Hence those who make use of tobacco, to any extent, have certainly one, and frequently two, of the external senses less perfect than other individuals. But this is not all. Polypus of the nose, and other serious affections have been traced to the use of snuff.

Sir John Pringle, whom, we are informed, was very liberal in its use, experienced in the evening of his days, a tremor of his hands and a defect of memory. Being in company with Dr. Franklin at Paris, he was requested by the Doctor to observe that the former complaint was very common to those people of fashion who were great snuffers. Sir John was led by this remark to suspect that his tremors were occasioned by his excessive use of snuff. He, therefore, immediately left it off, and soon afterwards the tremor of his hands disappeared, and at the same time he recovered the perfect exercise of his retentive faculties.

Cases could be mentioned in which epilepsy, consumption, and other serious diseases have been brought on in young people by the excessive use of tobacco.

We have ourselves known individuals, in whom very severe and dangerous affections of the stomach—tremors of the limbs, and great emaciation, were referrible to excessive smoking and chewing, and which were removed only after these habits were entirely relinquished. One or two of these cases, we are sorry to say, occurred in females, from the filthy practice of chewing snuff; and in a class of society where it was to be hoped a refinement of taste and exalted notions of female delicacy, would for ever have precluded the introduction of so detestable and pernicious a habit.

CERTAIN CURES.

There is no subject on which the public mind is less correctly informed, than on the powers of medicines; and yet it would seem that but a modicum of reflection is requisite for the prevention of those egregious and often fatal mistakes, that are committed by very sensible and well-educated persons.

In Farriery, or the Art of Doctoring Horses, this need not surprise us, when we consider into what sort of hands the medical treatment of that noble animal usually falls, in this country. If your horse has a splint, or a spavin, or the scratches, your farrier tells you of a *certain cure*, that will, without fail, put him to rights in ten or twenty days, or some other specific period of