CIGARETTES AND INSANITY.

AN EXTREMELY CLOSE CONNECTION BETWEEN THEM SEEN.

[New York World.]

Cigarettes have lately earned the name of "coffin tacks," by virtue of their health-destroying powers. It now seems, according to the statement of a well known physician of the West, Dr. Benjamin Blackford, that they may do even worse things than cause death. After a careful examination of a great number of patients at a lunatic asylum, and a thorough investigation into the "family history" of each case, it was found that the majority of the younger patients had been addicted to the use of cigarettes.

This in itself was strongly suggestive of the effect of cigarette smoking on the system—of the close connection between this habit and the condition of the nerves—but Dr. Blackford did not stop there. He performed a number of experiments, calculated to show just what influence cigarette smoke inhalation exercises on the throat and the delicate tissues, blood vessels and nerves of the lungs and bronchial tubes. The result of his investigations was rather alarming.

"To a greater or less extent," he says, "this increase of insanity may be attributed to the pernicious cigarette-smoking habit, now so long prevalent among and undermining the moral, physical and mental health of the youth of our country during the period of youth and development, when the brain is tender and plastic and easily affected by the noxious nicotine poison oozing through and around the nerve centers."

Cigarette smoking and cigar smoking, it is further pointed out, are two entirely different things. One may smoke cigars to excess, and though he would, of course, suffer ill inconvenience, there would be very little chance of his becoming insane from this cause. But cigarettes seem to have a peculiar power of affecting the nerves. Perhaps this is due to the inhalation of the smoke, for surely the smoke of a cigarette is not stronger in itself than that of a cigar. Drinkers are well aware of the soothing narcotic and at the same time stimulating influence of a cigarette. It is very often the case that when a man is "tapering off" from a spree and starves a soothing draught of spirits he will be satisfied with a few puffs of a cigarette. In fact, not a few physicians have pointed out that drinking and the cigarette habit are very closely allied. The smoking of cigarettes brings on an appetite for drink.

A comparison of the analysis of alcoholism and "cigarette-smoker's heart" would probably show similar results. Alcohol used in excess is a poison. It gives a sensation of stimulation, followed by depression. The alcohol habit, when persisted in, causes insanity. Exactly the same may be said of cigarette smoking. The inhaling of the smoke slightly influence the tender mucous lining of the bronchial tubes and lungs, and the sensation thus caused is very like the stimulation produced by alcohol. But to every draught of cigarette smoke there must be a small quantity of nicotine, which is a very destructive poison. Depression, therefore, follows the inflammation. As the natural result of this depression the unfortunate subject is moved to take more stimulants in the form of cigarettes or alcohol.

This is an unnatural state of affairs, and must lead eventually to some disease. No constitution is strong enough to withstand constant attacks of this sort. There probably never was a more healthy, sound and perfect man than John L. Sullivan, yet today his constitution is wrecked as the result of excess. Fortunately, however, Mr. Sullivan has not gone so far as some others who have so grossly abused alcohol as to incur an affection of the mind.

Cigarette smoking is especially harmful to the young. And, seriously enough, it is the young who appear to be particularly devoted to the habit. When a lad has reached the age of 12 or 14 years his constitution is supposed to an unusual strain. It is the period between boyhood and manhood, and there should be on hand a plentiful reserve force of blood and nerve, for it will be needed. But what happens if the system is constantly attacked by the deadly cigarette poison?

"His nervous organization," says Dr. Blackford, "is apt to become more shattered by this cigarette habit than if he were addicted to stimulant drinks during that period, and will surely be the first to give way, and of course the first to suffer, especially during the period of puberty, with its strain on the nervous system.

"The youth at college who burns the midnight oil is to be commended for his industry, but too often he burns out his brain at the same time with his accompanying cigarette. The process of waste and injury to the nervous system may be greater than the repair, and mental bankruptcy is the result."

Instances of insanity caused by cigarette smoking are by no means rare. The insanity takes strangely different forms. Sometimes the victim is violent and has to be stripped to his bed to that he may not commit suicide or injure his attendants; sometimes he is affected by a zeal for religion and will fall down in the streets and pray; sometimes his reason appears to be absolutely stolen away and the body is left without a mind—the saddest of all forms of insanity.

The approach of insane derangement may be sudden or gradually. In some cases the victim will be seized in an instant and turned into a howling maniac. Instances of this sort usually begin with convulsions. Again, there are many cases in which the victim's mind wastes away by barely noticeable stages.

Ara Fish, the rich San Francisco financier, had a narrow escape from death or serious injury Monday, and was further amused by having his generosity returned. He offered his rescuer $5 cash for saving his life, and was grufflly told to buy something for himself. Above are the facts. At 5 o'clock in the afternoon the phaeton drawn by a team of thoroughbreds came down the corner of Sansome and Clay streets heard the rattle of a heavy and the wild yells of a crazed man. A runaway was seen coming down Clay street at a speed that threatened death to the horse and the man and destruction to the buggy. The whitehaired man was trying to stand up in the buggy. In his flight he waved a knotted in one hand and yelled: "Stop me! save my life." When the horse reached the corner of Sansome street Charles Calvin, a teamster, rushed out and bravely caught the horse's head. Fish's buggy was a wreck, however, and his arm was as white as fright could make it. In its wild run down the rough cobbles of Clay street one wheel had been torn from the buggy and another bent from a twisted axle. It was the remotest affair at the start, or at the end at the wild race but little was left of it. As soon as Fish got over his scare he approached Calvin and said: "My son, you saved my life. Take this and my thanks." The "this" was a smooth 25-cent piece. Calvin looked at it, then looked at Fish deliberately, and said: "Never mind, old man, you look as if you need it more than I do. Go buy yourself something to eat."

In the May issue of Table Talk, that invaluable little magazine for housekeepers, one finds much of interest that is seasonable in the culinary line, as well as many hints through which the homemaker wants to utilize the proverbial pin. The inquiry department contains many tested recipes in the replies, for plain, simple and choice dishes; the New Bill of Fare is to be filled with woman's interest, while A Lunch with Longfellow is described by Howard Paul; Some Features in Jewish Cookery by Miss Cornelia C. Bedford; How to Manage a Husband, by Mrs. Burton Kingsland; Books of Interest to the Members of by L. Hastings West. The publishers offer any of our readers a sample copy if they will send their address to Table Talk Publishing Co., Philadelphia, Pa.

Our friends

say their children have kept strong and well all winter by taking Scott's Emulsion. Many children do not assimilate enough fat with their food, hence they need this easy fat food, and thrive on it. It is for all children that are not absolutely strong. The combination of Cod-liver Oil and Hypophosphites as prepared in Scott's Emulsion is marvelous in its power to arrest wasting.

The 50 cent size is especially useful as a trial size for babies and children.

SCOTT & BOWNE, New York.
For sale by all druggists everywhere.

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SHOEMAKER

Has opened a Shoe Repairing Shop in the Tithing Yard.

Shoes for delicate feet a specialty.

2 FIVE-TON WAGON SCALES

Made by the Chicago Scale Co.

For Sale Cheap.

Inquire at This Office.

NEW EDITION OF THE LATTER-DAY SAINTS'

HYMN BOOK

For sale by the Deseret News Pub. Co.

PRICES: 35c TO $1.65.

A NO-TO-BAC MIRACLE.

Physical Perfection Prevented by the Use of Tobacco.

An Old-Timer Cured After Using Tobacco Twenty-Three Years—He Gains Twenty Pounds in Thirty Days.

Lake Geneva, Wis.—(Special.)—The latest and most well-authenticated miracle in tobacco for those desiring to quit the use of the weed, and the cause of much of the success with which it has been cured by the use of No-To-Bac, has been widely discussed in this section of the country for some time. It is a veritable miracle to be sure. I smoked and chewed tobacco for twenty-three years, and my case seemed the worst thought of the average user. Even after I was so broken down I was not able to walk to my office without stopping to rest, I was still a slave to the weed. I was killing myself by the use of tobacco, and I knew it, but I could not quit. The habit had fastened itself too firmly upon me. I had tried many times to quit, and I knew I was killing myself, but I was powerless to stop. I had given up all hope of ever being free from the tobacco habit, when my attention was first called to the wonderful cure for tobacco habit, known as No-To-Bac. I was induced to try it, and I am now free from the tobacco habit. I was in poor health when I began the use of No-To-Bac, but I have gained twenty pounds in flesh, and my health is now perfect. I am a new man, and I feel like I could live my life over again. I cannot say too much in praise of No-To-Bac, and I shall be glad to do anything I can to induce others to quit the use of tobacco, that is injuring them in every way. I shall ever be a strong advocate of No-To-Bac, and I shall never be without it in my family. I know it means a long life to me, and I shall live that long to praise No-To-Bac.

No. 9 is the name by which we now refer to this miracle of the tobacco cure, and it is the most astonishing and wonderful tobacco cure that has been brought to our attention. It is the only tobacco cure that is guaranteed to cure any form of tobacco habit, be it cigarettes, cigars, pipe, snuff, chewing or smoking tobacco, and to make the user of tobacco in any form gain in health and nerve after a few days' use. No-To-Bac is entirely free from the poisons, drugs and narcotics so commonly used in tobacco cures, and is absolutely harmless. It is sold by druggists everywhere at $1 per box, or three boxes (a full course of treatment) for $2, and will be sent direct from the office of the company, in Chicago, on receipt of price. Three boxes are sufficient to cure any case, and $2 is the price at which the cure is now sold. Cures guaranteed by all druggists in America to be absolutely genuine. Book free by mail. Address, The Sterling Remedy Co., Chicago or New York.

DR. J. B. KEYSOR

DENTAL PARLORS,

240 Main St., First Door North of Walker House.

Rooms 1, 2, 3, 4.

Dentistry-Up-to-Date.

TEETH MAKE FACES

I challenge competition on price or on quality of work at any price. 15 years' continuous practice in Salt Lake City. The finest equipped dental parlors in the West—centrally located. Expert dentists of experience only. No STUDENTS OR LEARNERS. All work guaranteed.

Good Set of Teeth	$5.00
Better Set	$8.00
Best Set, no better made no matter what you pay	$10.00

PORCELAIN CROWNS, can't be told from natural teeth, $5.00.

GOLD BRIDGE WORK, cost per tooth, $5.00.

PAINLESS EXTRACTING by the use of our great local anæsthetic, 50c.

THE BEST WORK CANNOT BE DONE FOR LESS PRICES.

We will take great pleasure in explaining any branch of our work you may be interested in.

Give us a call.

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Guarantee all our work to give satisfaction.

WISCOMB & COMPANY,

Staple, Fancy and Green Groceries, 55 East, First South Street.

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The best short order restaurant in city. Quick service and cozy little dining rooms for ladies and gents. Private rooms reserved for parties and families desiring quiet and superior service. The finest regular meals served in a metropolitan style.

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Manufacturers of Woven Wire Mattresses, Spiral Springs, Iron Beds, Wire Cloth. All Wire Mattresses re-woven.

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30-41 South Second East, Salt Lake City.

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Sportsmen who know about Wild Game shot before, and from what always shot sure shoot the game.

HAZARD'S "Kentucky Rifle."
HAZARD'S "Sporting Rifle."
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HAZARD'S Brands are the most reliable in the market.

Manufactured by

THE HAZARD POWDER COMPANY,

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Representative in Utah by—

SALT LAKE HARDWARE CO.

Horses Kick

in self-defense. It is their force against the force of inertia. Inertia is their friend. Kicking against the force of inertia is the danger that is liable to follow.

This is what happens—One part comes with a bang, the other lingering in the rear, plus one the result of the combined and

Shearing Process

in which the fibres of metal are sheared off one after the other, and the lingering part comes down to the rough edge along the side near the point.

Putnam Nails

are uniformly Well-Forged and Hardened—Perfectly pointed, with the well-formed Diamond Shape Head. The process welds a particle of iron closely together and makes a nail of uniform toughness and strength. Never a Brittle nail, never a Soft nail, never Bent and is

Absolutely Safe.

Practice the nails in your mind's eye, the best of body subjects are specially for Forged Patterns. If they allow nailing, the nail is not good. Put up in Kegs, Boxes and Half Boxes.

Match this, signed plated, sealed on receipt of 10c cents, in stamps or silver.

PUTNAM NAIL COMPANY,

Neponset, Boston, Mass.

For sale by T. C. M. I., Clark Eldredge & Co., Western Hardware Co., Salt Lake Hardware Co., and Geo. A. Lowe, Salt Lake City, Utah.

NOTICE

Of intention to make application for a patent to coal lands and the public lands, under act of March 3rd, 1891.

TO WHOM IT MAY CONCERN:

NOTICE IS HEREBY GIVEN THAT IN accordance with the application filed for this purpose, as to coal, and for the coal and other deposits, in the office of the secretary of the Interior, at Washington, D.C., by Charles S. Varian, of Salt Lake City, Utah, for the purchase of the mineral and coal-bearing agricultural lands in the United States, and the sale of the coal and other deposits thereon, under the provisions of the act approved July 31, 1894, and the rules and regulations of the Department of the Interior, I will offer for sale, at the expiration of ninety days from the date of this notice, to the highest bidder, the coal and other deposits in the following described tracts of land, situate in Salt Lake County, State of Utah, and more particularly described as follows, to wit:

Commencing at the quarter section corner on the south boundary of section 13, in Township 3 south, of Range 1 west, Salt Lake Meridian, Utah, and running thence west 80 chains; thence north 40 chains; thence east 80 chains; thence south 40 chains to the place of beginning; the aforesaid portion of section 13 being situate in the south half of the southwest quarter and the south half of the southeast quarter of section 14, and the south half of the southeast quarter of section 15, and the south half of the southwest quarter of section 14, and the south half of the southeast quarter of section 15, and the south half of the southwest quarter of section 15, and the south half of the southeast quarter of section 16, and the south half of the southwest quarter of section 16, in Township 3 south, of Range 1 west, Salt Lake Meridian, Utah, containing 1,280 acres, more or less, according to the United States survey thereof.

Any and all persons claiming adversely the above described lands are requested to file their claims or objections in writing on or before the expiration of said ninety days from the date of this notice, to the undersigned, at the office of the undersigned, in Salt Lake City, Utah.

DAVID A. EMERY,
City Recorder.

SEALED BIDS,

SEALED BIDS WILL BE RECEIVED AT the office of the undersigned, in Salt Lake City, Utah, on or before 12 o'clock, noon, on Thursday, May 14th, 1896, for the sale of the following described property, to wit:

Twenty acres of pasturage for horses and to be fenced with the horse enclosure adjoining the Agricultural College, in Salt Lake City. For plans of said fence and further particulars, see the undersigned, at the office of the City Recorder of Salt Lake City, Utah.

DAVID A. EMERY,
City Recorder.

NOTICE OF SALE OF REAL ESTATE.

NOTICE IS HEREBY GIVEN THAT IN pursuance of an order of the Probate Court of the Third Judicial District, in and for Salt Lake County, State of Utah, made on the 1st day of April, 1896, in the matter of the estate of Ann Jones, deceased, the undersigned, administrator of said estate, will sell at public auction to the highest bidder, the following described real estate, situate in Salt Lake County, State of Utah, to wit:

Lots 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,