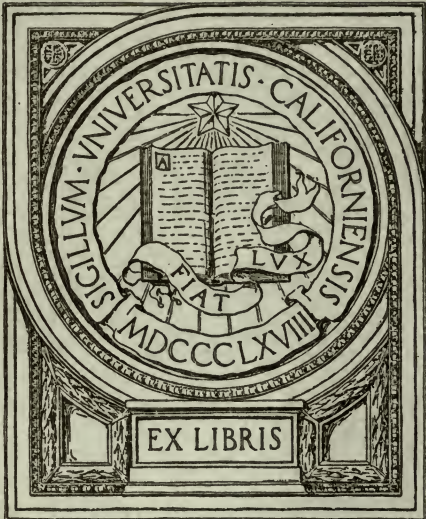




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A  
Briefe and Accurate  
T R E A T I S E  
CONCERNING  
The taking of the Fume of  
T O B A C C O,

Which very many, in these dayes,  
doe too too licenciously use.

In which, the immoderate, irregular, and un-  
seasonable use thereof is reprehended, and  
the true nature and best manner of using it,  
perspicuously demonstrated.

---

By T. O. VENNER *Doctor of Physick in Bathes.*

---

L O N D O N,

Printed by R. Bishop for Henry Hood, and are to be  
sold at his shop in Saint Dunstons Churchyard  
in Fleetstreet. 1637.

Brisk and Accurate

# TREATISE

GENERAL

The History of the Trade of

# TOBACCO

Which very many, in these days,  
do too too licentiously use

In which, the immodeſt, irregular, and un-  
reaſonable the ſtore is reſtricted, and  
the true uſe and benefit thereof  
perſonally demonſtrated.

---

By T. VANNEER, Author of the

LONDON,

Printed by A. E. for W. B. and are to be  
ſold at his ſhop in Saint Dunſons Church  
ſquare, 1675.





A briefe and accurate Treatise,  
concerning the taking of the fume of  
TOBACCO, which very many in  
these dayes do too too licen-  
ciously use.



HE hearb TOBACCO is of much antiquitie and reputation among the *Indians* of *America*. It is also called *Nicotian*; but neither this nor that is the name that the *Indians* give unto it: for it was called TOBACCO by the *Spaniards*, by reason of an Island so named, which abounded with this hearb; and by the *Frenchmen*, *Nicotian*, of the name of one *Nicot*, that first gave the intelligence thereof unto them. But the *Indians* call it *Petun*, or *Petum*, which indeed is also the fittest name that both we and other Nations may call it by, deriving it of *Peto*, for it is farre fetcht and much desired. And thus much for the name.

As touching the temperature and faculties of it, it is hot and drie in the third degree, and hath a deleteriall, or venemous qualitie, as I suppose: for it being any way taken into the body, it tortureth

The nature of  
Tobacco.

Y y

and

and disturbeth the same with violent ejections both upward and downward, astonisheth the spirits, stupifieth and benummeth the senses and all the members. This noysome facultie of *Tobacco* proceedeth not from the temperature of it, but from the very essence of its substance. As for the stupifying or benumbing qualitie thereof, it is best perceived upon the taking of the fume at the mouth: for thereupon followeth a drunken-like lightnesse of the head, and especially if it be much taken at once, a benumbing sleepeinesse of the limbes and senses. Wherefore *Tobacco*, though it be in taste, biting, and in temperature, hot, hath notwithstanding a benumbing qualitie; which, because it cannot depend of an extreame cold qualitie, the hearb being very evidently hot, it followeth, that it is hot and ano benumbing, not benumbing by reason of its temperature, but through the propertie of its substance. There is in the juyce of this hearb an excellent digesting, mundifying, and consolidating facultie; by meanes whereof, it is of ineffable force for the speedy curing of any wound or cut in the flesh, or soares, ulcers, scabbs, &c. for which it is worthy of very great esteeme, and not much for any other propertie to be magnified and respected; (as I conceive.) And thus much briefly concerning the nature of *Tobacco*.

An objection  
of our vulgar  
Tobacconists.

Before I passe to deliver mine opinion concerning the use and faculties of the fume, I must cleare an objection of our vulgar Tobacconists, which I seeme to heare them make against the noysome qualities that I have averred to be in *Tobacco*, saying;

saying; that upon the taking thereof they find no tortures and violent ejections, or stupifyings of their members and senses. To whom I may answer, that the immoderat use of *Tobacco* hath made them *Insensibiles*, without sense. But let it be admitted, that upon taking of the fume, they find not those malignant effects; yet it convinceth not my assertion, because that by long use and custome, it becommeth familiar to their bodies. And thus much by the way to our licentious *Tobacconists*, who spend and consume, not only their time, but also their health, wealth, and witts, in taking of this loathsome and unfavoric fume. Now I come to speak of the smoakie fume and faculties thereof, which is taken through a pipe for that purpose, into the mouth, and thrust forth againe at the nostrils, and is of some also sucked into the stomach and breast, against all diseases, especially such as are gotten by cold, or that proceed from a cold and moist cause.

The *Indians*, from whom we received this manner of taking *Tobacco*, were (at the first) only wont to take it at such times, as they felt their bodies wearied with much labour and exercise, or would preface of things to come: for the fume procuring first a drunken-like lightnesse of the head, and thereupon sleep, with sundry phantasmes or visions, was the cause that upon their awaking they found themselves (through their sleep) greatly eased, and refreshed, and could, by reason of the somnorie visions which this fume doth greatly occasion, preface (as they fondly conceived) the event of any businesse, or matter of importance,

Solution.

Sleep and  
vain dreames,  
two effects of  
*Tobacco* for  
vvhich the *In-*  
*dians* used it.

that they desired to know, or were delighted in.

First they took the dried leaves of *Tobacco*, and cast them on the coales, then they received the smoake of them at their mouth and nose with a kane, and continued the taking thereof so long, till that they fell into a drunken trance and sleep, wherein they continued as dead three or foure houres, according to the quantity of smoak that they had taken. The fume having done his work, they awakned out of their sleep, and found themselves eased and lightned, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I have said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visions, which this fume suggesteth.

But this custome of taking the fume, hath so farre bewitched them (as also it hath and daily doth many of our people) as that they also often-times, take it for wantonnesse and delight, wherein they have so great a pleasure, as that they desire nothing more than to make themselves drunken and drowsie with *Tobacco*. And thus much for the originall of the fume. I will now leave the *Americans*, and come to our *Europeans*, who (well-neare) use the fume of *Tobacco* with as much excesse as they doe.

Many of our people, and that of all sorts, doe greatly affect the taking of *Tobacco*; but few of them respect whether it bee profitable to their bodies;

dies: for most take it, rather for custome and delight, to entertaine and passe away the time, than for any necessity or utility that they have of it: whereby it commeth to passe that some judge very hardly of Tobaccos fume, and utterly disclaime the use thereof. In consideration whereof, I was moved to publish this Treatise, shewing therein the faculties and right use of the fume; of some (as I know) greatly desired: and withall, taxing the ignorance, or rather petulancy of many, that in these dayes doe take it without any respect had of the time, age, or constitution. A work (I hope) no lesse pleasing, than profitable.

For mine owne part, I confesse, that though I am in no wise delighted with the fume of Tobacco, partly for the malignity of its nature, but especially, because of the detestable savour or smack that it leaveth behind upon the taking of it: yet I do not altogether condemne the use thereof, but rather approve it as necessary and profitable for the rheumatick, and such as are of a cold and moist constitution, and in cold and moist seasons, so as it be taken in congruent manner, that is, both moderately and seasonably, as shall bee heereafter shewed, for it helpeth the braine that is over cold and moist, reducing it by its heating and drying facultie unto a temperature: it taketh away rheumes and windynesse of the head, and is profitable for all cold affects of the braine and sinewes, by resolving and consuming the crude and windie superfluities of those parts: it doth (for the time) expell melancholie, and excite lumpish spirits: it helpeth paines

The vertues of  
Tobaccos  
fume.

\* *Imbibitus*,  
that is, taken  
down.

of the teeth, swellings of the gummies, & aches of the joynts: it preventeth putrefaction of humours, by drying up the crudities of the body, & is very profitable upon taking of cold, & for all cold & moist affects of the stomach, brest & lungs. It is a speedy remedie upon a surfet, by making a sudden evacuation both upward & downward of such things as are contained in the stomach, and by the like reason it doth, in an instant, remove windie torments of the stomach, and bowels, that proceed of crude humours, and helpeth the fits of the mother: in a word, it is (being rightly used) availeable against all cold and moist distemperatures. But to such as are not of a cold and moist constitution, nor affected with rheumes, it is not, though it bee only retained in the mouth, & poured forth at the nostrils, but by way of precaution, and that with good advisement to be permitted, as I will hereafter shew, & the reason is, because this fume which is hot and dry in the third degree, ascending to the braine, doth not only greatly heat and distemper it, but also the animall spirits, whereupon oftentimes the senses are confounded, and the understanding perverted.

This custome  
of taking the  
fume downe  
into the sto-  
mack and  
lungs very  
pernicious.

As touching the taking of the fume downe into the stomach and lungs, I utterly disclaime as pernicious, except it be done by way of Physick, one or another of the aforesaid affects, impensively requiring it, both by reason that it is of a very turbulent and sickly operation, and also, because it being excessively hot, over heateth, and dryeth the liver, marreth the concoction of the meats, and deturbeth them undigested from the stomach, if it bee taken  
before

before they are concocted. Moreover, the lungs which are the flabell of the heart, being by nature (in regard of their great use and continuall motion) of soft and spongie substance, are by the immoderate heat and ficcitie of this fume, quickly dried and coarctated, and consequently become unapt for motion, to the great offence of the heart, and ruine at length of the whole body. Hence it may appeare, in how great an errour they persist, that usually, or for every light occasion, imbibe or take downe this fume.

Now that which hath been spoken concerning the use of this fume, is not so precisely to be taken, as that it is at no time lawful or convenient for such as are not by nature rheumatick, or cold by constitution to use it: for it is sometimes allowable for every one, except for him that hath a very drie distemperature of the braine, to take this fume by way of prevention. For examples sake, if any one that is not subject unto rheumes, shall travell, or take a journey in mistie, stormie, and raynie weather, especially in the winter season, I say, that it may be expedient for him, although hee bee not rheumatick, or of a cold temperature, to take a little, as foure or five draughts of this fume so soone as he shall be entred into his house or Inne, for the preventing of rheumes, or other harmes that may chance to him by meanes of the grossenesse or impuritie of the aire.

But mee thinks I heare many that are not by nature rheumatick, nor of a cold temperature of body, lovers of this fume, or that I may more rightly speake,

An objection  
of our vulgar  
Tobaccoists.

Speake, abusers, and luxuriating in this kind of evill, for cloking of their vicious custome, to object a-  
 a gainst me after this manner: We find by daily ex-  
 perience, that the fume of Tobacco doth draw  
 from us very many rheumatick humours: where-  
 fore the use thereof is not onely allowable and  
 good for the rheumatick, and such as are of cold  
 temperature. I doe deny the argument; and also  
 reject their experience: for their lewd and prepo-  
 sterous custome in taking this fume is convenient  
 for no constitution or state of body: for, one while  
 they take the fume, another they drink, and so con-  
 tinue by turne, untill they fall asleep, vomit, or be  
 drunk: wherefore it is no marvell that upon the  
 use of the fume they excrete very many rheuma-  
 tick superfluities, seeing that by this their prepos-  
 terous and unreasonable mingle-mangle of smoak and  
 drink, farre more crudities and superfluities are  
 bred, than can by vertue of the fume be consumed  
 or excreted, as it is to bee seene in them that are  
 given to Tobacco, and the Pot, whom you may see  
 to have tumid and smokie faces, with turgid and  
 flatulent bellies.

Heere also some, I know, which are delighted  
 with the drinking downe of this fume, that I may  
 so speake, will object against that which hath bin  
 spoken against that manner of taking it, namely,  
 that upon the taking of it downe after meat, they  
 find no perturbation or offence, but rather, very  
 great commodity, by furthering the concoction.  
 I must tell them, that in this they are grossly de-  
 ceived: First, because their daily custome of im-  
 bibing

Solution.

Another ob-  
 jection.



bibing the fume taketh away the sense of perturbation; for by use and custome, any thing ( though contrary ) is made familiar unto Nature, as I before have touched: Secondly, they are no lesse deceived, thinking by imbibing the fume, that the concoction is furthered, being not able to distinguish between concoction & distribution: for it is the worst thing, and most pernicious to the bodie, to occasion the distribution of the meates before they are concocted in the stomach; which they doe, that im-bibe or drink downe the fume after meat. And verily, the cause of this their error, is some emptinesse of the stomach, or provocation to stoole, which they feele upon the receiving of the fume, not considering, that this their emptinesse and ill distribution of the meates, and consequently, provocation to stoole, proceed from the purgative facultie of the fume. Wherefore I would have them to understand, that though they seeme to be well for the time, either by reason of their youth, or of a strong constitution of body, that this preposterous taking of the fume, will upon the sudden, ruine the state of their bodie, by spoyling the stomach, destroying the concoction, and filling the whole body with crude and noysome superfluities.

If they shall againe urge to shunne these discommodities, and maintaine another custome no lesse pernicious, that they will take the fume about three or foure houres after meat, when the concoction is effected, for deturbing or driving down the reliques of the meats, and crudities that shall bee in the stomach, I would have them to know, that the hurt

will bee farre greater than the profit: for besides that, in this they pervert the operation of Nature, they greatly also annoy the lungs, disturbe and infringe the spirits, corrupt the breath, and destroy the languifying facultie of the liver. I marvell verily at the madnesse of these men. For, what is there in the fume that should so greatly occasion delight? Not the smell, because it is unpleasant, much lesse the savour, for it is stinking and fuliginous.

Besides these idle affectors of Tobacco, there are also some who are grave and seemingly wise and judicious, that take it moderatly, and most commonly at fixed times; but with its proper adjunct, which (as they doe suppose) is a cup of Sack, and this they think to bee no bad physick; nay, they so relie upon this sacred medicine, as the most of them become detractors both of Physick and Physicians, for which cause they shall not passe without my tax. As for Sack, it is without all controverlie, very helpfull, comfortable and agreeable to mans nature, as I have shewed in my Book, which is entituled, *Via recta ad vitam longam*. Tobacco is not so, but rather oftentimes hurtful, especially if it be not judiciously used. But whether Sack be good to be taken upon Tobacco, I will hereafter (notwithstanding these detractors, for the good of others) demonstrate.

As for these Cynick detractors (for such you shall find most of them to be (a). I must tell them,

(a) There is also no other

reason why very many of our people, in their sicknesse, expose their bodiest to bee corrupted, I cannot say cured, to ignorant usurping Potiarics, and other base illiterated Empericks, vvhoe are (contrary to the Lavves) every vvhoe permitted to exercise Physick, to the dishonour of God, disgrace to the Faculty, hurt of our people, and shame of our Nation.

that

that this their absurditie proceedeth from their ignorance of the great and admirable mysteries of the noble Art of Physick; or for that they are slaves to their purses, and therefore seeke not in their necessities, Physick helpes, and counsell from such as are learned in that facultie; or else, it is because they deeme all expense lost, besides that which adorne the back, or oblectate the pallate and throat. And so I leave these to their Physick, and the common Tobacconists to their sleeping between the Pot and the Pipe, and come now againe to shew the right use of Tobacco.

Although it be apparent, by that which hath bin hitherto delivered, that the taking of *Tobacco* is only convenient for cold and moyst bodies, that the often and daily use thereof is only allowable for them that have their stomack, brest, braine and sinewie parts exceedingly cold, and stuffed with crude and rheumatick humors, and also that it is sometimes tollerable for others, by way of prevention; yet the knowledge of these things, without the true use and application of the fume, as namely, when to use it, how often, in what manner and measure, and what to observe after the taking of it, is of small purpose: for it may (being taken without respect had of these circumstances) prove more hurtfull, than beneficiall unto him that taketh it. Wherefore I wish him that desireth to have the true use of *Tobacco*, to receive from me, and carefully observe ten precepts in the use thereof.

The first is, that it be most commonly taken a lit-

tle after meales, and that for two respects. The first is, because the native and digestive heat is not a little comforted by the translation of the heat of this fume, *mediantibus nervis*, from the braine to the stomach. The second is, for the consuming of vapours, and preventing of their hurts, which in many are immoderately wont to ascend after meale: for by meanes of the fume detained in the mouth, and thrust forth at the nostrils, those superfluous vapours are in part consumed, the braine which by nature is over cold, and moyst, heated and dried, and consequently, not so soone annoyed by the vapours which do ascend unto it.

The second is, that it be sometimes also taken mornings fasting, after a little stirring of the body, and also sometimes about a quarter of an houre before dinner and supper, but especially at the time of the going to bed, in whom the condition of the body, as a very cold and moyst constitution; and some accidents, as rheumes, catarrhes, heaviness of the head, and cruditie of the stomach; or circumstances, as a moyst, foggie, and waterish season, shall for the preservation of the health, indicate the use thereof.

The third is, that at meales between the eating, it be at no hand taken, as some fondly do, because it dejecteth the appetite, interrupteth and spoyleth the concoction.

The fourth is, that the taking thereof be chiefly observed after travelling in misty, foggie, and rainy weather, because it preventeth catarrhes, and  
rheumes,

rheumes, and taketh away all hurts, that are wont, by reason of the humiditie and grossnesse of the aire, to happen to the head and other parts. For the taking thereof at such time, is convenient for every state of body, except where there is a dry constitution of the braine, as hath beene formerly shewed.

The fift is, that it be taken with moderation, not exceeding the quantity of a pipefull, or two, at a time : for every thing that is superfluous, is very adverse to Nature, and nothing more than *Tobacco*.

The sixth is, that you drink not between the taking of the fumes, as our idle and smoakie *Tobacco*nists are wont, because thereby the operations of the fume are hindered, and more superfluities commonly bred, than can by the efficacie of it be consumed.

The seventh is, that taking of the fume before meales, you eat not, nor drink any thing within a quarter of an houre after ; but allowing that space for the operation of it, you may then wash your mouth with Beere or Wine, to take away the fuliginous favour of the fume, and also drink a draught of Sack, if the stomach shall be cold, or abound with crude and flatulent humors, and so goe to your meale. For to wash your mouth; but especially to drink presently upon the taking of the fume; doth much hinder the operation of it. And if it be after meales, rub well also your gummes and teeth with a drie napkin, and afterwards chew in your mouth something of an aromaticall favour, as nut-

meg, citron pill candied, or the like, which do not only take away the fuliginous and stinking savour of the fume, but also give comfort to the braine and spirits. Tables made with an ounce or two of fine sugar dissolved in Fennell water, and three or foure drops of oyle of Anisseed added thereunto, are very good to be eaten upon the taking of *Tobacco*, for they excellently correct the evill savour and smell of the fume, make the breath sweet, and also resolve windiness of the stomach; or else to swallow down, especially at the time of going to bed, the quantity of a prune of the Conserves of Rosemary flowers, and red Roses mixed together in equall quantity, which do comfort the stomach and head, and prevent rheumes.

The eighth is, that in drawing of the fume, you suffer it not externally to affect your eyes: for it is unto them, by reason of its smokie, drying, and fuliginous nature, very offensive.

The ninth is, that you warily draw the fume out of the pipe, not sucking it into your winde-pipe and throat, with a sudden, or strong attraction: for then it will exasperate the winde-pipe, and much offend and disquiet the lungs and the mouth of the stomach.

The tenth and last is, that you goe not abroad into the aire presently upon the taking of the fume, but rather refrain therefrom the space of halfe an houre, or more, especially if the season be cold, or moyst, because the pores of the body being open, by meanes of the strong working of the fume, even

to the outtermost, and superficialie parts of the body, ineffable hurts may happen, by the sudden accessse of the aire. Hence you may observe how idle and foolish they are, that cannot travell without a Tobacco pipe at their mouth; but such (I must tell you) are no base Tobacchians: for this manner of taking the fume, they suppose to be generous. Let these fume-gallants enjoy their vanity, and for their better grace, it were good they were also attended with Chymney-sweeping Lackeyes.

Now from that which hath beene said, you may collect a two-fold manner of taking of Tobacco, which ought to be altered and observed, according as occasion, and the particular state of him that taketh it, shall require. The first is, a detaining of the fume only in the mouth, and thrusting it forth againe at the nostrills, for heating and drying of the braine, and for dissolving and dissipating of cold humors, and superfluous vapours that reside in it. The other is, a receiving of it into the stomach and lungs, for consuming and deturbing of crudities and windinesse, that shall offend in those parts. But I advise that the fume be seldome taken down, and then neither, but some great necessity, or extremitie urging it, both because it greatly offendeth the body with its violent operation, and also for that it may, by reason of its exsiccatig nature, be very hurtfull to the lungs, liver, and milt, as I will by and by shew. Wherefore my counsell is, that some safer remedie (if time shall permit) be used for consuming and deturbing of the flatulent crudities

The fume of Tobacco ought not to be taken downe upon every light occasion.

of the stomach and bowels. And if it be at any time good to be taken down, it is upon a surfet.

Whosoever therefore thou be that desirest to know whether the fume of *Tobacco* may be profitable, or hurtfull to thy body; thou oughtest first to consider, whether it be convenient for thy head: For if thy braine be over cold and moyst, or abound with superfluous matter, then the detaining of the fume only in the mouth, and forcing it out at the nostrils may be profitable unto thee. For by this meanes the fume ascending to the braine, doth not only by its heating, attracting, and exsiccating facultie, extenuate and consume the superfluities in it; but also in some measure, reduceth the same to its native temperament.

But here by the way it is to be noted, that it may sometimes happen, that some may have their heads accidentally stuffed with rheumatick matter, although the braine it selfe be not in its native temperature over cold and moyst, but is rather enclined to a dry distemperature. Wherefore I advise such, to take the fume with very great caution and moderation, as at one time not to exceed the quantity of six or seven draughts at the most, lest it should cause greater hurt to the braine and spirits, by increasing a dry distemperature of the braine, and incensing the spirits, than commoditie in discussing and consuming the cold and waterish superfluities, wherewith the braine was accidentally oppressed, which in some I have observed to come to passe, that have without measure and judgement used

Such as are affected with a dry distemperature of the braine, must verie vvarily (when they are annoyed with rheumes) use *Tobacco's* fume



this fume. The like caution must be observed in taking of this fume, of them, that have moyst and rheumatick braines; and yet are of a hot and drie temperature of body, such as are the cholerick, who are commonly much infested with rheumes by the ascending of too many superfluous vapours to the head, occasioned by the immoderate heat of the liver and stomack. Such, I say, must also take the fume with great caution and moderation, lest in taking it for the rheume, they overheat, distemper, and consequently ruine the whole habit of the body. Secondly, you must diligently consider whether the fume of *Tobacco* be convenient for the stomack, lungs, and liver, for if crude and windie humors abound in the stomack and bowels through a cold imbecillity of the liver; or if a cold distemperature, and thinne, crude, and flatulent humors domineere in the lungs, then the imbibing also or taking downe of the fume into those parts, may, so the stomack be empty of meats, be sometimes tolerable, yea profitable; especially for strong bodies, in case of extremitie, and when no better remedie, at the instant, can be had: for by its heating, exsiccatting, and purging facultie, it somewhat correcteth the distemperature, consumeth winde, and forthwith expurgeth the offensive humors. But by reason of its turbulent and sickly operation, I cannot commend the often use thereof, nor at any time approve it to them that are of a weak and valetudinary state of body. Here therefore two cautions do offer themselves to be observed concerning

A a

the

Two cautions  
to be observed  
in taking the  
fume of Tobacco  
down.

*cautio practica.*

the imbibing, or taking down the fume: the one in respect of the lungs; the other, in respect of the lungs and liver too. For if the lungs be obstructed of a thick and clammy humor, or subject to such obstruction, then the taking down of the fume is very pernicious, because it doth by reason of its heat and siccity, more harden and condense the humour, by means whereof, it is altogether unfit to be excreted. Neither in this case, for the same reason, is the taking of the fume only in the mouth, and thrust forth at the nostrils, to be approved. From hence it is manifest, with how great prudence, caution and providence, we are to use heating & drying remedies in affections of the lungs. In like manner also the taking down of the fume, is very pernicious to them that are affected with a drie distemperature of the liver, or lungs; although the stomach and intestines shall sometimes be annoyed with crude and flatuous humors, because it will cause greater hurt, by encreasing the distemperature of those parts, than commo-  
ditie in discussing and purging forth the crudities of the stomach and bowells. And therefore (in mine opinion) it is farre better, in such case, altogether to abstaine from taking down the fume, and to use a more safe and easier remedie.

The like caution must also be observed in respect of the milt that is obstructed, or subject to obstruction. And here it is especially to be advertised, that *Tobacco* any way, or at any time used, is most pernicious unto drie melan-cholericke bodies; because the fume, by reason of its heat and siccitie, doth not

*Tobacco* most  
pernicious to  
melan-chole-  
rick bodies.

only

only greatly distemper them, but also causeth the blood to wax more melancholick, and to be aduſted, and the melancholie humor that resideth in the Spleene, as in its proper receptacle, to be indurated, from whence diuers calamitous miseries do commonly arise. Wherefore I advise all such as are of a melan-cholericke constitution; utterly to shun the taking of *Tobacco*.

Now that I may impose an end to this businesse, I will summarily rehearse the hurts that *Tobacco* inferreth, if it be used contrary to the order and way I have set down. It drieth the braine, dimmeth the sight, vitiateth the smell, hurteth the stomach, destroyeth the concoction, disturbeth the humors and spirits, corrupteth the breath, induceth a trembling of the limbes, exsiccateth the winde pipe, lungs, and liver, annoyeth the milt, scorcheth the heart, and causeth the blood to be aduſted. Moreover it eliquateth the pingue substance of the kidnies, and absumeth the geniture. In a word, it overthroweth the spirits, perverteth the understanding, and confoundeth the senses with a sudden astonishment and stupiditie of the whole body. All which hurts I affirme, that the immoderate and intempestive use of *Tobacco* doth effect, both by reason of its temperament; but especially through the propertie of its substance: Wherefore the use of it is only tolerable by way of Physick, not for pleasure, or an idle custome.

To conclude therefore, I wish them that desire to have *mentem sanam in corpore sano*, altogether

The discommodities of Tobacco, being immoderately, and untimely used.

to abandon *insanum præposteramque Tobacci Vsum*.  
 This is all which seemed good unto me to be writ-  
 ten of Tobacco's fume, partly for shewing the right  
 manner of using it, but especially for reprovng the  
 too too licentious, liberall, and intempestive  
 taking of it, which very many, in these  
 dayes, do to their own ruine lewd-  
 ly, and for want of better  
 employment foolish-  
 ly affect.

**FINIS.**

