Appetite

A temperance booklet that notes "morbid appetite, once created is the tyrant which ruins the individual," and that abstinence from a habit which has no benefit, such as coffee, tobacco, liquor, etc., is the solution to society's troubles.

Creator: Franklin, William S. (William Suddards), 1863-1930

Date: 1894

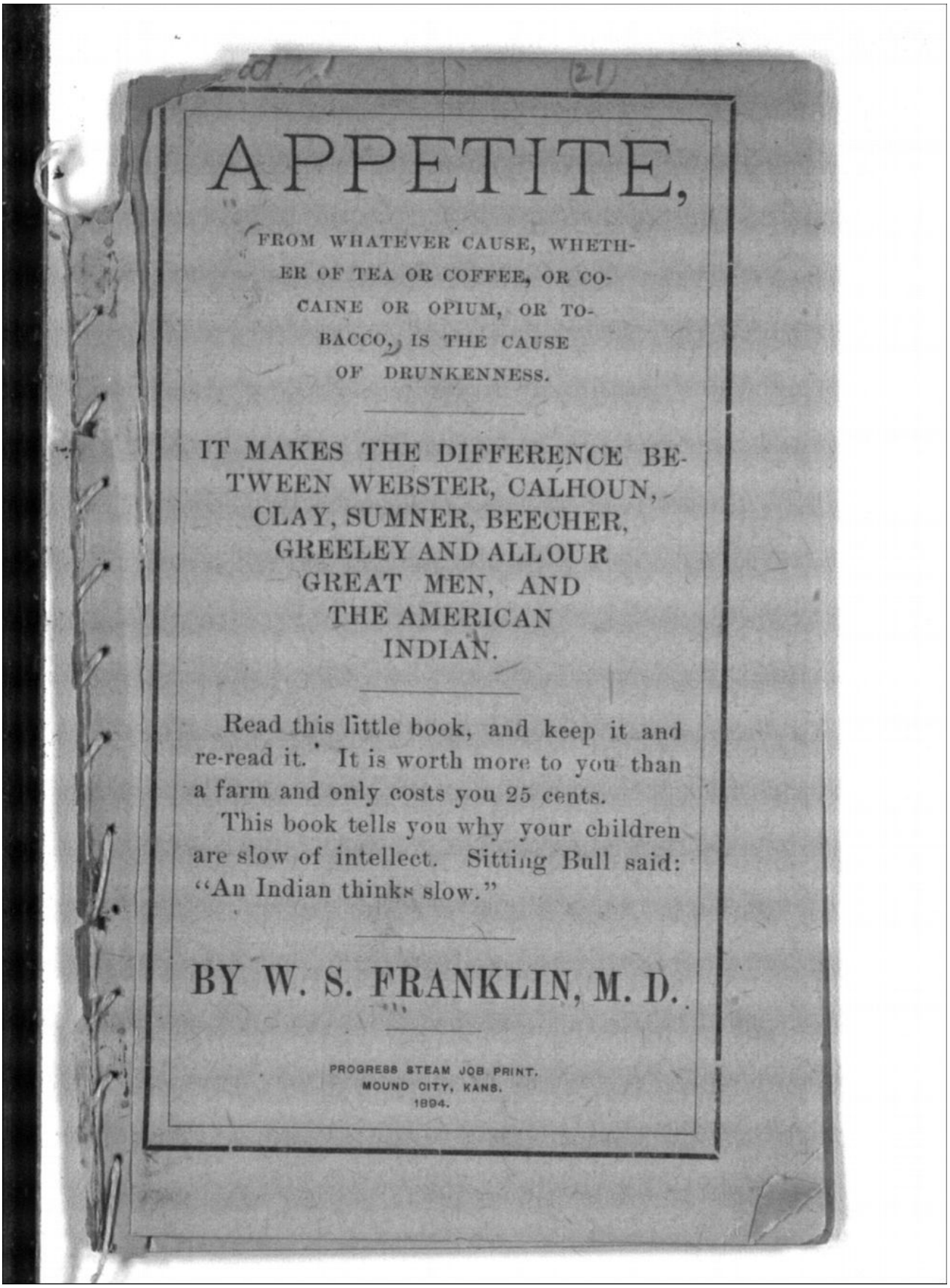
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Appetite



APPETITE,

FROM WHATEVER CAUSE, WHETHER OF TEA OR COFFEE, OR COCAINE OR OPIUM, OR TOBACCO, IS THE CAUSE OF DRUNKENNESS.

IT MAKES THE DIFFERENCE BETWEEN WEBSTER, CALHOUN, CLAY, SUMNER, BEECHER, GREELEY AND ALL OUR GREAT MEN, AND THE AMERICAN INDIAN.

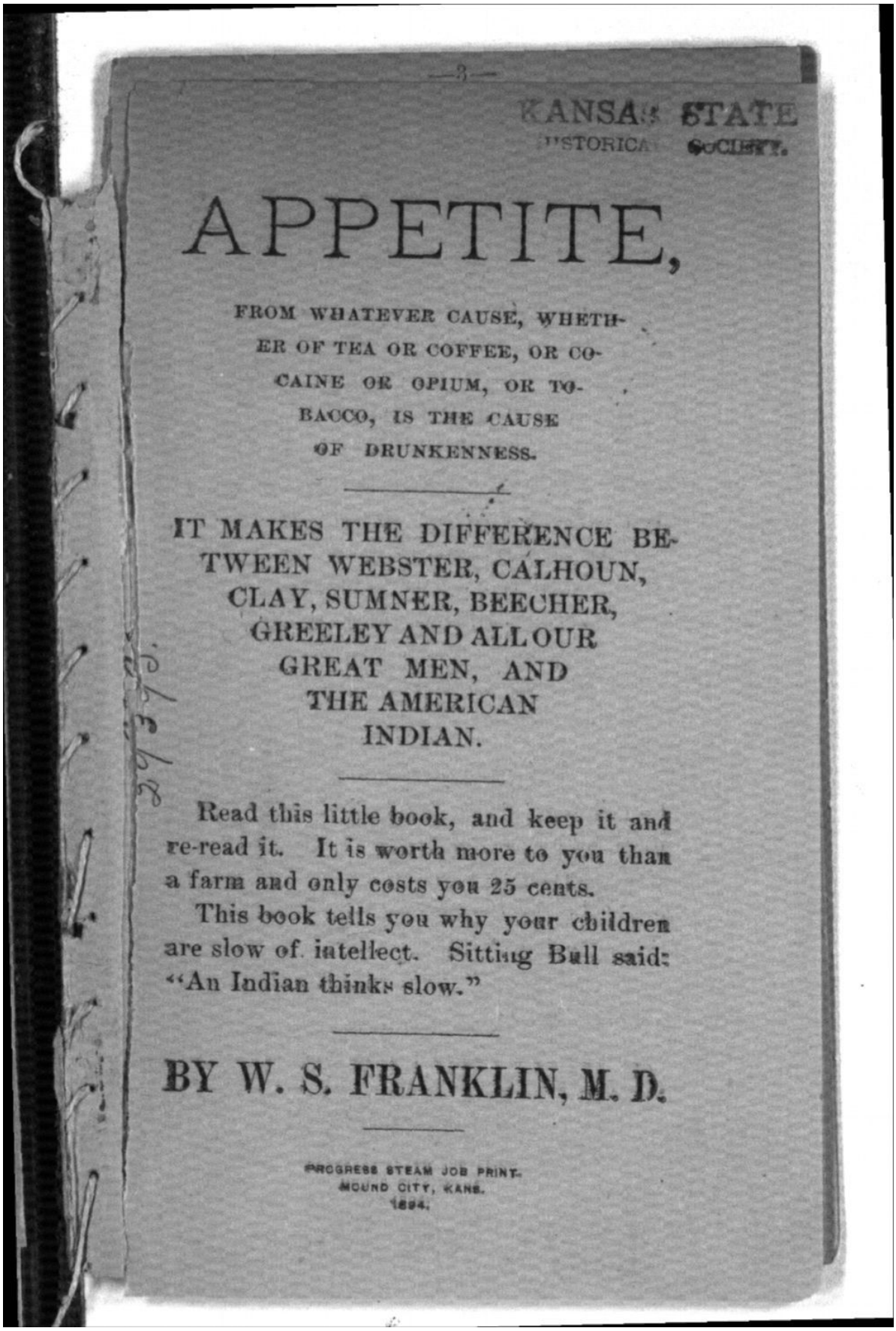
Read this little book, and keep it and re-read it. It is worth more to you than a farm and only costs you 25 cents.

This book tells you why your children are slow of intellect. Sitting Bull said: "An Indian thinks slow."

BY W. S. FRANKLIN, M. D.

PROGRESS STEAM JOB PRINT.
MOUND CITY, KANS.
1894.

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KANSAS STATE HISTORICAL SOCIETY.

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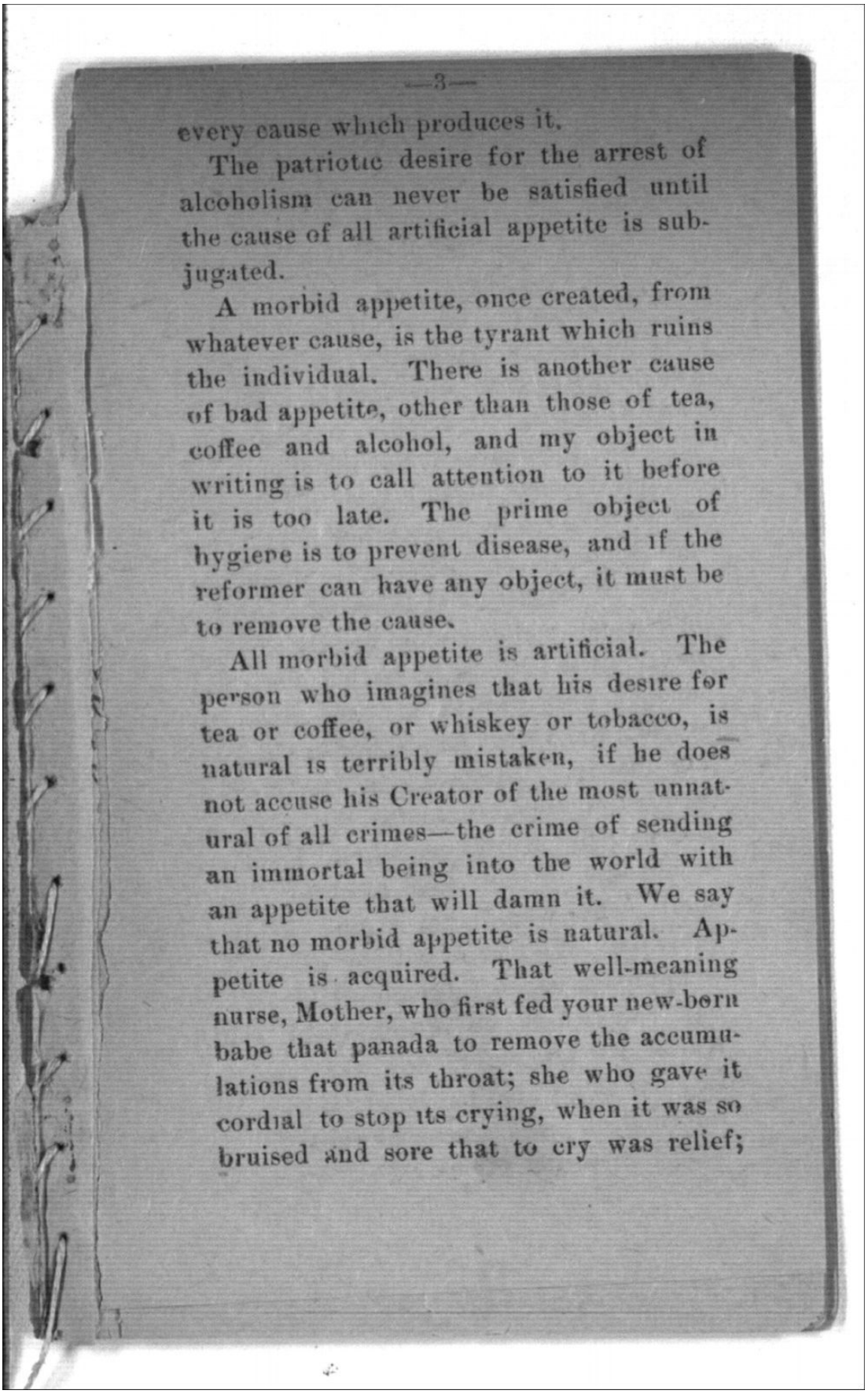
"If thou give him not warning, his blood will I require at thy hand."

We naturally dread to be sick, and love to enjoy good health; but care less about health until disease overtake, than for anything else connected with being. We indulge more idiotically in the causes of sickness than in any business transaction.

Diseased appetite entails upon us more sickness than all other causes of damaged health; but it seems to be a cause of which we are all thoughtless. We drink our cup of tea with pleasure until our hearts palpitate from nervous exhaustion, and yet we blindly drink more tea. We use coffee until our heads ache and pain us, and yet we drink coffee. We indulge in alcoholic drinking until muscle and brain are destroyed, and then again and another for all time without a reflection on the fact that these things have shortened our lives from hundreds of years to scores of years.

Our duty is plain. Morbid appetite should be arrested by the abrogation of

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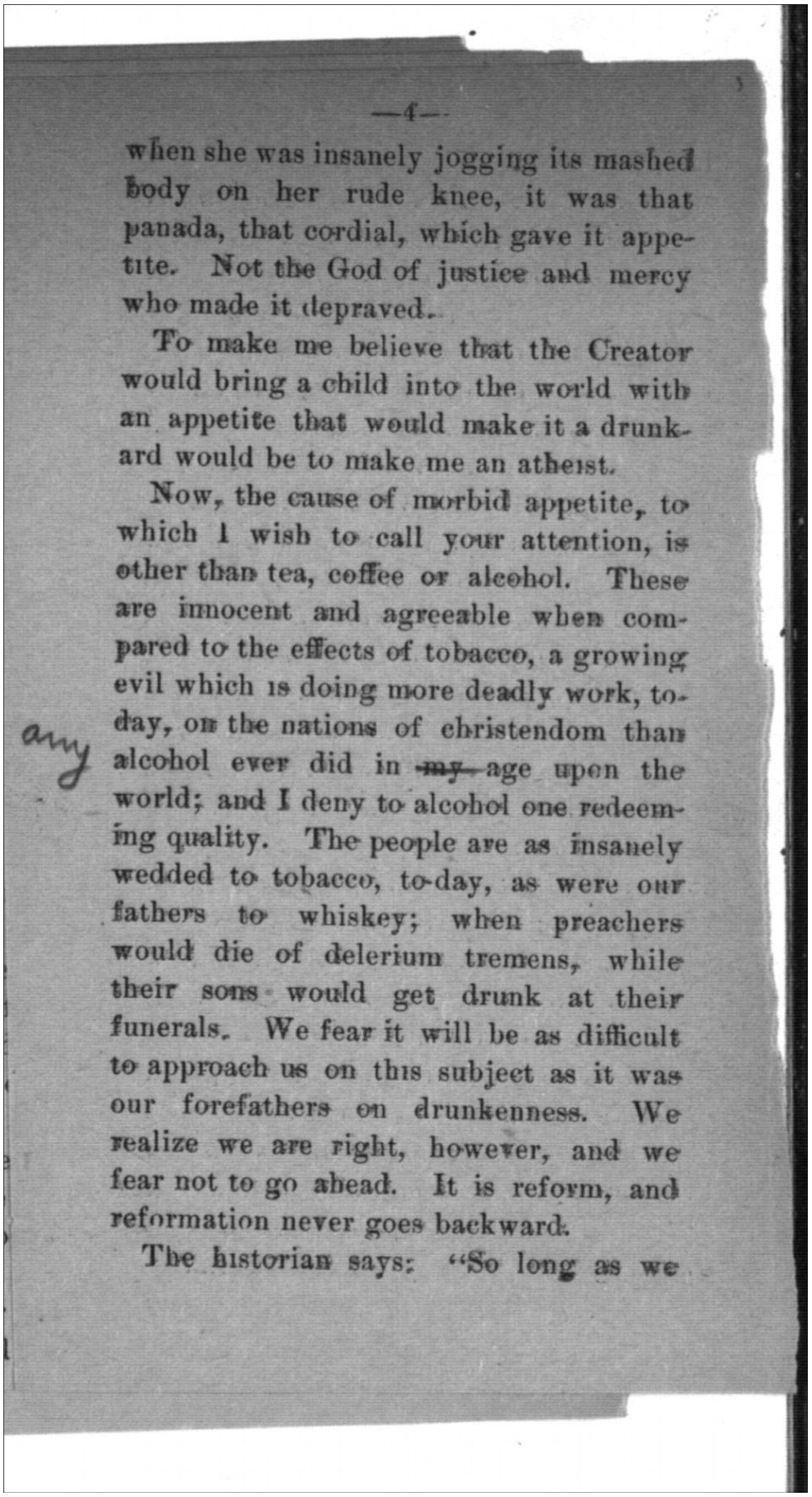
every cause which produces it.

The patriotic desire for the arrest of alcoholism can never be satisfied until the cause of all artificial appetite is subjugated.

A morbid appetite, once created, from whatever cause, is the tyrant which ruins the individual. There is another cause of bad appetite, other than those of tea, coffee and alcohol, and my object in writing is to call attention to it before it is too late. The prime object of hygiene is to prevent disease, and if the reformer can have any object, it must be to remove the cause.

All morbid appetite is artificial. The person who imagines that his desire for tea or coffee, or whiskey or tobacco, is natural is terribly mistaken, if he does not accuse his Creator of the most unnatural of all crimes—the crime of sending an immortal being into the world with an appetite that will damn it. We say that no morbid appetite is natural. Appetite is acquired. That well-meaning nurse, Mother, who first fed your new-born babe that panada to remove the accumulations from its throat; she who gave it cordial to stop its crying, when it was so bruised and sore that to cry was relief;

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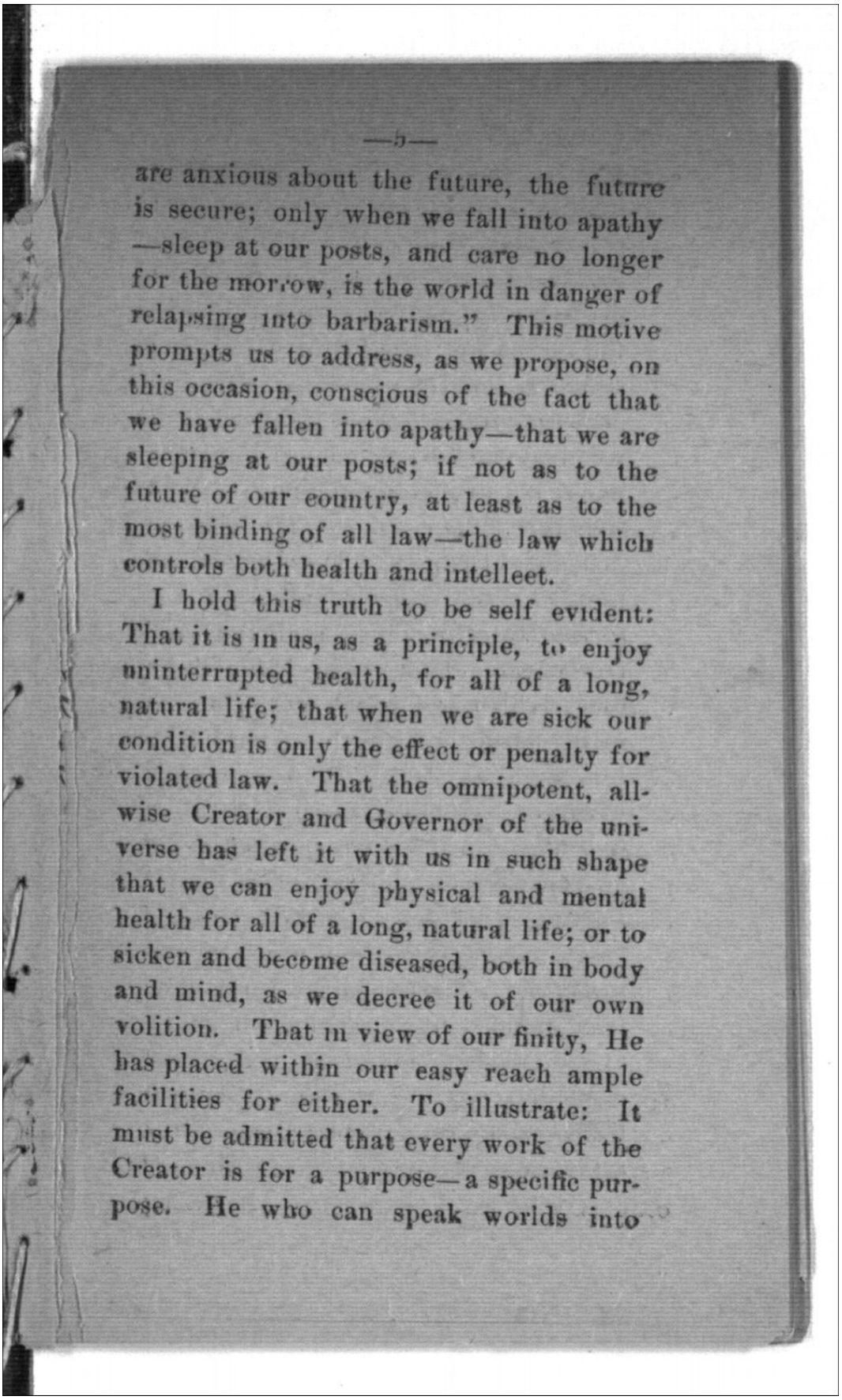
when she was insanely jogging its mashed body on her rude knee, it was that panada, that cordial, which gave it appetite. Not the God of justice and mercy who made it depraved.

To make me believe that the Creator would bring a child into the world with an appetite that would make it a drunkard would be to make me an atheist.

Now, the cause of morbid appetite, to which I wish to call your attention, is other than tea, coffee or alcohol. These are innocent and agreeable when compared to the effects of tobacco, a growing evil which is doing more deadly work, today, on the nations of christendom than alcohol ever did in ~~my~~ any age upon the world; and I deny to alcohol one redeeming quality. The people are as insanely wedded to tobacco, to-day, as were our fathers to whiskey; when preachers would die of delerium tremens, while their sons would get drunk at their funerals. We fear it will be as difficult to approach us on this subject as it was our forefathers on drunkenness. We realize we are right, however, and we fear not to go ahead. It is reform, and reformation never goes backward.

The historian says: "So long as we

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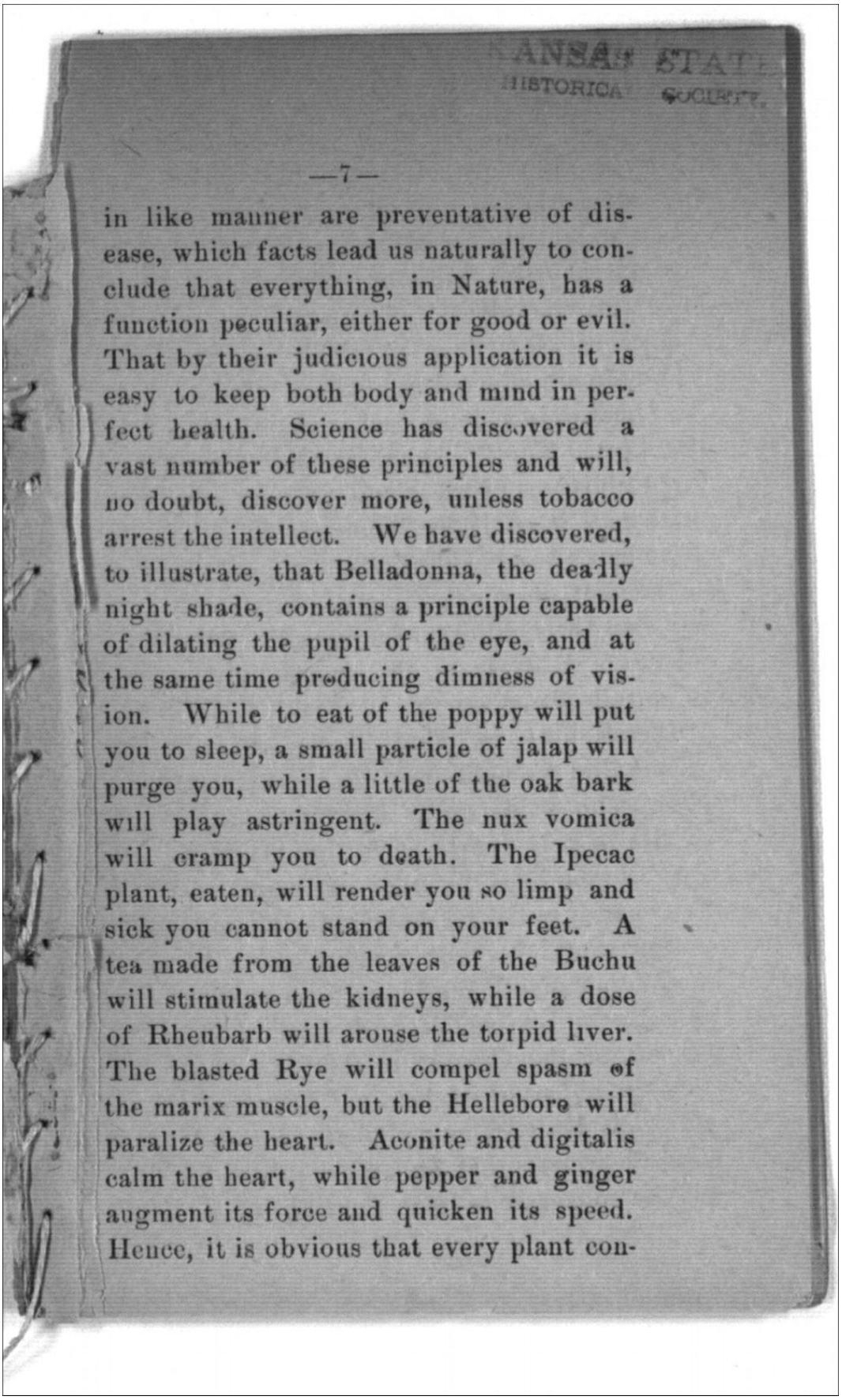


are anxious about the future, the future is secure; only when we fall into apathy —sleep at our posts, and care no longer for the morrow, is the world in danger of relapsing into barbarism." This motive prompts us to address, as we propose, on this occasion, conscious of the fact that we have fallen into apathy—that we are sleeping at our posts; if not as to the future of our country, at least as to the most binding of all law—the law which controls both health and intelleet.

I hold this truth to be self evident: That it is in us, as a principle, to enjoy uninterrupted health, for all of a long, natural life; that when we are sick our condition is only the effect or penalty for violated law. That the omnipotent, all-wise Creator and Governor of the universe has left it with us in such shape that we can enjoy physical and mental health for all of a long, natural life; or to sicken and become diseased, both in body and mind, as we decree it of our own volition. That in view of our finity, He has placed within our easy reach ample facilities for either. To illustrate: It must be admitted that every work of the Creator is for a purpose—a specific purpose. He who can speak worlds into

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existence and place them in absolute equipose could not possibly make a weed for nothing. The object of that spider web is to entangle the fly. The purpose of the fly to feed the spider. Both to declare His glory. Yes, my friend, every fibre of nature; every tree, with its leaf, and bark, and root; every plant which grows from the earth contains a principle, when applied to the living animal, man, which is capable of affecting some function pertaining to his life, either for good or banefully. That which affects him for good is one of the trees of the garden of which God said thou mayest freely eat. That which affects injuriously is that tree which was in the midst of the garden of which we may not eat lest we die. I call your attention, as briefly as possible, to a few of those deemed good and proved to be healthful by experience. The corn, the apple, the potato; all wholesome and nutritious, and every one of them containing a specific principle. The property of wheat, while it is fraught with nutrition, is also that of astringent, counteracting a too lax condition, and in this manner acting as a health conservator, while fruits and vegetables supply the opposite condition, and



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in like manner are preventative of disease, which facts lead us naturally to conclude that everything, in Nature, has a function peculiar, either for good or evil. That by their judicious application it is easy to keep both body and mind in perfect health. Science has discovered a vast number of these principles and will, no doubt, discover more, unless tobacco arrest the intellect. We have discovered, to illustrate, that Belladonna, the deadly night shade, contains a principle capable of dilating the pupil of the eye, and at the same time producing dimness of vision. While to eat of the poppy will put you to sleep, a small particle of jalap will purge you, while a little of the oak bark will play astringent. The nux vomica will cramp you to death. The Ipecac plant, eaten, will render you so limp and sick you cannot stand on your feet. A tea made from the leaves of the Buchu will stimulate the kidneys, while a dose of Rheubarb will arouse the torpid liver. The blasted Rye will compel spasm of the marix muscle, but the Helleboro will paralize the heart. Aconite and digitalis calm the heart, while pepper and ginger augment its force and quicken its speed. Hence, it is obvious that every plant con-

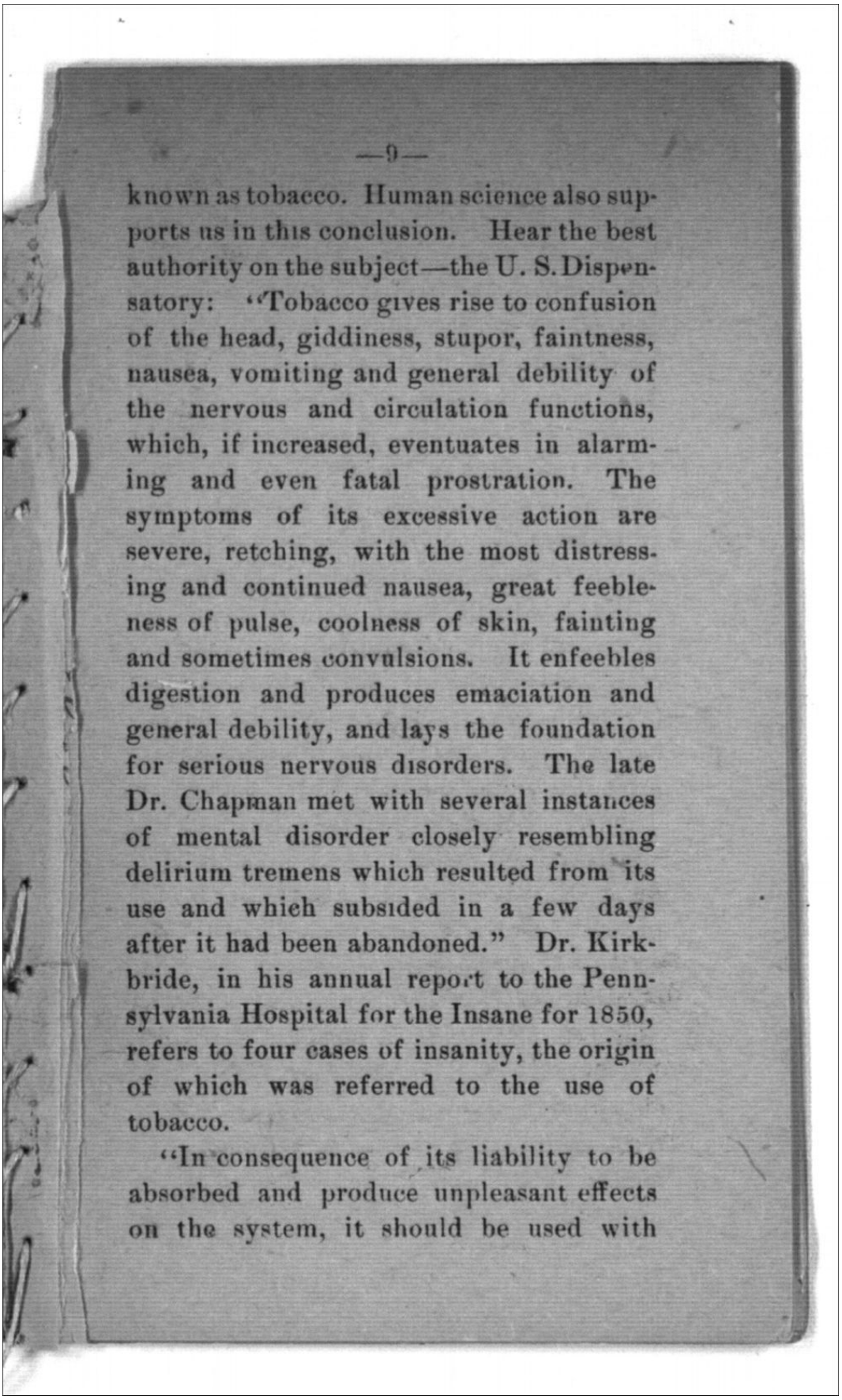
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tains a specific principle, as applicable to some function of the animal man. We have only time to call attention to a few of the physical functions affected by a few of the plants. There are mental functions as well as physical, and that they too are affected is obvious. It is a fact that opium, long used, enfeebles the intellect. The Chinaman smokes it until he is oblivious of the world. The Christian uses it until he becomes imbecile. Drunkards become idiotic from the effects of alcohol on the brain and entail the same on their children, frequently. Why all this? Because of the specific action of certain plants on the nervous system.

Please keep in mind the predicate, "That God wrought not, but for a purpose; who holds us to account for foolish deeds, performed not foolish deeds."

Is tobacco inert when its cogenites are all so surely active? An affirmative conclusion would be simply monstrous. If every other plant contain an active principle it would argue defective wisdom on the part of the Creator to deny to one plant the object of its being. All theology concedes to Deity the attribute of omniscience, so that an active principle must be conceded to that familiar plant

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known as tobacco. Human science also supports us in this conclusion. Hear the best authority on the subject—the U. S. Dispensatory: "Tobacco gives rise to confusion of the head, giddiness, stupor, faintness, nausea, vomiting and general debility of the nervous and circulation functions, which, if increased, eventuates in alarming and even fatal prostration. The symptoms of its excessive action are severe, retching, with the most distressing and continued nausea, great feebleness of pulse, coolness of skin, fainting and sometimes convulsions. It enfeebles digestion and produces emaciation and general debility, and lays the foundation for serious nervous disorders. The late Dr. Chapman met with several instances of mental disorder closely resembling delirium tremens which resulted from its use and which subsided in a few days after it had been abandoned." Dr. Kirkbride, in his annual report to the Pennsylvania Hospital for the Insane for 1850, refers to four cases of insanity, the origin of which was referred to the use of tobacco.

"In consequence of its liability to be absorbed and produce unpleasant effects on the system, it should be used with

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great caution. It is a powerful poison, unfit for internal use, and when employed externally requires much caution. In all cases where the cuticle is removed, as by the blister, it should be employed with reserve and its effects carefully watched. This remark is applicable to all the modes of employing tobacco, particularly to the injection of the infusion into the rectum, which has caused death in several instances. Even the external application of the leaves is not without danger. A case of death is on record, occurring in a child eight years old in consequence of the application of the expressed juice of the leaves applied to the head for the cure of scald head. Death has also been produced by the inhalation of the smoke." This, my friends, is the report of Wood and Bache, the two scientific men of this great Nation of which we are all so proud. And now permit me to call your attention to the two features of this quotation, viz.: That tobacco enfeebles digestion and produces emaciation.

The enfeebleness and emaciation are only the result of indigestion. Emaciation means to grow poor. Indigestion means starvation. Starvation always compels an animal to get poor. And

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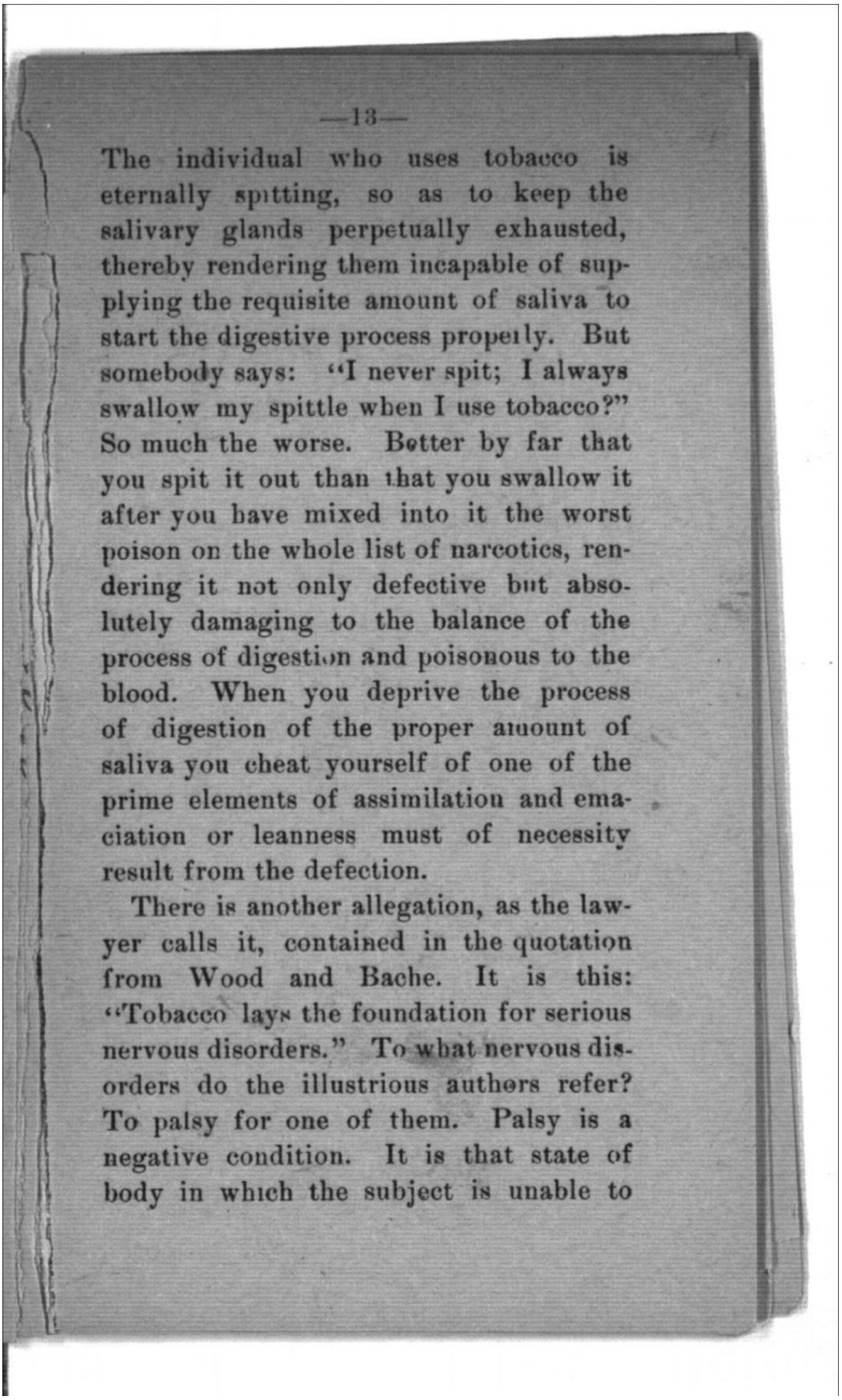
now arises the inquiry: How is this indigestion brought about? Digestion is that process by which the aliment—the food and drink—is changed into blood, and there are several stages of that process. The first is chewing, the object of which is to mix the saliva—sputum or spit—and the aliment, and the better mixed and the softer the mass before it enters the stomach, the easier it is for the gastric juice of the stomach and the bile from the liver to finish it into chyle and chyme, and prepare it to make healthy blood. This is the first step in the softening process. How is the saliva produced? Manifestly from the salivary glands found in the muscles of the cheek and jaw. When the muscles contract to pull the teeth together as in the act of chewing they squeeze these glands and squeezing excites them. When a gland is excited it pours out its secretion (In this case its secretion is the saliva) until it exhausts its secretive function and ceases to continue its secretion until it rests and recuperates sufficient energy to secrete again. This is strikingly exemplified in the sucking of the young. Every mother knows that her babe kneads or pommels her breast with its

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tiny hand and that that process causes the humor lacteus to be secreted by the gland—it causes the milk to flow. She also realizes that after a while it ceases to flow for the time being. The gland becomes exhausted and must rest. So of the salivary glands during the chewing process. The muscles of the cheek squeeze them and they pour out saliva, without which the whole process must be defective. Now defective digestion is partial starvation, which compels emaciation. The second step in the process of digestion is to mix the gastric juice with the paste made by the mouth, after it enters the stomach. The gastric juice can only do its work properly after the mouth and teeth have done their part perfectly. It cannot dissolve partially mixed liquids and solids. It must fail to dissolve the rough mixt, into proper chyme, and must leave it unfit for the blood—too coarse to be taken up by the lacteals. Hence you only obtain a part of the nutriment contained in the food, and from want of the balance you get lean—poor.

How, then, does the use of tobacco hinder digestion? Simply by cheating the digestive process of the saliva.

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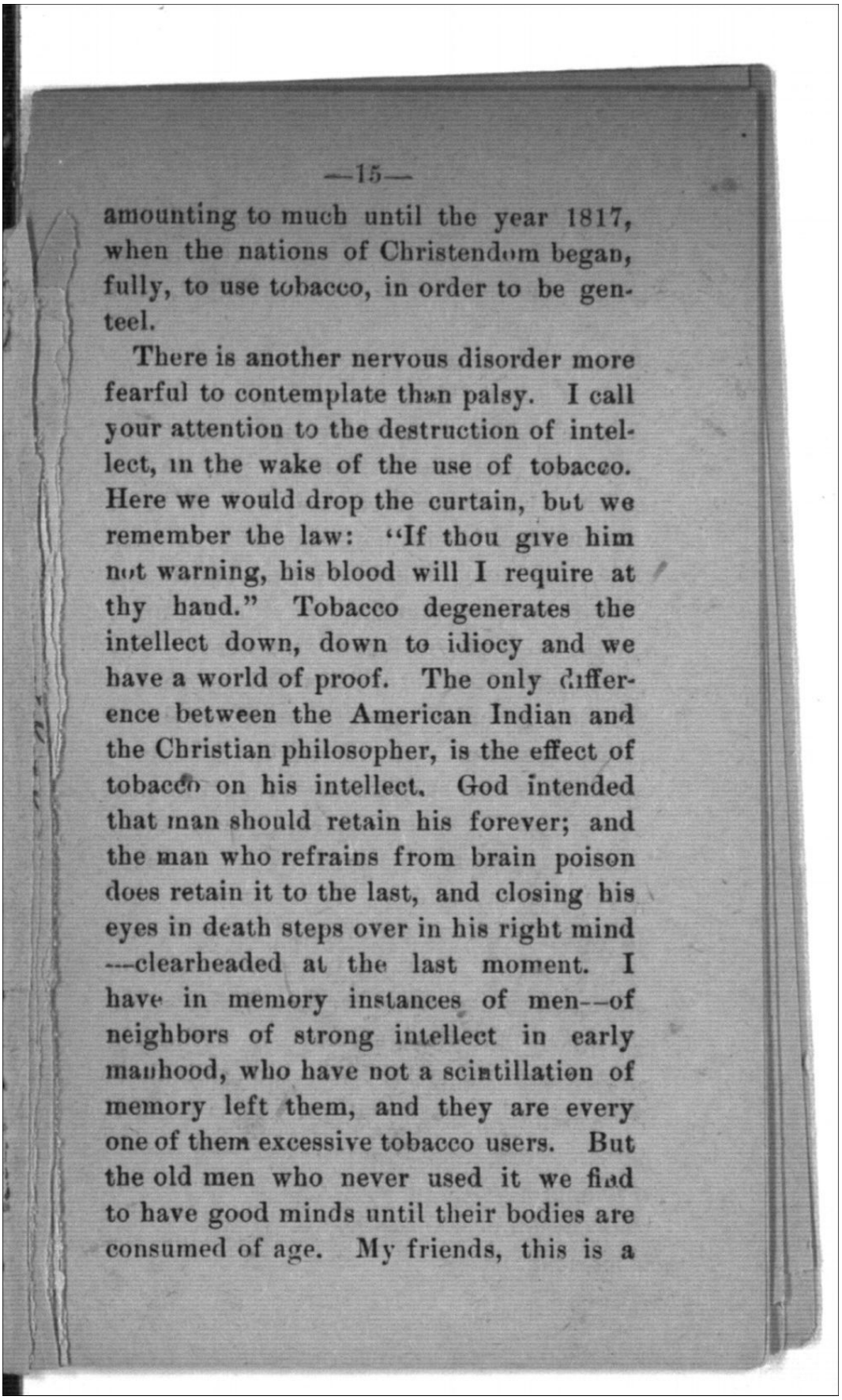
The individual who uses tobacco is eternally spitting, so as to keep the salivary glands perpetually exhausted, thereby rendering them incapable of supplying the requisite amount of saliva to start the digestive process properly. But somebody says: "I never spit; I always swallow my spittle when I use tobacco?" So much the worse. Better by far that you spit it out than that you swallow it after you have mixed into it the worst poison on the whole list of narcotics, rendering it not only defective but absolutely damaging to the balance of the process of digestion and poisonous to the blood. When you deprive the process of digestion of the proper amount of saliva you cheat yourself of one of the prime elements of assimilation and emaciation or leanness must of necessity result from the defection.

There is another allegation, as the lawyer calls it, contained in the quotation from Wood and Bache. It is this: "Tobacco lays the foundation for serious nervous disorders." To what nervous disorders do the illustrious authors refer? To palsy for one of them. Palsy is a negative condition. It is that state of body in which the subject is unable to

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hold himself steady, but on the other hand is perpetually shaking or wavering. The trouble is in the brain which is so damaged by the poisonous effects of tobacco as to render it unable to control the muscles and they twitch and quiver as does the flesh of the beef for some time after it is slaughtered. The butchers all understand this. It is a pitiable condition of body and brain, especially when we realize that the victim has brought it on himself, by the thoughtless use of tobacco. If we had any desire for the personal, we could refer you to many instances of this unhappy effect of the use of tobacco. Can any individual concede these facts, and continue its use, until himself is paralyzed– until his brain can no longer keep the muscles steady? We have been a close observer of this thing during our professional life of a quarter of a century, and have not yet met a case of paralysis agitans––shaking palsy— where the victim was not an excessive tobacco user, or where it was not brought on by some other poison of similar effect. Lead poison produces it sometimes in the painter, and those who work in lead factories, etc. Mercury will also cause it. Palsy was not considered in medicine as

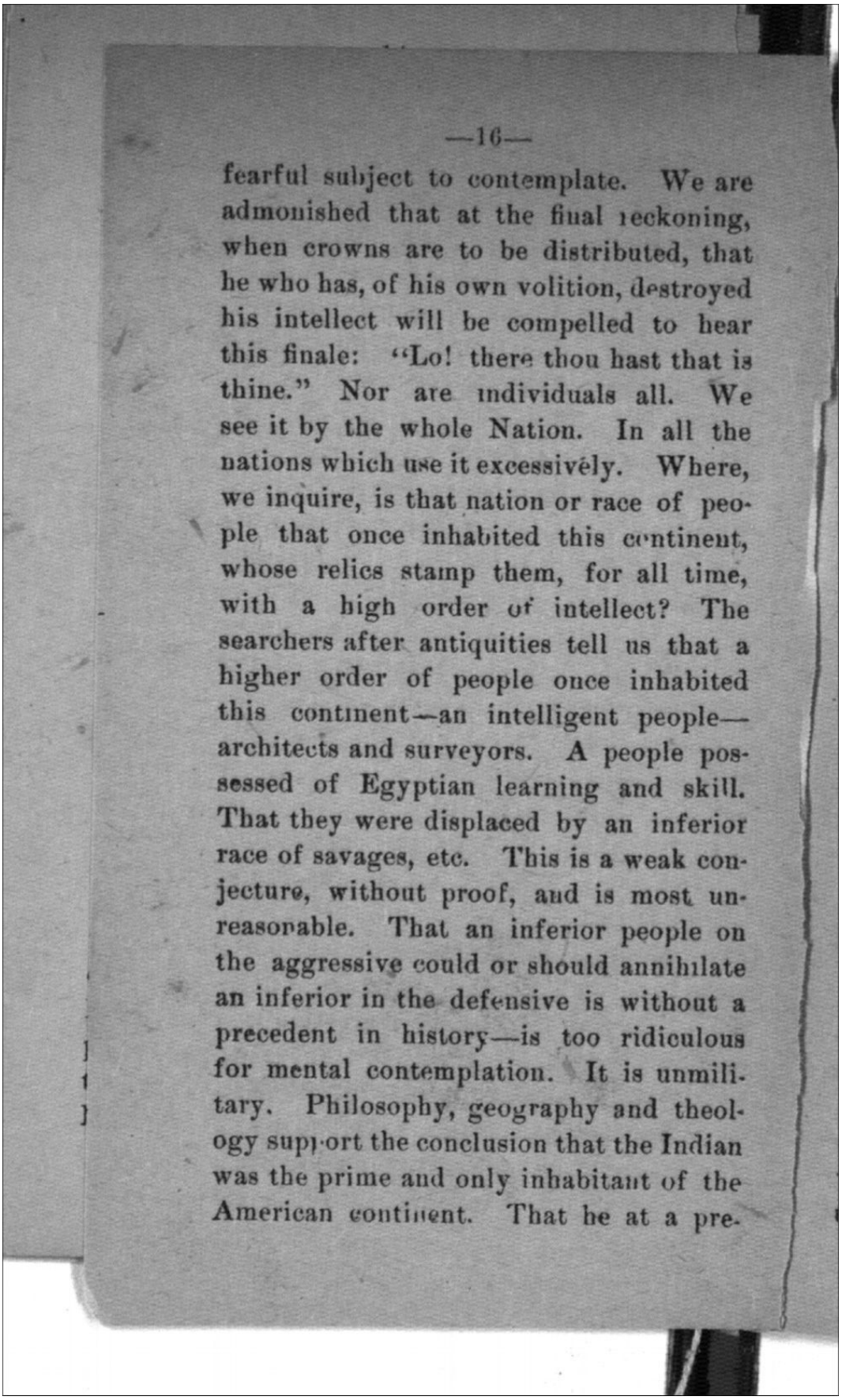
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amounting to much until the year 1817, when the nations of Christendom began, fully, to use tobacco, in order to be genteel.

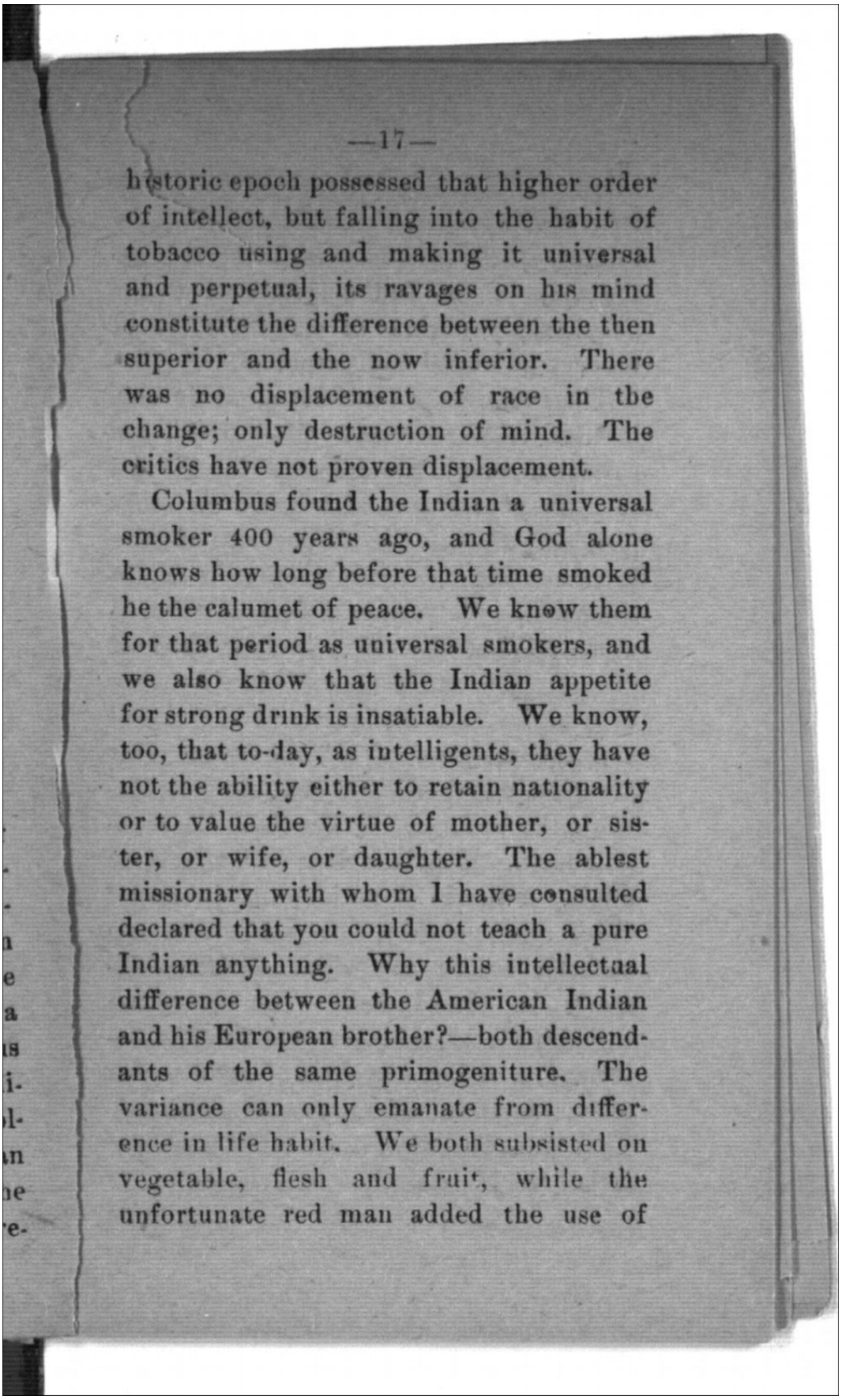
There is another nervous disorder more fearful to contemplate than palsy. I call your attention to the destruction of intellect, in the wake of the use of tobacco. Here we would drop the curtain, but we remember the law: "If thou give him not warning, his blood will I require at thy hand." Tobacco degenerates the intellect down, down to idiocy and we have a world of proof. The only difference between the American Indian and the Christian philosopher, is the effect of tobacco on his intellect. God intended that man should retain his forever; and the man who refrains from brain poison does retain it to the last, and closing his eyes in death steps over in his right mind ---clearheaded at the last moment. I have in memory instances of men--of neighbors of strong intellect in early manhood, who have not a scintillation of memory left them, and they are every one of them excessive tobacco users. But the old men who never used it we find to have good minds until their bodies are consumed of age. My friends, this is a

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fearful subject to contemplate. We are admonished that at the final reckoning, when crowns are to be distributed, that he who has, of his own volition, destroyed his intellect will be compelled to hear this finale: "Lo! there thou hast that is thine." Nor are individuals all. We see it by the whole Nation. In all the nations which use it excessively. Where, we inquire, is that nation or race of people that once inhabited this continent, whose relics stamp them, for all time, with a high order of intellect? The searchers after antiquities tell us that a higher order of people once inhabited this continent—an intelligent people—architects and surveyors. A people possessed of Egyptian learning and skill. That they were displaced by an inferior race of savages, etc. This is a weak conjecture, without proof, and is most unreasonable. That an inferior people on the aggressive could or should annihilate an inferior in the defensive is without a precedent in history—is too ridiculous for mental contemplation. It is unmilitary. Philosophy, geography and theology support the conclusion that the Indian was the prime and only inhabitant of the American continent. That he at a pre-

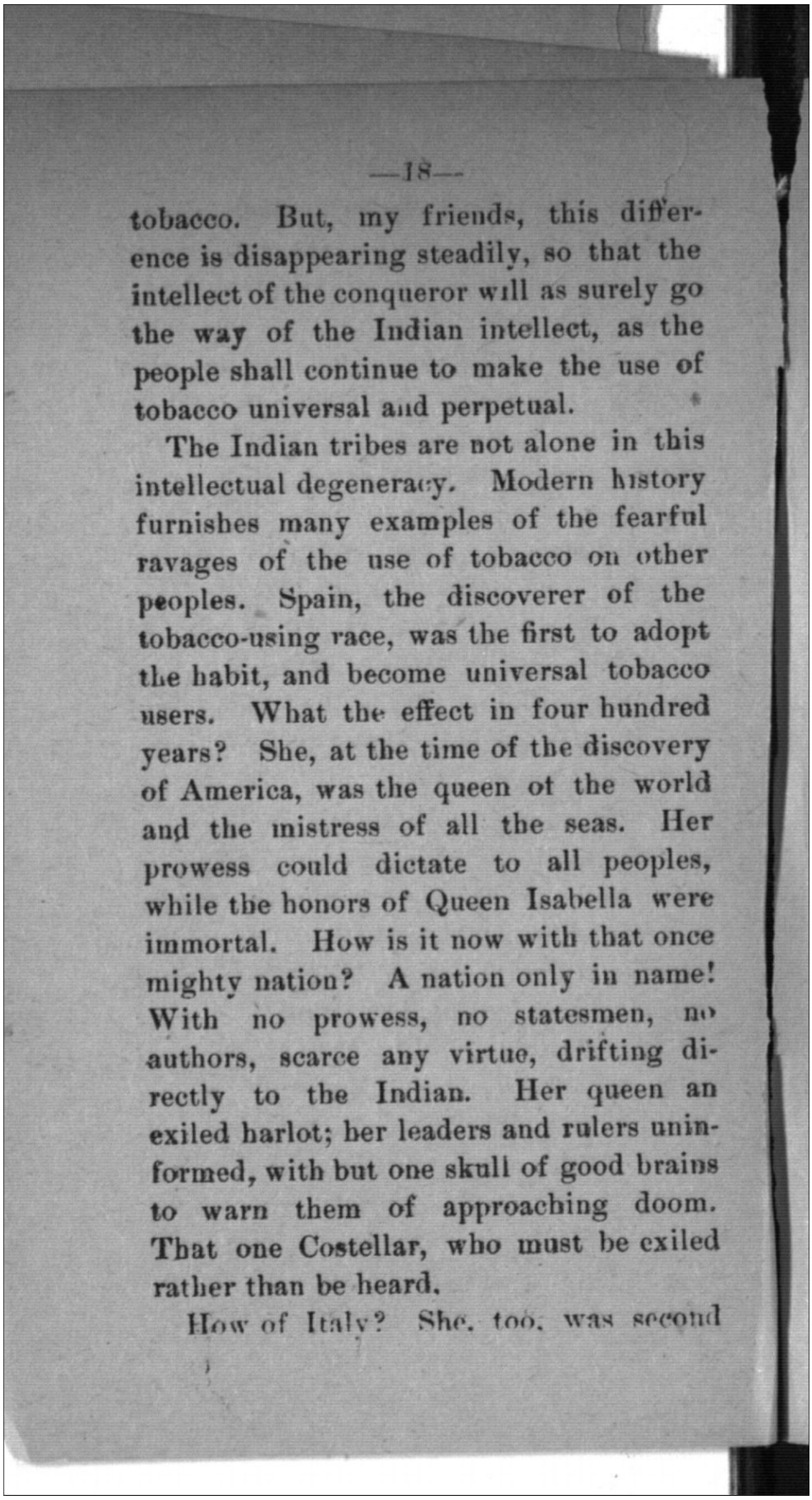
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historic epoch possessed that higher order of intellect, but falling into the habit of tobacco using and making it universal and perpetual, its ravages on his mind constitute the difference between the then superior and the now inferior. There was no displacement of race in the change; only destruction of mind. The critics have not proven displacement.

Columbus found the Indian a universal smoker 400 years ago, and God alone knows how long before that time smoked he the calumet of peace. We know them for that period as universal smokers, and we also know that the Indian appetite for strong drink is insatiable. We know, too, that to-day, as intelligents, they have not the ability either to retain nationality or to value the virtue of mother, or sister, or wife, or daughter. The ablest missionary with whom I have consulted declared that you could not teach a pure Indian anything. Why this intellectual difference between the American Indian and his European brother?—both descendants of the same primogeniture. The variance can only emanate from difference in life habit. We both subsisted on vegetable, flesh and fruit, while the unfortunate red man added the use of

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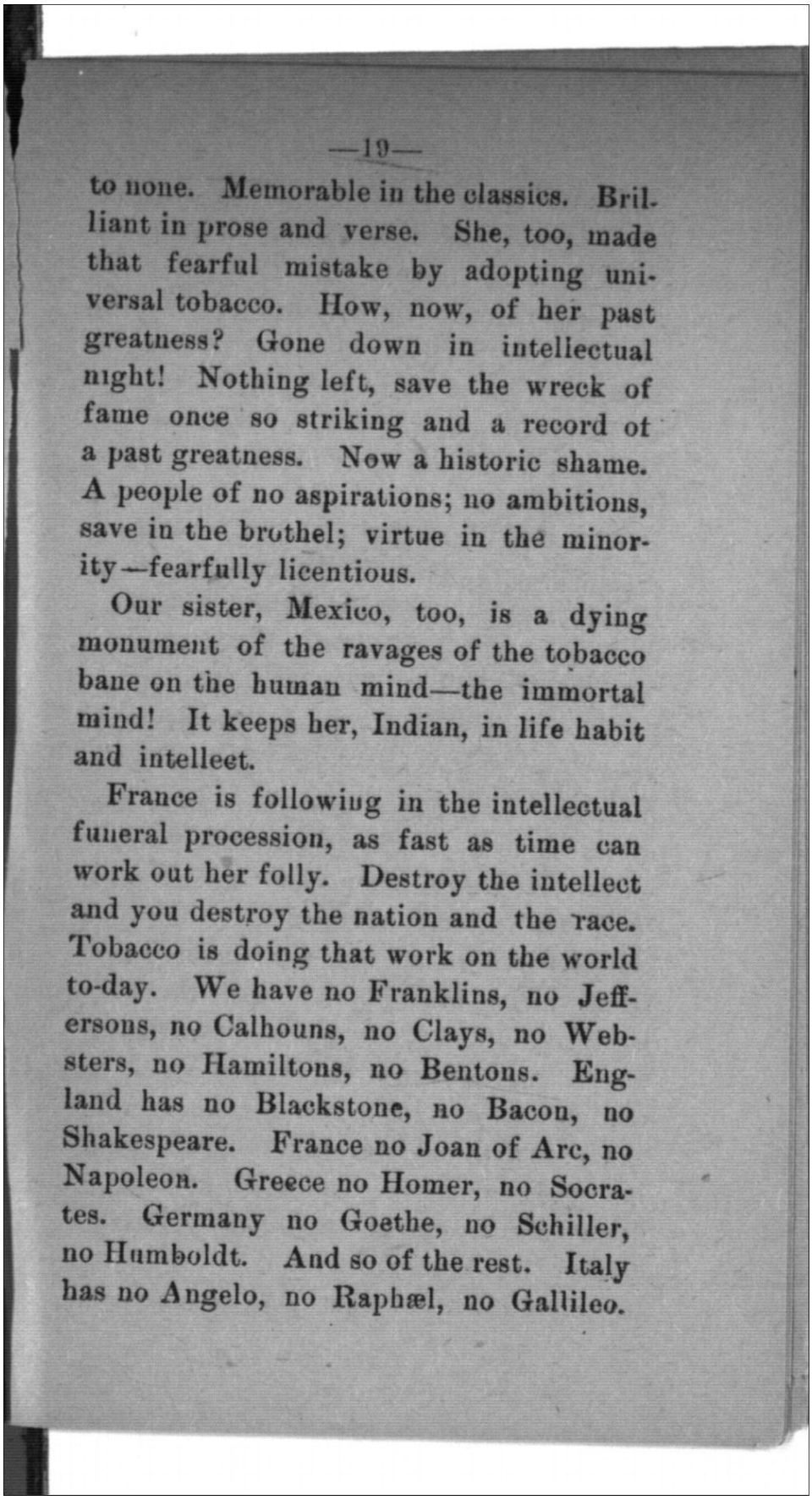


tobacco. But, my friends, this difference is disappearing steadily, so that the intellect of the conqueror will as surely go the way of the Indian intellect, as the people shall continue to make the use of tobacco universal and perpetual.

The Indian tribes are not alone in this intellectual degeneracy. Modern history furnishes many examples of the fearful ravages of the use of tobacco on other peoples. Spain, the discoverer of the tobacco-using race, was the first to adopt the habit, and become universal tobacco users. What the effect in four hundred years? She, at the time of the discovery of America, was the queen of the world and the mistress of all the seas. Her prowess could dictate to all peoples, while the honors of Queen Isabella were immortal. How is it now with that once mighty nation? A nation only in name! With no prowess, no statesmen, no authors, scarce any virtue, drifting directly to the Indian. Her queen an exiled harlot; her leaders and rulers uninformed, with but one skull of good brains to warn them of approaching doom. That one Costellar, who must be exiled rather than be heard.

How of Italy? She, too, was second

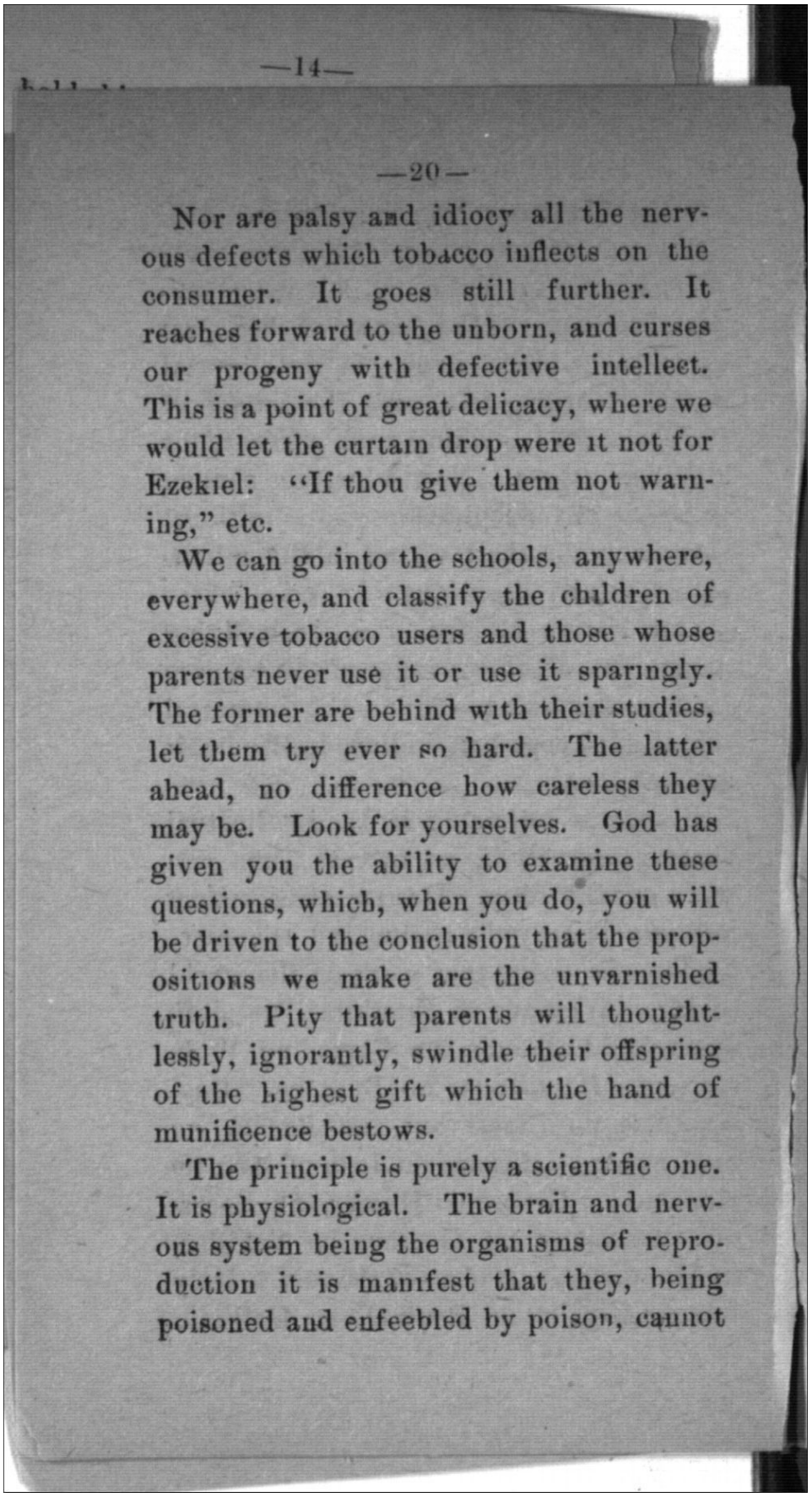
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to none. Memorable in the classics. Brilliant in prose and verse. She, too, made that fearful mistake by adopting universal tobacco. How, now, of her past greatness? Gone down in intellectual night! Nothing left, save the wreck of fame once so striking and a record of a past greatness. Now a historic shame. A people of no aspirations; no ambitions, save in the brothel; virtue in the minority—fearfully licentious.

Our sister, Mexico, too, is a dying monument of the ravages of the tobacco bane on the human mind—the immortal mind! It keeps her, Indian, in life habit and intellect.

France is following in the intellectual funeral procession, as fast as time can work out her folly. Destroy the intellect and you destroy the nation and the race. Tobacco is doing that work on the world to-day. We have no Franklins, no Jeffersons, no Calhouns, no Clays, no Websters, no Hamiltons, no Bentons. England has no Blackstone, no Bacon, no Shakespeare. France no Joan of Arc, no Napoleon. Greece no Homer, no Socrates. Germany no Goethe, no Schiller, no Humboldt. And so of the rest. Italy has no Angelo, no Raphæl, no Gallileo.



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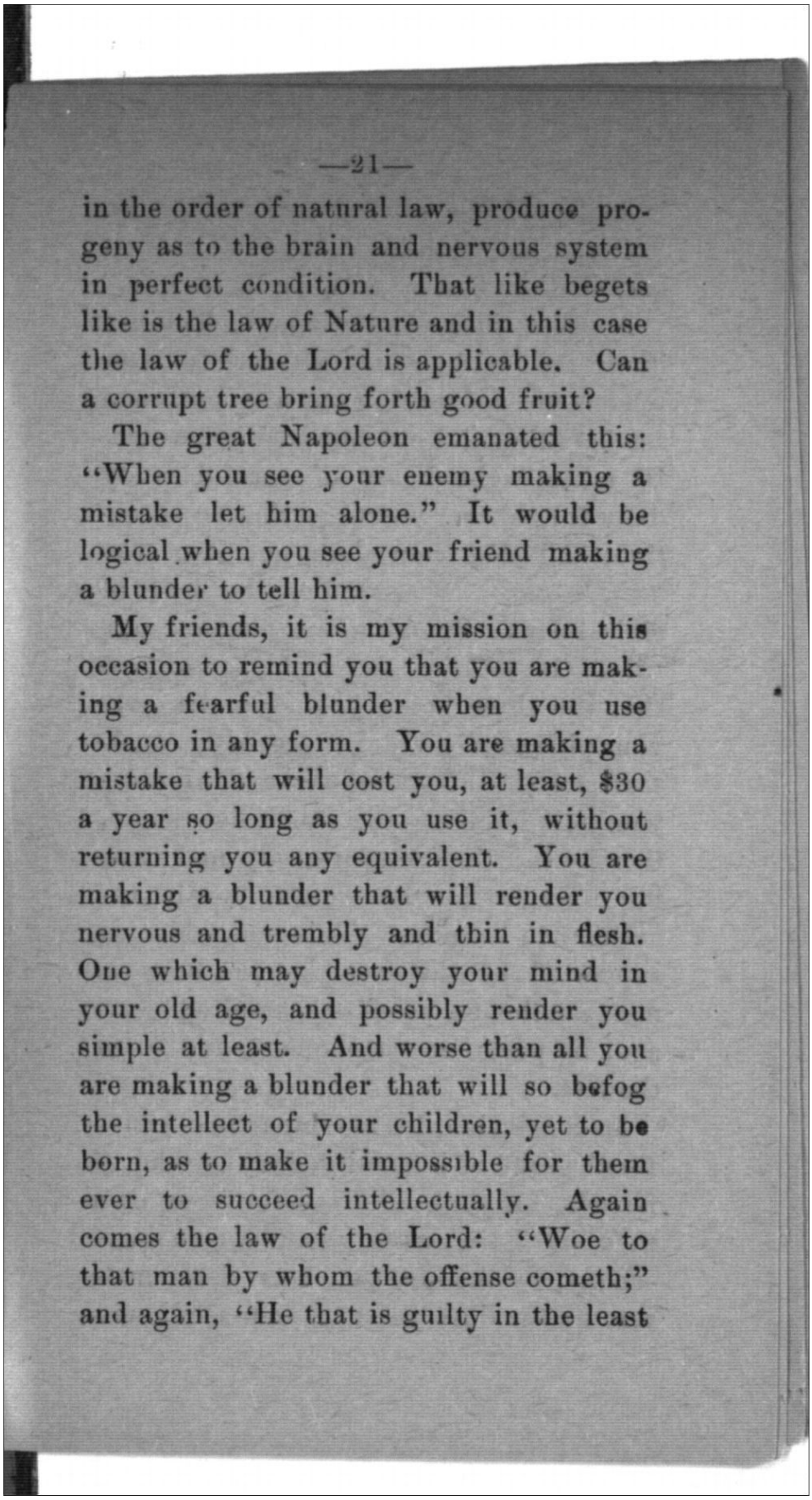
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Nor are palsy and idiocy all the nervous defects which tobacco inflects on the consumer. It goes still further. It reaches forward to the unborn, and curses our progeny with defective intellect. This is a point of great delicacy, where we would let the curtain drop were it not for Ezekiel: "If thou give them not warning," etc.

We can go into the schools, anywhere, everywhere, and classify the children of excessive tobacco users and those whose parents never use it or use it sparingly. The former are behind with their studies, let them try ever so hard. The latter ahead, no difference how careless they may be. Look for yourselves. God has given you the ability to examine these questions, which, when you do, you will be driven to the conclusion that the propositions we make are the unvarnished truth. Pity that parents will thoughtlessly, ignorantly, swindle their offspring of the highest gift which the hand of munificence bestows.

The principle is purely a scientific one. It is physiological. The brain and nervous system being the organisms of reproduction it is manifest that they, being poisoned and enfeebled by poison, cannot

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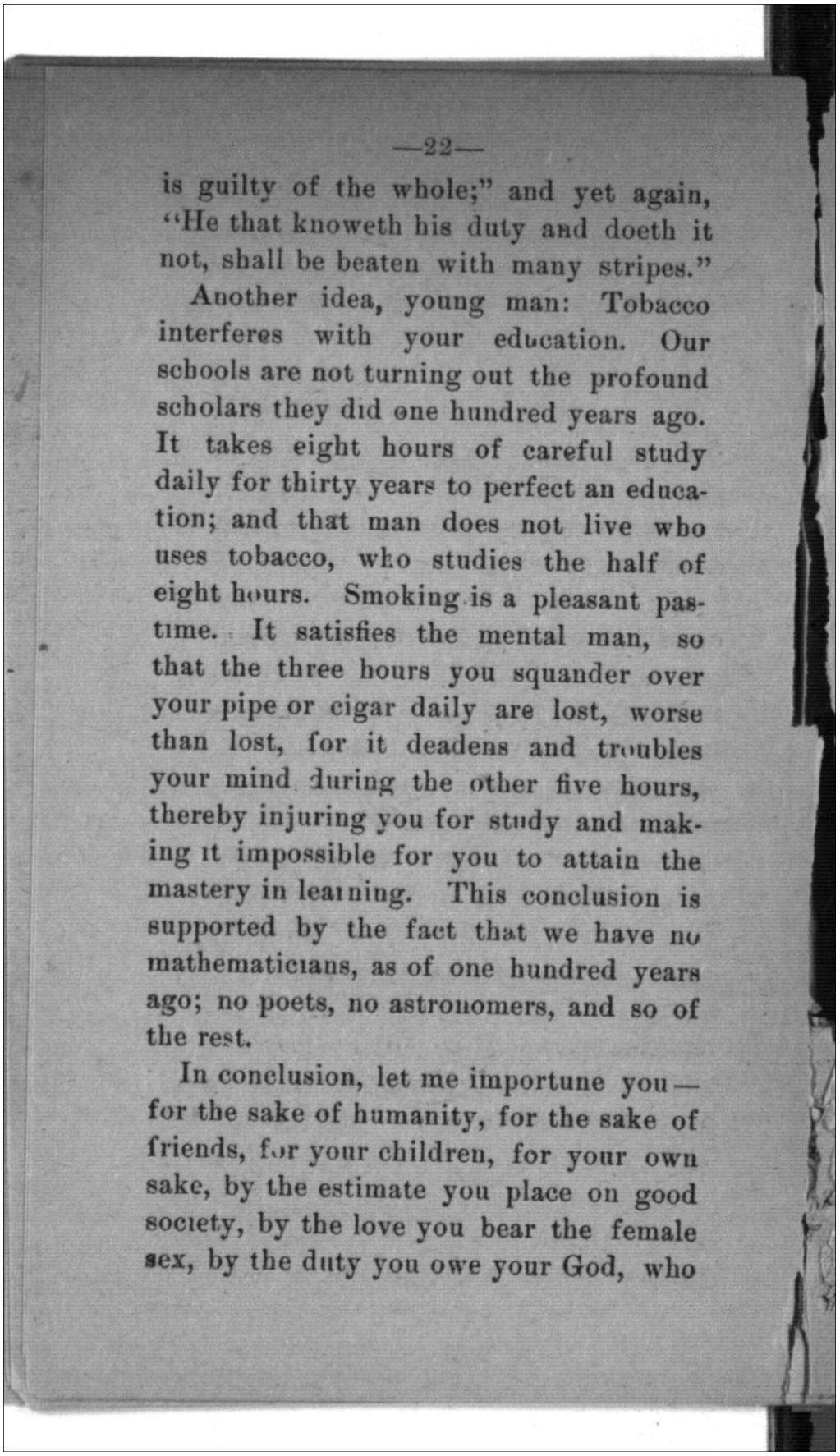


in the order of natural law, produce progeny as to the brain and nervous system in perfect condition. That like begets like is the law of Nature and in this case the law of the Lord is applicable. Can a corrupt tree bring forth good fruit?

The great Napoleon emanated this: "When you see your enemy making a mistake let him alone." It would be logical when you see your friend making a blunder to tell him.

My friends, it is my mission on this occasion to remind you that you are making a fearful blunder when you use tobacco in any form. You are making a mistake that will cost you, at least, $30 a year so long as you use it, without returning you any equivalent. You are making a blunder that will render you nervous and trembly and thin in flesh. One which may destroy your mind in your old age, and possibly render you simple at least. And worse than all you are making a blunder that will so befog the intellect of your children, yet to be born, as to make it impossible for them ever to succeed intellectually. Again comes the law of the Lord: "Woe to that man by whom the offense cometh;" and again, "He that is guilty in the least

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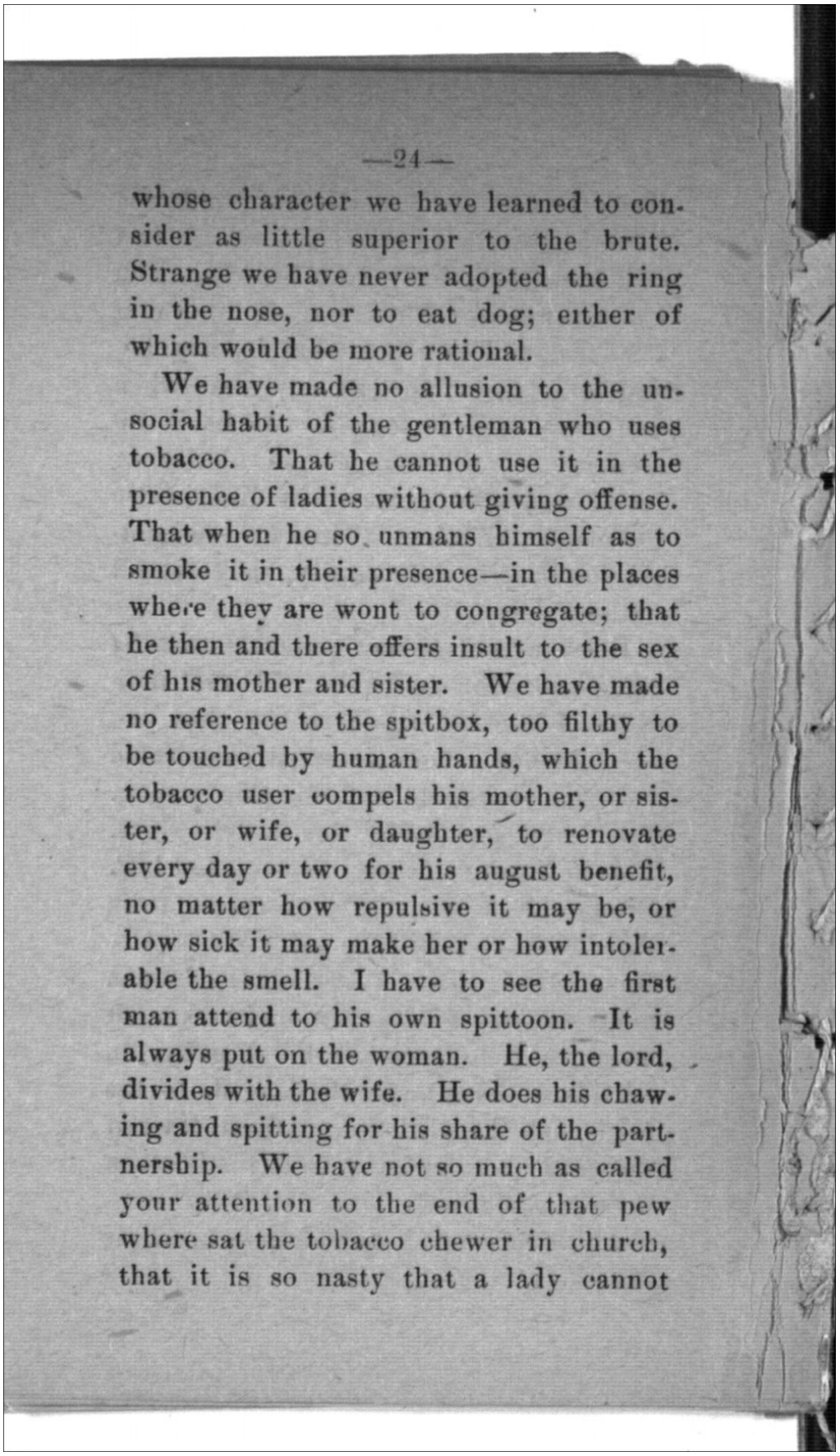
is guilty of the whole;" and yet again, "He that knoweth his duty and doeth it not, shall be beaten with many stripes."

Another idea, young man: Tobacco interferes with your education. Our schools are not turning out the profound scholars they did one hundred years ago. It takes eight hours of careful study daily for thirty years to perfect an education; and that man does not live who uses tobacco, who studies the half of eight hours. Smoking is a pleasant pastime. It satisfies the mental man, so that the three hours you squander over your pipe or cigar daily are lost, worse than lost, for it deadens and troubles your mind during the other five hours, thereby injuring you for study and making it impossible for you to attain the mastery in learning. This conclusion is supported by the fact that we have no mathematicians, as of one hundred years ago; no poets, no astronomers, and so of the rest.

In conclusion, let me importune you—for the sake of humanity, for the sake of friends, for your children, for your own sake, by the estimate you place on good society, by the love you bear the female sex, by the duty you owe your God, who

scans the acts of all men—that you hence forward abstain a habit from which you cannot possibly derive any benefit. You make a mistake when you do anything for nothing, I care not what it may be, and it is easier to quit now than when you have used it longer. As habit increases, moral courage and ability to resist temptation decrease in direct ratio the one to the other. Then for the interest you have in immortality, shake it off without delay.

Does any person now conclude that he cannot abandon the habit. To that individual I have but again to say that you are mistaken. God never so constituted you that you could not abandon wrong. You may feel badly for a few days. This is Nature's penalty for violated law. When the nervous system reacts from the shock you will be all right again. Our motto is this: Whatever the human mind resolves to do, and undertakes, it never fails to accomplish. Finally, in all this we have never challenged, to the fact, that the christian nations learned the tobacco-using habit from the heathen savage, whose every other habit we have always deprecrated, and despised; whose ignorance we have always pitied, and



whose character we have learned to consider as little superior to the brute. Strange we have never adopted the ring in the nose, nor to eat dog; either of which would be more rational.

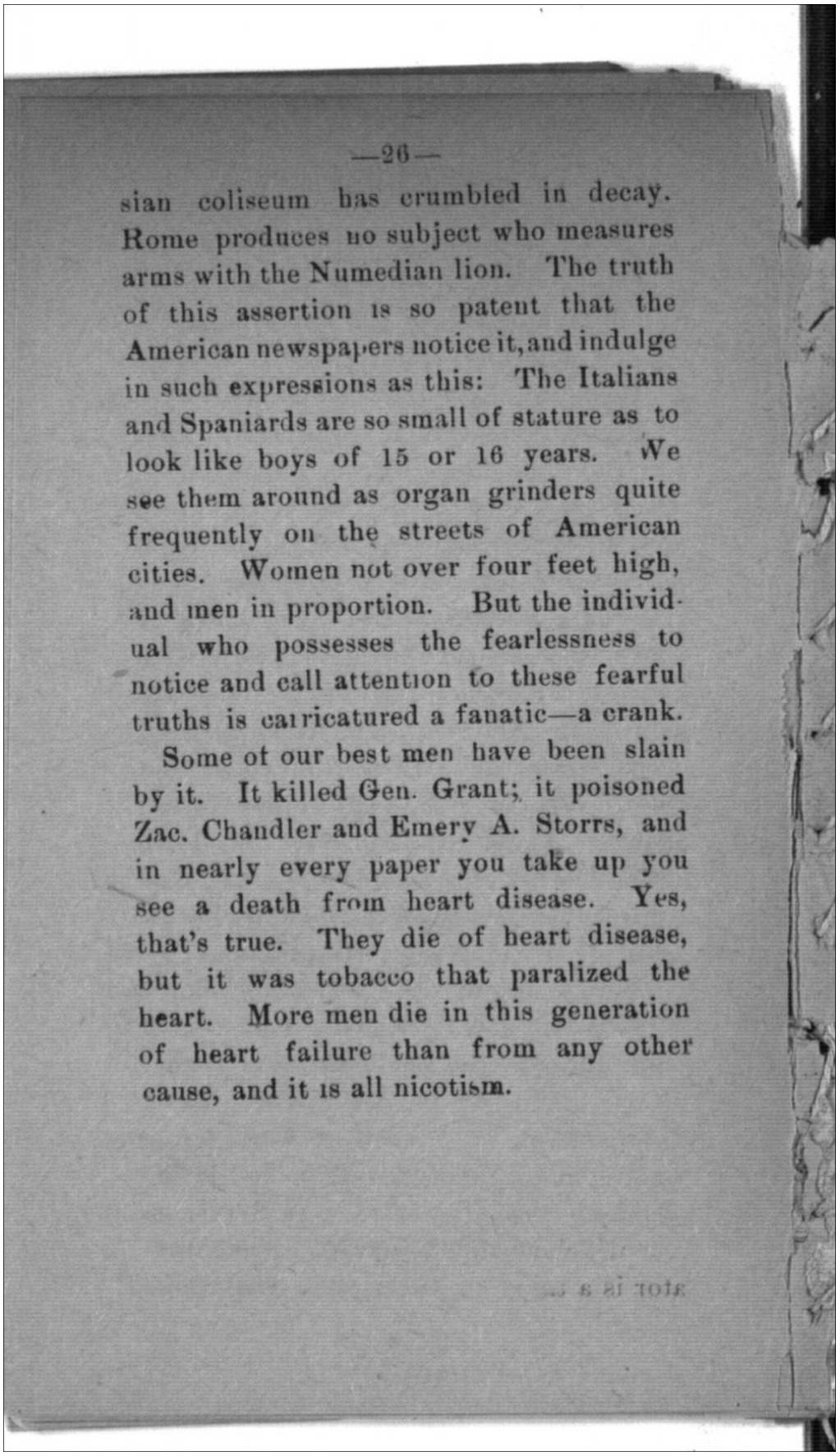
We have made no allusion to the unsocial habit of the gentleman who uses tobacco. That he cannot use it in the presence of ladies without giving offense. That when he so unmans himself as to smoke it in their presence—in the places where they are wont to congregate; that he then and there offers insult to the sex of his mother and sister. We have made no reference to the spitbox, too filthy to be touched by human hands, which the tobacco user compels his mother, or sister, or wife, or daughter, to renovate every day or two for his august benefit, no matter how repulsive it may be, or how sick it may make her or how intolerable the smell. I have to see the first man attend to his own spittoon. It is always put on the woman. He, the lord, divides with the wife. He does his chawing and spitting for his share of the partnership. We have not so much as called your attention to the end of that pew where sat the tobacco chewer in church, that it is so nasty that a lady cannot

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enter it without soiling her clothes; that she dare not kneel in prayer. Nor have I said anything to you about the condition of things around the stove where is always deposited the contents of that gross mouth. We have made no allusion to any of these things. We leave them to mantle the cheek with criminal shame, when the conscious stricken victim of tobacco shall have returned to his right mind. We leave him to the consolation that there are two other animals in all of God's creation who deign to sup with him in the same dish of his unsocial habit. In America, the wonderful tobacco worm; in Africa, the rock goat whose effluvia none but himself can endure. These two animals, low down on the scale, and the noblest work of God — three of them—partake of the most nasty weed which the earth produces.

There is another fact which we should not, we dare not, overlook. Tobacco not only obtunds the intellect, but it also dwarfs the body as well. The Italian, the Spaniard, the French, are smaller of stature, and lighter of weight, and frailer of muscle than they were in earlier times; and deficient in endurance. The gladiator is a thing of the past. The vespa-

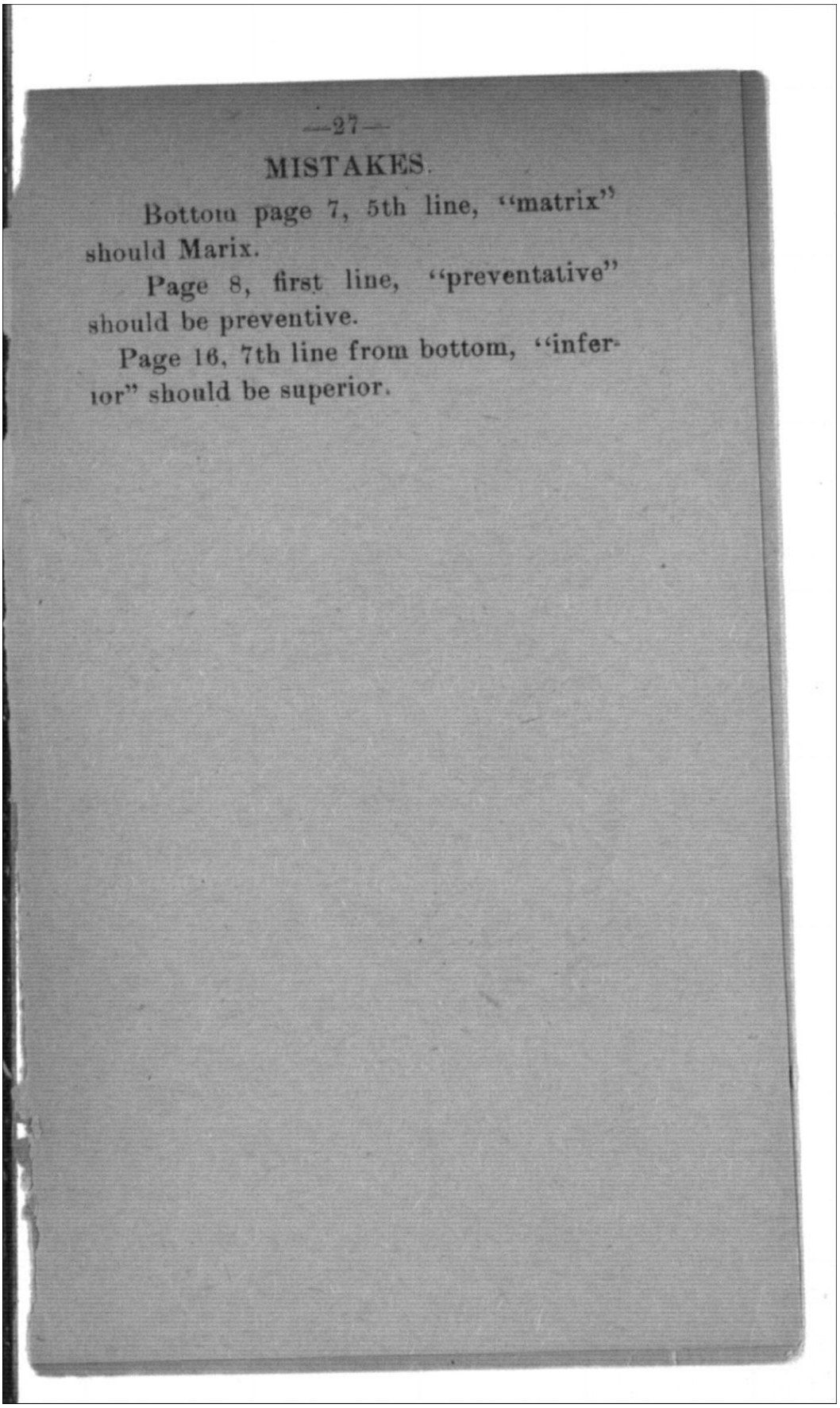
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sian coliseum has crumbled in decay. Rome produces no subject who measures arms with the Numedian lion. The truth of this assertion is so patent that the American newspapers notice it, and indulge in such expressions as this: The Italians and Spaniards are so small of stature as to look like boys of 15 or 16 years. We see them around as organ grinders quite frequently on the streets of American cities. Women not over four feet high, and men in proportion. But the individual who possesses the fearlessness to notice and call attention to these fearful truths is caricatured a fanatic—a crank.

Some of our best men have been slain by it. It killed Gen. Grant; it poisoned Zac. Chandler and Emery A. Storrs, and in nearly every paper you take up you see a death from heart disease. Yes, that's true. They die of heart disease, but it was tobacco that paralized the heart. More men die in this generation of heart failure than from any other cause, and it is all nicotism.

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MISTAKES.

Bottom page 7, 5th line, "matrix" should Marix.

Page 8, first line, "preventative" should be preventive.

Page 16, 7th line from bottom, "inferior" should be superior.