



The Health Benefits of Tobacco

William Campbell Douglass

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The benefits of smoking tobacco have been common knowledge for centuries. From sharpening mental acuity to maintaining optimal weight, the relatively small risks of smoking have always been outweighed by the substantial improvement to mental and physical health. Hysterical attacks on tobacco notwithstanding, smokers always weigh the good against the bad and puff away or quit according to their personal preferences. Now the same anti-tobacco medical establishment that has spent billions demonizing the pleasure of smoking is providing additional reasons to smoke. Did you know that many of the countries the smoke the most, have the longest life span? This controversial books will have you thinking and talking for quite some time.

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