

advisers to these otherwise valuable institutions, and we trust they will use all their influence towards the establishment of a more rational hygiene than that which we know exists at present in some of our ladies' schools.

### LIGHT WINES.

We are glad to find that light French Wines are becoming very popular in Toronto, and to a considerable extent taking the place of what has been hitherto drunk under the name of Port and Sherry.

When we consider that their cost is less than half that of ordinary wine, that the strongest of them does not contain more than 25 per cent. of alcohol, and the lighter clarets perhaps about 18 per cent, it will at once be apparent what an advantage it would be to our people if they could be induced to take them into general use, and drink them instead of *Canadian forty rod*, which is destroying the stomachs and ruining the constitutions of too many of our population.

The climate of Canada is such as precludes the use of beer, to the same extent, at any rate as in the mother country, and its place has been supplied, to a great degree, by the use of spirits, generally none of the best. The effect of this change has been noticed in the British regiments stationed in Canada, where the amount of drunkenness is largely increased by the substitution of spirits for malt liquor, while this vice is said to be comparatively unknown in the wine producing regions of France.

In this country, where the social drinking customs of the United States prevail to so large an extent, and where the alternative is almost "Drink or fight," such a change could not fail to be largely beneficial. Indeed it seems particularly applicable to our own profession, many of whom complain that it is impossible in the country to be a moderate drinker. If they drink at all they are obliged to accept every invitation, and so either to poison their blood with huge doses of bad alcohol, a dozen times in the course of a day, or to deny themselves a necessary stimulant after a long and cold ride, or a fatiguing day's work.

It is to be hoped that ere long, these wines will take the place of spirits, as an ordinary beverage, though such change must be the work of time. The palate requires to be educated to a just appreciation of pure wine, and at first craves the excessive alcoholic stimulus to which it has been previously accustomed. Dr. DAVITT, in his "Report on Cheap Wines," says:—

"People cannot be expected to change the habits

of their lives in a hurry, nor yet all at once to relish pure, natural, unbranded wine after having for years reviled it as sour, cold, and poor. There is a good deal of the *subjective*, however, in our habits of gustation. People will say they relish, and will pretend to relish, and at last they may end by really liking, almost anything if they think it a mark of fashion to do so. We want to have people taught what wine really is, how to taste it, and how to discriminate pure wine flavour from the hot fumes of disguised spirits, and then the relish will follow the knowledge."

So we must bide our time. But rest assured of this, much good can be done by the profession, by prescribing them in all cases where they can properly be substituted for alcohol.

Space forbids us now to enter into the medicinal uses of these wines, nor did we exactly contemplate it when beginning this article, yet we cannot help quoting, in conclusion, another passage of Dr. DAVITT's admirable work, conveying in a very few words a whole volume of information on this head

"What, medical reader, is your favourite 'mixture' or 'draught' for a convalescent, to enable him to enjoy the first mutton chop that you allow him? Suppose we say ten minims of aromatic sulphuric acid, half a drachm of tincture of gentian, the same of syrup of orange, fifteen minims of nitric ether, and *quant. suff.* of water. A very palatable draught. A little dilute acid, a slight bitter, a small quantity of some aromatic, a little alcohol, and some fragrant ether. But this is just the 'mixture' or 'draught' that Nature has brewed ready to our hands in the fragrant and appetising wines of France and Germany."

### THE CANADA MEDICAL JOURNAL.

Gently, Brother, gently; you ask,—What is the matter with the DOMINION MEDICAL JOURNAL? Well; it is only just emerging from the state of chrysalis, its wings only half grown, and unfit for long flights. We hope, therefore, you will not expect much from us for a while.

You should not say much about our name, for there is not a great deal of difference in extent of meaning, between your's and our own, as Canada and Dominion are about co-extensive; but the fact is, if you had not been a little too smart for us, as you often are, the names would probably have stood in reverse, as we confess to a greater liking for the old name Canada, than the new one, Dominion; nevertheless, "a rose by any other name is just as sweet." Under the circumstances, we can only accept the situation (with a protest,) like our Medical Council, and then apply ourselves to the most legitimate and serious work connected with it. You express surprise that this JOURNAL has not supplied the profession with the proceedings of the