

From the earliest historical times, as many and many a time it has been written, there has not been a race of men who were not in the habit of using some form of alcoholic beverage. In the words of J. P. Stevens, M.D., of Macon, at a recent annual meeting of the medical association of Georgia, U.S.; "Wine within and oil without seem to have been regarded as the *summum bonum* for attaining the highest development in the direction of physical and mental activity. It would appear, therefore, that alcohol in some form is a necessity of the animal economy." Muntz declares that he has discovered traces of alcohol in cultivated soil, rain water, sea and river water and the atmosphere. Steinmütz says: "I feel compelled to believe, in advance of Leibig, that alcohol is absolutely generated in the digestive process of all animals. . . . That alcohol has not been found in the blood seems to result chiefly from the fact that it must be sought in arterial blood, or blood which has not lost a portion of its carbon in transitu through the lungs in the respiratory process." Again quoting from *The Week*: "What will be the condition of the child's mind when it reads in the authorized text-book that to drink wine is a sin, and in the Gospel that Christ and his disciples practiced that sin, while Christ himself performed a miracle to furnish others with the means of sinning."

INTEMPERANCE in anything is lamentable, and most so of all is it, morally and socially, if not physically, in the use of alcoholic beverages; and it is a terrible evil. The great question is, how to abate it? While, doubtless, the larger portion of "prohibitionists" are as sincere and conscientious as they are earnest, it is not easy to understand by what process of ratiocination they reach the conclusion, in the present state of scientific knowledge, that alcohol in small quantity is a poison; or, in the present state of society, that by prohibition a condition of true temperance can be reached; or that in view of the universal, long continued and almost unrestrained use of such beverages, it would not be best to first try to suppress by far the greater part of the evil, the use of ardent spirits—the direct cause of nearly all the drunkenness,—and permit the use of wine and beer. We are strongly in favour of very stringent laws in relation to the manufacture of and traffic in ardent spirits.

To avoid receiving into the body infection—the germs of infectious disease—is the one great preventive of the spread of epidemics. It is universally conceded that there never is a case of infectious epidemic disease which has not developed from the germ or seed of another

case; just as there never is a stalk of wheat that has not developed from a grain of wheat planted in a suitable soil. As regards the public, then, to perfectly isolate, or, as our French-speaking brethren have it, to segregate, all cases of any such malady is to prevent the spread of it. As to individual precautions, when one is necessarily in the presence of a case of small-pox or any contagious disease one should keep the lips closed and breathe only through the nostrils. One would undoubtedly be still safer with a bit of cotton-wool in each nostril, or with a layer of cotton batting over the nostrils and mouth. The infection will not then be likely to get into the lungs or the blood. That it may not get into the stomach, if one has handled anything in an infected room, the hands should be well washed or disinfected immediately after.

The great philanthropist, Howard, when asked what precautions he used to protect himself from infection in the prisons and hospitals which he visited, responded: "I here answer once for all that next to the free goodness and mercy of the Author of my being, temperance and cleanliness are my preservatives. Trusting in Divine Providence, and believing myself in the way of duty, I visit the most noxious cells, and while thus employed I fear no evil. I never enter a hospital or prison before breakfast, and in an offensive room I seldom draw my breath deeply." We need hardly add that the shorter time one remains in an infected room the better.

The special ventilation season is at hand. Freely open doors and windows can not be longer indulged in. How to provide ourselves with abundance of the first essential of life, in a state of purity in doors in cold weather, and to keep warm without a too great expenditure of fuel and avoid drafts, is a question not easily answered in a practical way. We have studied the question a good deal and experimented a good deal, and are convinced that the great point is, in ordinary practice, in having the foul, breathed air of a room or dwelling withdrawn by free openings into a warm chimney or stove pipe, when the outer pure air will force its way in through the cracks and crevices to take the place of the foul air.

Youth should not hear of anything that may awaken unchaste desires until they are acquainted with the dignity and loftiness of human nature. Youth should endeavor to obtain a ripe development by means of effort. Parents are the proper educators. Education should extend over the whole period of youth.—*Pythagoras*.