

coercive measures adopted. Yet, reliable statistics prove that the evil continues to increase with the increase of population. The statesman requires the aid of all enlightened minds to assist him in framing such laws as will meet the difficulty. And the people at large require to be taught that the abuse, and oftentimes the continued use of alcoholic liquors leads to results dreadful to contemplate. They must be made to believe that they are swallowing a poison, which, if taken at improper times and in improper quantities will, sooner or later inevitably create disease of body and mind. And who can educate them so well upon these points as the physician? and, gentlemen, let me add, I think it our duty as custodians of public health, and as well-wishers of our race, by precept and example, to exercise that influence which each and every one of us can command towards this end.

With the confirmed inebriate we can do little, argument is useless where the entreaties and tears of fond wife, parents, brothers and sisters are of no avail; the finer qualities of his nature are destroyed, the terrible craving for stimulants has taken the place of his will, and he pursues his course to degradation and death, regardless of consequences. Restraint is the only remedy for him, and when that restraint is enforced for a suitable period, it is often surprising to witness the recovery of body and mind under it. But the difficulties surrounding the general application of it, are such as have puzzled the minds of the most astute statesmen and philanthropists, yet it is to be hoped that some means may be devised for carrying it out. But we can and should exercise an influence over the minds of the "masses" who believe that alcoholic stimulus in some of its forms, is generally beneficial to the human system and a necessary aid in promoting health and vigor of body and mind, and in resisting the extremes of cold and heat and other depressing agencies. They should be taught that these ideas are fallacious, that the human system can alone be supported in health by food, that alcohol is not a food in the ordinary acceptance of the term, that no tissue of the body can be built up by it, that with other articles of diet, a dangerous craving is created by the con-