

it will burn in the organism it will supply force ; for it enters as the bearer of so much potential energy."

Quite recently however, Dr. Kinnie of New York who has written a very able prize essay on the subject, "claims that alcohol is in no case a stimulant, that its well-known effects, such for instance as a quickened pulse, a flushed face, and a heated surface, are due to its action as a paralyzing force, and that its well-known therapeutic value, must be accounted for upon entirely different physiological principles." So I might continue almost *ad infinitum*, quoting instances in which such conflicting testimony exists on subjects of almost vital importance.

With this state of things, it is evident that much discord and unpleasant criticism will unfortunately too frequently enter into the practical application of our science, according as the views of one or other author are entertained. I conceive it to be the invariable conclusion of every medical man, it matters not how extensive his reading or how elaborate his researches, or how varied his experience, that if we take a healthy individual, who does not in an especial degree inherit any of the constitutional diseases, and surround him by perfect sanitary conditions, such for instance as in Dr. Richardson's model City, Hygeia, and let him be regular and temperate in all things, then *ceterus parabus*, he would trouble us and our drugs but very little.

Again, the daily experience of almost any medical practitioner will furnish ample illustration of the great importance of imparting to the youth in our schools, sound physiological and hygienic principles ; and of the necessity for all teaching bodies and persons of influence to cultivate more interest in the subject ; together with the Legislature enacting such measures as may appear most conducive to the task of educating the public in the solution of the great problem, "How to be healthy."

I have already occupied more of your valuable space than I intended, wishing your Journal continued success.

I am,
Yours respectfully,

T. GRANVILLE HOCKRIDGE, M.D.,

Newmarket, 20th Dec., 1875.