

stimulants, as tea and coffee, by means of "coffee taverns," the consumption of alcoholic drinks may be greatly lessened. The coffee tavern movement in Great Britain appears to have been a decided success in this way.

Much may doubtless be done by judicious legislation to diminish the consumption of alcoholic drinks, and thus lessen their injurious effects. By the imposing of heavy duties and licences on their manufacture and sale, it becomes more difficult to obtain them, and the quantity used is necessarily reduced. And the imposing of heavy fines and penalties on the habitual or even occasional drunkard, will no doubt check in many the tendency to excesses.

THE EFFECTS OF INTEMPERANCE IN EATING will be noticed in the chapter on foods.

IMMORALITY, WORRY, ANXIETY, FEAR, IDLENESS AND OVER-WORK are causes of deterioration and disease which, like those already referred to, cannot be appreciably prevented or removed by statutes or police regulations. The chief reliance for the mitigation of the effects of these depressing causes of disease must be placed on the education of the physical and moral man, so that he may be able to control his appetites, emotions, and passions.

UNSUITABLE AND INJUDICIOUS MARRIAGES.—Unsuitable marriages as a cause of disease refers to the marriage of persons who from their age or some constitutional defects are liable to procreate diseased offspring. The subject of injudicious marriages refers to the unions of those, usually of the lower orders, who from unthriftiness, idleness, ignorance, etc., are not capable of earning for the large families which usually follow such unions, the means of healthy subsistence. At the present time, especially in this country, there is not a large amount of suffering from this cause, but the time may come when it will be necessary for philanthropists and the State to give practical attention to this subject:

As regards unsuitable marriages, it is well known that marriages between the very young or the very aged are frequently sterile; or if not, the offspring is usually of lowered vitality. The following are the deductions of M. Quetelet, on this point, from a large number of statistics (*Physique Sociale*).

1. Too early marriages result in sterility, or in the birth of children whose chance of surviving to the average period of life is lessened.

2. Marriages which are not infertile are productive of the same