

writes as follows : " The stomach of one man is offended and irritated by wine and his digestion impeded, whilst the appetite of another is improved and his digestion facilitated. The former is better without alcohol, and he comes into the category of fools if he takes it ; but the latter has no claim to the character of physician if he abstains at the bidding of a mistaken fanatic or mere theorist. I believe that alcohol has a special advantage over other articles of diet in restoring exhausted nervous power or repairing the waste that has taken place. I believe alcohol to be among the gifts of God accorded to man for therapeutic as well as other beneficial purposes—to make glad his heart and strengthen his nerves. If every man is to forego his freedom of action because many make a licentious use of it, I know not what is the value of my freedom. If in the case of alcohol as of meat, or any other thing I am to abstain from what I conscientiously believe to be the lawful and beneficial use of it lest I make my brother to offend, my life would be an intolerable burden, worse than that of any ascetic monk that ever lived, and moreover I should be perpetually giving the lie to what I believe to be the truth, that every creature of God is good, and to be received with thanksgiving."

Prof. Alfred J. Bernays says: "The experience of mankind is better than individual experience, and for every medical man of distinction in favour of total abstinence, I can produce twenty against it. We often meet a friend in bad health, and, on enquiry, find that it is due to an experiment in teetotalism."

Dr. Gustav Braun, of Moscow, who used to lose 45 per cent. of his operations for cataract, the patients being badly nourished Russian peasants, and his colleague, Dr. Rosander, had the same experience. After trying many tonics, including quinine, without success, Dr. Braun gave a dose of brandy or sherry to every patient after operating, and repeated it two or three times a day for three days. The result was that the number of cases in which the eye was lost fell immediately from 45 per cent. to 6 per cent.

Dr. R. Brudenell Carter, the London oculist, says: "I believe the dietetic use of alcohol to be one which is simply indispensable for the whole of that large class of persons who, while they are subject to large expenditure of nervous force, are unable to digest more than a very moderate quantity of the dietetic equivalents of alcohol in the form of fats and sugar. I am myself among the most moderate drinkers of alcohol ; and, on three separate occasions, I have endeavoured to become a total abstainer. Each time my health gave way in the attempt, which now, for some years past, I have not ventured to repeat ; and my experience as a practitioner has taught me that many others are in a similar case."

Dr. Pavy, in his great work on Food and Dietetics, bears testimony to the value of light wines for dietetic purposes, and says that they constitute an exceedingly valuable form of stimulant both for the healthy and the sick.

There is an entire absence of any evidence to prove that abstinence is attended by either longer life or better health. The statistics of life assurance are valueless, because they distinguish between the temperate and intemperate, not between the moderate drinker and the total abstainer. When we compare the longevity of brewers with other craftsmen, we find that they compare very well indeed. Recent European statistics place the average longevity of brewers, bakers and butchers at fifty-four years, and this is next to the highest among craftsmen, gardeners and fishermen, leading with an average longevity of fifty-eight years. United States statistics give a still higher average to brewers, placing it at fifty-seven years. It is well known that brewers are beer-drinkers to a man, and they drink it rather freely and constantly, and yet they live much longer and preserve their physical energies better than the average workman of the United States. The peasantry of the wine-growing districts of France and Spain, where light, pure wine is drunk like water, are remarkably healthy, and dyspepsia among them is almost unknown. They will compare more than favourably as regards health with the tea-drinking Americans.