

hood. Reading the best thoughts of the best writers stimulates thought and leads to a grander manhood. The library will cultivate a taste for reading, and interesting books will awaken a desire for more mental food. The study of text-books may strengthen the mind, but reading choice books cultivates it, and enlarges the sphere of knowledge.

"Text books are books used by pupils in connection with the instruction given by the teacher. Good text books, next to the living teacher, are the most important of all educational instrumentalities. The lessons are so presented that they can be easily learned and readily remembered. Good books are real helps. *Poor books written by mere theorists or blundering incompetents, are hindrances rather than helps!*

Mere text book routine—assigning pages and hearing recitations—belongs to a past age. *You must teach.*

A well-arranged course of indoor exercises is of great benefit in any school. The books published upon Calisthenics need to be used with care. Many of them multiply exercises unnecessarily. Some contain much that is objectionable, if not actually improper.

"I trust you will never learn to use tobacco. It is doing more to destroy the brains and nerves of American boys than any agency that can be named. Within half a century no young man addicted to the use of tobacco has graduated at the head of his class in Harvard College, though five-sixths of the students have used it. If a man wishes to train for a boat race, his trainer will not let him use tobacco, because it weakens his brain and muscles, so that he cannot win. If a young fellow would prepare to play a fine game of billiards, while he is training for the tournament his trainer will not let him use tobacco. And as you see from the experience in Harvard College, if a man will train himself to graduate from a college with honours, he must not use tobacco. It is a powerful poison, and the brain cannot escape if it is used in any form.

"To manage a school is not less difficult than to manage a state. To place a raw recruit in command of an army would be eminent wisdom in comparison with the practice of placing green boys and girls in charge of our schools. Unfortunately, our schools are largely conducted by young persons just from the district school, with a mere smattering of the common branches, and utterly ignorant of the laws of culture, of right methods of teaching, and of true school management. They necessarily blunder, and waste, and mar.

**THE LAWS OF HEALTH.** Clark & Maynard. A book unusually well got up and not expensive, containing "The Laws of Health, and the effects of Narcotics and Stimulants," with enough of Anatomy and Physiology to explain the laws by which health may be preserved. It is sufficiently illustrated and is free from technicalities. Considering the interest which now attaches to the Temperance question, there needs, we think, but little apology to our readers for introducing a condensed extract from this work being the substance of the article on Alcohol, by Joseph C. Hutchison, M. D., LL. D., etc.

Alcohol was distilled from rice many centuries before that seed was known in Europe. We hear of it

in Bagdad about the year 900. It was known to the Moors of Spain, through whom the knowledge of its production was spread into western Europe. The first description of Alcohol given by a western writer about 1280, who wrote of a burning or ardent water that resulted from the distillation of wine. Pliny, in the first century, wrote of a strong kind of wine that was inflammable, a quality that strongly suggests the knowledge of a product of distillation.

There are, at least, twelve members of the alcohol family, the oldest of which is common alcohol, and is the only one that need be referred to here.

Alcohol is a clear, colourless, volatile and inflammable liquid of penetrating odour and burning taste. It is lighter than water. As it cannot be frozen it is used in thermometers and spirit levels. It burns with a pale, bluish flame, without smoke, and with intense heat; hence its use in the spirit-lamp.

Some authorities class alcohol among the food substances. Chemically it is allied to the sugars, but the effect of alcohol within the body is very unlike that of the sugars. The latter are nourishing, while the former tends to impair nutrition. It was on the mistaken theory that alcohol had sustaining power, that for two hundred years the armies and navies of certain countries were supplied with rations of rum or some other alcoholic drink, under the name of "Grog." During recent years, a systematic enquiry has been made to discover whether the grog-ration was really serviceable or the reverse. Tests have been tried upon considerable bodies of men, under military discipline, by withdrawing that ration; comparisons have been made at home and abroad, in hot climates and in cold, in active service and at rest. The results of these observations have, without exception, been favourable to the non-use of spirits. The proportion of ill-health, the number of sick days, and the incapacity for work, have invariably been greater among the men to whom the spirit ration has been issued, the quality of food and other circumstances being made as nearly equal as possible. Hence the conclusion, that not only is alcohol not a food, but is injurious in itself and a detriment to the food taken.

One of the most striking properties of alcohol is its affinity for water. When swallowed, therefore, its tendency is to deprive the body of water and to create thirst rather than to relieve it. It may then be stated, that alcoholic drinks which appear to quench thirst do so by means of the water that, in greater or lesser quantities, dilutes the alcohol they contain. Water, the peerless beverage of nature, does its work better in proportion, as it remains free from alcohol. For the reason that alcohol seeks to draw water to it, the organs of the body that require an adequate and ever justly measured supply of water abhor alcohol. It is found after death from the use of alcoholic drinks that the organs especially sensitive to the hurtful effects of alcohol have become harder and dryer than is natural.

If alcohol enabled its consumers to resist extreme cold, some of its boasted usefulness would receive support. In extremely cold climates the inhabitants are enabled to live comfortably by consuming vast quantities of animal food alone, especially if it is abundantly oily. Will alcohol act in a similar way or assist in maintaining heat? Experience and observation say no. The surface of the stomach is irritated by the powerful agent, causing the nerves of