

little short of a calamity to have it abolished unless it were substituted by some other organization for promoting the public health.

THE INTemperance QUESTION has now for some time been attracting more than usual attention in the Dominion, but more especially in Ontario. Nearly all who are taking any interest pro or con in the Scott act or other prohibitory measures, are intemperate in their views and actions, either on one side or the other. But it is a marvel that so many who are usually regarded as intelligent and able men seem to suppose that man can be forced by acts of parliament to abstain from the use of that which any sane man who will with an unbiased mind investigate the subject must be convinced has much good in it as a food if only properly used; so many who take such narrow views as to only see as it were one cause of intemperance when there are many causes. The one great cause as every one knows is want of self-control in the inner man, and not one of those who would unman manhood by prohibitory acts seems disposed to put out a hand to help develop that self-control by which alone man can become temperate in the use not only of alcoholic beverages but of everything else; and which can only be fully developed in a well ballanced mind and a healthy body.

THAT THERE ARE FOOD PROPERTIES in alcoholic beverages is a fact of which every practicing physician must have almost daily the plainest and most convincing evidence. When wine will revive the flagging almost suspended vital powers, and sustain life for an almost indefinite time, as no other known substance will, can anyone doubt that it may be employed as a useful food in health if properly used? A great deal of the "bosh" which comes from such men as Dr. B. W. Richardson, of London, Eng., is ill-considered fallacy. As for example that which has been the rounds of the press and relates to wine quickening the heart's action when the heart should rather rest. Alcohol will on the other hand reduce the action of the heart when that organ is quickened from

sheer debility and the body needs sustenance, as every physician knows, and as the writer has experienced in his own person and frequently observed in others. Beef steak and bread and butter will quicken the action of the heart. And a moderate amount of alcohol will not produce a more marked effect in this way than will beef steak and bread and butter.

IF NOT AN ESSENTIAL of life, and in the present advanced state of society it seems to be almost indispensable, alcohol is less a luxury than tea and coffee, and when taken into the body in small quantities it is utilized as respiratory food at least, and probably supplies elements for the nerve tissue. Man can doubtless live and enjoy good health without it, and much better without it than with half a dozen glasses of beer or wine or spirits every day, for this would be far too much. But it is one of the good things which the Creator has permitted progressive man to find out, and in hands controlled by a well ballanced mind, it adds to the pleasures of life, and we believe to the length of life, for with it man can work with less food and less effort of digestion. And it is one of the good things which it is safe to predict man will always get in one way or another in spite of all the acts of parliament that can be enacted. Time will probably convince men that the way to make their fellowmen temperate is not by acts of parliament, but by developing in them the power of self-control—physical and mental vigor—*mens sana in corpore sano*.

TOBACCO is an entirely different thing, and it has never been even suggested that it is in any degree a food. It is rather a vile poison, the use of which even tobacco dealers hardly defend further than as a pleasant social habit—and a low disgusting one it is, Spurgeon to the contrary notwithstanding, and tends to create a morbid desire for the counteracting effects of alcoholic stimulants. In increasing the duty on this worse than useless weed, Sir Leonard Tilley has acted so wisely that there seems not to have been throughout the Dominion one to question