

will not, accomplish much good. The remedy is not in "passionate declamation or coercive legislation." True, alcohol is one of the most active agents in the degeneracy of races. Alcoholic drinkers are by far the most subject to epidemic diseases, when such are prevalent, and with a lessened prospect of recovery. Arctic explorers, Rae, Kane and Nansen, required no alcohol for their crews, all of whom returned home enjoying the best of health and spirits. The brick and the mortar of the human frame are not held together by alcohol. It quietly and gradually undermines the vital forces, and establishes foundations of disease of an undoubted character. Alcohol at times, for therapeutical purposes, is advantageously prescribed by the physician, to which there can be no reasonable objection. Beer and porter are safe beverages when necessary in cases of debility of the system. The liver, the brain and kidneys are the chief organs which suffer from the use of alcohol, as they are said to receive the largest percentage, and from our public prints we note the frequent records of death from liver disease and Bright's kidney.

The general consensus of opinion at the present time is, that the use of alcohol as a beverage is gradually going out. In fact it is becoming more and more fashionable daily not to use stimulants, and it is remarkable what power there is in fashion.

"New Customs,

Though they be never so ridiculous,

Nay, let them be unmanly, yet are follow'd."

—H. VIII., 1, 3.

Our chief public gatherings are celebrated with the use of tea and coffee, and what can possibly be more in the line of common sense. The late Sir Benjamin Ward Richardson accomplished a great work in England by his efforts in educating the masses, through his writings, as to correct ideas on the subject of alcohol. What we require in Canada is the introduction in our schools of short lessons on hygiene and alcohol, to impress the youthful mind with the importance of these subjects, and in time, more will be accomplished by a reasonable and intellectual method rather than by the introduction of prohibitive measures into the Federal or local Parliaments of this country. As evidence of decrease in the use of alcohol, cases of delirium tremens, which came under observation almost monthly, thirty years ago, are not now seen in practice, once in two years.

An important movement is now in operation in England, fighting intemperance with alcohol, termed "The People's Refreshment House Association," with headquarters in London. Chief in this common sense idea, are eminent philanthropists and christian people, with the Bishop