

there will be no living descendant of the first intrepid American pioneers. The evil producing this result has unfortunately extended into Canada; and there is danger of its increasing and producing a most baneful effect. Therefore the enquiry of my travelling companion: can nothing be done to save our girls, is at once pressing and most important for the future prosperity of our country. It comes within the scope of Sanitary Science to consider these questions—the question of prevention of alcoholism, and the question of temporal salvation of our women; indeed of the Canadian race.

In reply to his remarks, I suggested that possibly we might find a common cause of intemperance and deterioration of the women in a want of proper education. He replied that such could hardly be the case when our country was well provided with educational institutions for the youth of both sexes. But, the rejoinder was:—the education referred to is of another kind; the education received at home from parents and associations, and it might have been added, the education from the pulpit and the press. How little is known of the requirements of a healthy human being. How few know or care to know the laws of hygiene. Restrictions are placed upon the young by well-meaning parents, and the pulpit declaims against evil customs and practices. But too often the cravings of nature—demands that will assert themselves sooner or later—are ignored or regarded as the promptings of an evil nature which should be crushed out. Now it is submitted that the teacher, be he parent or preacher, who, while pointing out evil amusements and recreations, fails to offer a harmless substitute, comes far short in his duty. Amusements and recreation are essential not only to the young, but at all periods of life. And if these be denied to the young, the chances are that with independence of parental control, there will be reaction. Liberty will be attended with license. Parents as well as preachers often fail to distinguish between the proper use and the abuse of amusements and modes of recreation. In making this remark, we wish to say that we cannot, from observation and experience, allow that the use of spirituous liquors, otherwise than as medicine, is at all permissible. Another evil in connection with the home, pulpit and press education is the encouragement given to false doctrines in science. How many persons, male and female, have to unlearn what they acquired at home both with respect to things sacred and secular. Now take the pulpit. When one hears a minister upholding false theories in science how much it impairs the influence he otherwise might have; how much less likely is one to accept his