

Temperance Column.

MODERATE DRINKING.

Dr. Robert Farquharson's plea for moderate drinking in *Blackwood* is very moderate indeed. It is summed up in the propositions that all stimulant is unnecessary for the young, and for people living perfectly healthy lives; but that under the stress and struggle of modern civilisation few of us beyond middle age are placed under normal physiological conditions, and a little alcohol helps us to round the corners, and to plane away the asperities of existence. These views, however, are qualified by the warning that alcohol should only be taken with food, and preferably, and if possible exclusively, with the principal meal of the day, and that it should be diluted. Shun, as you would the Evil One (he continues) all rash nips and casual drinks; let no sherries and brandies and sodas between meals tempt you from your rule, but mix all your liquor with food, which shields the tissues from its contact, and aids its safe dispersion through the circulation. Then either take weak wines, or if they must be stronger, dilute copiously and be careful to correct the acidity of some of the more highly alcoholised beverages by the addition of any of the alkaline waters in common use. We think the best advice the doctor can give is to "live perfectly healthy lives"—when, as Dr. Farquharson says, no stimulant will be required. How stimulant is to put right "unhealthy lives" requires to be explained.—(*The New London England.*)

Mr. Lipton, the celebrated tea and provision dealer, paid to Her Majesty's Customs in May last, a cheque for £15,359 8s. This is, we are informed, the largest amount that has ever been paid by any tea dealer in one sum. Under the old rate of duty, this would have amounted to upwards of £23,000. By far the greater portion of the above duty was for Ceylon-grown teas.

When a man is a joke to himself, others will not regard him very seriously.—*J. A. Bridges.*

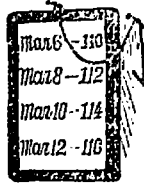
A physician of St. Louis asserts that there are in that city 20,000 victims to the habit of injecting morphia under the skin, and that the great majority of those victims are women of the well-to-do classes.

OUR LITTLE MEN AND WOMEN.

The June number of *Our Little Men and Women* contains stories, poems and pictures as sunny as the month itself. "A Boy and a Girl," "Joker and his Relations," "Talks by Queer Folks" and the "Studio Dolls," regular features of this little magazine, are especially clever, while the shorter stories, poems and jingles sparkle with real life and hint at such fun and merriment as is the true boy and girl diversion and sport.

The pictures are in themselves a work of art.

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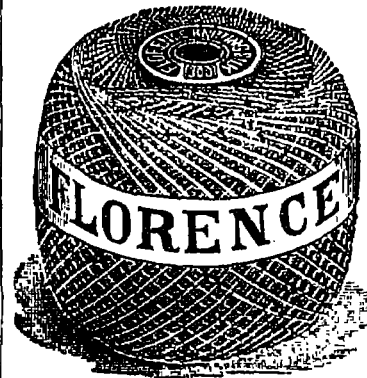
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