

spirits were not, these desires would be more or less gratified with some other of the many sorts of exhilarating intoxicants, all of which are more dangerous and terrible than the one sought to be suppressed.

Who are they who become intemperate? Not the well constituted, healthy and vigorous, nor those who have constant access to alcoholic beverages. But on the other hand, they are those who labor under acquired or inherited physiological defects. Whence these defects? Whence but from unhygienic conditions, in a past or the present generation? Pure air, good wholesome food and personal cleanliness are the great essentials of health and life, and want of these is I am convinced the deep rooted cause of much the greater proportion of "drum drinking," from causing a want of true physical vitality with a desire for stimulants. I must not omit to mention another cause—a cause of lack of stamina and a desire for stimulation, and that is, the depressing life destroying effects of that poisonous tobacco.

What are the remedies? They are obvious. Healthful vigor in the very cell elements of the organism, the loss and want of which gives rise to the irrepressible desire for stimulants and exhilarants, must be promoted and restored, and along with this, at the same time, must be developed, a moral self control, weakened—lost, by this very want of physical life.

Most marked effects in increased health, vigor and happiness of the pupils have resulted from the introduction of the bath into the public schools in England and Germany. In prisons, equally marked improvement has followed the bath, massage, exercise and a special diet for the worst criminals. In a few months, the stooping, shuffling gait of the prisoners has given place to an appearance of alertness and vigor, and the faces have developed into brightness and intelligence, while the average marking for school-work, shop-work and conduct nearly doubled—under the hygienic regimen. This has been clearly demonstrated in the New York State Reformatory at Elmira (Report of B'd of Manag., 1887), and referred to by Dr. Emily White, in an article on "Muscle and Mind," in the last Popular Science Monthly.

The advantages of hygienic physical culture and training in developing mental stamina and capacity are not confined to the less intelligent and criminal classes. Inquiries extending over a period of forty years, by Dr. Maclaren, Direc-

tor of the Oxford University Gymnasium, in relation to about three hundred members of the Cambridge and Oxford Crews, show, mainly from cultivation of muscle, an increase among the members of not only energy and executive power, but of fortitude in enduring disappointments, privations and trials. And the want of fortitude, it is well known, drives thousands to the intemperate use of stimulants.

Correspondingly good results, would soon follow the introduction of pure air and appropriate, wholesome, well cooked food, along with the bath, into many a dingy poor man's cottage home or tenement. From such home the working man, and often his wife and grown up children, go out to the "drum shop" for temporary relief from the vital depression caused by bad air and food, a dirt obstructed skin and tobacco. It is not the "drum shop" that has begotten the desire for stimulation, but the want of stimulation has begotten the "drum shop." The saloon is the haven evolved by the mistakes of fallible man in his civilization, and by the division of labor, for providing a too common want. It is not alone in the crowded cities of Europe that the bath, pure air and suitable food are wanted. On this continent, in Canada, one has but to go into a public school and exercise his sense of smell in order to be convinced of the necessity for the more frequent washing of the skin and clothing of the pupils; to go into the tenement or cottage of the laborer to be impressed with the need of fresh air and sun light; or into the kitchen to see the great necessity of properly prepared food. Thousands upon thousands suffer in their homes from want of these absolute essentials of life, without which man cannot be man nor woman, woman.

Let me suggest that every "temperance" society and organization be transformed into a health association for providing the essentials of good health to the thousands in want of them. Pure air and water and food being abundant everywhere, their right application is chiefly all that is needed. The promotion of temperance—the stamping out of intemperance, is mainly an educational process. It is a process that must be applied to the growing generation. Instead of erroneously called "temperance" schools in the schools, provide health primers. And while baths and fresh air in dwellings in cold weather cost something, enough to procure them might be saved by the more economical cooking and preparation of foods. EDWARD PLAYFAIR.