

THE TRUE TEMPERANCE "PLATFORM."

THE root, the foundation upon which all intemperance is built up is a want, hereditary or acquired, of that physical equilibrium and stamina that gives to the human organism the power of self-control. If all the good people who are now deeply interesting themselves in the cause of "prohibition" would throw the weight of their influence into the cause of "the public health," and assist the true temperance people—the sanitarians, they would do vastly more good than it will ever be possible for them to do in efforts toward an impossible "prohibition," and they would be surprised at the progress made in true temperance in a few years. Will not everybody concede that, if every family could have the comforts of a clean home, however humble, abundantly provided with pure air and sunlight and wholesome, well cooked food, and with provision, public or private, for frequent bathing for the promotion of personal cleanliness, there would soon be a great decrease in the desire for alcoholic stimulation? If to these were added provision for a more complete and general system of physical training in the public schools, for the free distribution of information or knowledge for the prevention of disease by both individuals and communities or municipalities, and for replacing the saloons and other places of resort for

"dram drinking," by "coffee houses," the desire and demand for the habitual use of alcoholic beverages would soon come within the limits of fair moderation. It is for these aids to temperance as well as to health—for health is secured only by temperance—that sanitarians are aiming and striving. Health is the working man's capital. Disease, continued, leads to poverty, and with it a desire for partial oblivion under the influence of some intoxicant. With this desire fully developed, if alcohol be "prohibited," some other intoxicant will be obtained. In spite of all laws man will gratify strong desire. Is it not wiser to lessen or remove the desire than to make efforts, all too likely to be in vain, to prevent the gratification of the desire by prohibitory legislation? We earnestly appeal to all temperance people to consider well the relation of this most vital question of public sanitation to the temperance cause. They will then, if they consider it deeply enough, perhaps be disposed to join the yet small army of sanitarians in striking deeper, and directly at the true and prime causes of both intemperance and disease. We earnestly appeal to them to "come over and help us," and during this time of near "elections" to support those only who will in every possible way support the cause of true temperance and health.

VON ESMARCH ON PRACTICAL DISINFECTION.

WE have received the first number of a new publication, *Hygienische Rundschau*, edited by two eminent men, Prof. Carl Fraenkel, of Königsberg, and Dr. E. Von Esmarch, of Berlin. Von Esmarch enumerates some of the points that should be specially attended to in the use of the steam disinfecting apparatus, not only in large public institutions, but where the process has to be carried out on a comparatively small scale. He agrees with most authorities that steam, either circulating or under

pressure, and without the admixture of air, is by far the best means of disinfecting clothing and other articles that will withstand the action of moist heat. As to whether circulating steam or steam under pressure is best, he thinks that it is entirely a matter of convenience, but it will be readily understood that where large chambers have to be constructed it would be difficult and extremely expensive to build them with sufficient strength to withstand any great pressure from within. Even in the case of smaller