

are temperate in their habits of drinking as well as of eating—if they were not, the world would be made up of drunkards and gluttons—and to speak of men who are total abstainers from all that can intoxicate as ‘temperate’ is absurd. They are as intemperate in their abstinence as the drunkard is in his excess.”

Turning from positive utterances of this sort, so commonly indicative of non-scientific thought, to the calmer and abler advocacy of moderate drinking in its scientific aspect, the medical man will read with pleasure an address by Dr. Bayard, as given in the *Canadian Medical and Surgical Journal* for July, 1881. Here we have stated with great clearness, calmness and ability most of the arguments employed in favor of the use in health of a limited quantity of alcohol.

Regarding Dr. Bayard’s paper as a fair exposition of the grounds taken by moderate drinkers it is the purpose of this article to examine the premises of the arguments there deduced, and to enquire whether the writer is warranted in drawing from them the conclusion set forth.

At the outset the whole question may be summed up as follows: *is its employment as a beverage one of the proper uses of alcohol?* If so, moderate drinking is certainly a sensible and proper practice; the editor of the *Graphic* has written both a cogent and a pungent little editorial, and Dr. Bayard’s remarks, in so far as they relate to the use of spirituous liquors, are strictly scientific and strictly logical. But if, on the other hand, it can be shown that alcohol is simply a powerful organic poison, its use as a drink in any shape or in any quantity is absolutely indefensible, the leading article just quoted loses its apparent cogency, and the well-written address will require revision for future readers. And Dr. Bayard recognizes this, for he lays peculiar emphasis upon the *use* of an article or process as contrasted with its *abuse*. The swallowing of a proper quantity and quality of food at proper intervals is one of the conditions of healthy existence, and these circumstances of amount and kind are regulated by fairly well defined laws which it behooves all those who would live aright to study and observe. The infraction of these rules, the ingestion of food in abnormal quantity or quality, *i.e.*, the *abuse* of food is a physical wrong, and it will surely be punished by dyspepsia and other disorders.

The keeping of one’s skin clean by bathing is another matter which ought to receive the attention

of every one, inasmuch as neglect to do so exposes him to dermic and epidermic disease; but (we have the high authority of Hebra for the statement) too frequent bathing, *i.e.*, the *abuse* of bathing, is also productive of skin troubles. Again, camphor is a valuable anodyne and antispasmodic, and its value in certain maladies is undoubted; but those people who in health contract the habit of eating it are guilty of its *abuse*, and they will be sure to suffer from its ill effects.

Our first enquiry, then, is to be directed to the value or place of alcohol as a drink in health, and let it be noticed just here that the moment the investigation commences it becomes subject, as a matter of course, to the laws of physiology, hygiene and chemistry principally.

Now, I do not think that Dr. Bayard would make any attempt to defend, on purely hygienic and physiological grounds, the use of alcohol as a beverage in any quantity, in any shape, or under any circumstances whatever. As a matter of fact it is extremely doubtful whether there can be produced a single instance where alcohol in any shape subserves a useful purpose in the healthy human system. If there be such an instance Dr. Bayard has certainly failed to furnish us with it in his paper; indeed, on the contrary, we are told (I quote his own words), “they should be taught that these ideas are fallacious, that the human system can alone be supported in health by food, that alcohol is not a food in the ordinary acceptation of the term; that no tissue of the body can be built up by it, as with other articles of diet; that a dangerous craving is created by the continued and unseasonable use of it; that while in moderate quantity it produces an exhilarating effect upon the mind, this exhilaration is certainly followed by a corresponding depression; that while it imparts a temporary strength to the muscular power that power cannot be sustained under its continued use; that the primary effect of it upon the circulation is to produce a glow of warmth upon the skin, which is of short duration and leaves the body colder; that it does not support the system under the enervating influence of extreme heat; that he who *will* indulge in the use of it should *never* do so in health upon an empty stomach, and that every organ of the body suffers more or less from the excessive use of it.” Again, “we will be asked whether alcoholic drinks are necessary ingredients for the sustenance, well-being and comfort of man? If used, at what times and under what circum-