

the matter of the consumption of alcoholic stimulants. They have a far wider meaning than this.

An eminent physician once was seated at a banquet table along with a gentleman who was to give an oration to "temperance," of course, meaning abstinence from the use of alcoholic beverages. The physician we have referred to remarked to one near by him that the orator of the occasion in his judgment was so immoderate an eater that he would not live long. The truth is he died a few years later of arterial degeneration.

Man is his own worst enemy. In Britain the drink bill is \$900,000,000 a year, and the tobacco bill is \$125,000,000. These enormous quantities of these articles must be the cause of a vast amount of ill health. But add to this the vast amount of tea and coffee, much of which is badly made, that is consumed, and one gets a still better idea of the damage that is being done.

This, however, does not tell the whole story. One only needs to consider the amount and kind of food that constitutes the daily supply of so many people. We hear a great deal about those who are in want; but we do not hear much said about those who have too much, or rather, who take too much. All the excess over what nature requires is poison. Too much of anything is bad, *ne quid nimis*. If a man requires for his age, weight and work half a pound of meat, and he consumes daily one pound. What is the result?

Hardened arteries, damaged kidneys, overworked liver, and a sadly shortened span of life. At 45 he dies of apoplexy! A hardened and diseased artery can no longer stand the blood pressure and it ruptures. "Found dead by the wayside," and the report is given he died of heart failure. Perhaps he did; but why did his heart fail while he is so young? Enquire into his habits of life in the important matters of eating and drinking. He smoked a dozen cigars a day and kept up high blood pressure, he ate too much protein food and caused them to harden, he stimulated his appetite to further wrong-doing by stimulants at his meals, and he died of "a broken heart!"

If one wishes to form an idea of the vast importance of this subject, let him look into the returns of the deaths in the United States, Britain, Canada, or any other country. There he will find the record of the hundreds of thousands who fall by the wayside of life, long before the allotted span, from such diseases as apoplexy, Bright's disease, hardening of the liver, heart failure, etc. Over the vast majority of these could be written the epitaph: "He died of intemperance."