

EDITORIAL NOTES.

THE ROOT of "intemperance" is not alcohol (which, as we have said before, is not "king alcohol," but only one of the smaller devils of the great dragon, disease). This fact, which for fifteen years we have been proclaiming, is clearly becoming more and more generally recognized. It may be hard for strong prohibitionists to realize it,—to feel that during the many long years of their battle against alcohol they have been but battering ineffectually at a little earth-work, believing that the enemy were all concentrated near behind it and all that was necessary for the sure defeat of the foe was the "taking" or destruction of this one earth-work, when in reality there were hosts of such foes in near but over looked fortresses.

As Dr. Leslie Keeley, a well known railway surgeon of Illinois, says, "Ever since the landing of Noah and the Cana wedding alcohol has stood by the sick-bed," while it has "held the lamp for feasters." "If it nerves the arm of the murderer, it also nerves the heart of the fever patient." Herein is one great obstacle to successful prohibition, or to "temperance." The people find in alcohol the best balm for many of the greater banes of life. Let us build up a people, a race, who can resist the germs of disease—the microbes of tubercle and "fever", while we at the time endeavor to destroy these microbes. Then will the people resist the temptation to excess, not only in alcoholic beverages but in all other things. Then there will be indeed less temptation to take alcohol or other stimulants for there will be no strong desire for stimulation.

DR. T. Gaillard Thomas said, in a recent address, "Were I offered to-day by some great power the accomplishment of one wish, I think I would select the destruction of the process by which alcohol is created. Putting advantages and disadvantages into mental scales, I would select as the wish nestling closest to my heart, the abolition of alcohol." This is a surprisingly narrow view for a man of Dr. Thomas' eminence and knowledge to give forth. Clearly Dr. Thomas has not given much attention to the subject. It is not we believe in his specialty necessary to do so. If the editor of this JOURNAL were "offered...the accomplishment of one wish" he would select as that "nestling

closest" to his "heart", not probably the "abolition" of anything, especially not of anything like alcohol which has been given to mankind in such abundance from times beyond record—but few, if any, of all things created have no good in them—but he would select a WILL POWER, for all mankind, such as the few now have. A will power which alas even Adam in Eden did not appear to possess, but which many of his descendants since, through the lines of human development and progress, have obtained,—a power of SELF CONTROL.

Now supposing the wish of Dr. Thomas were accordingly accomplished, what then would he do about ether, about opium, chloral, chloroform, the kola-nut, and many more such benign gifts to man, even to tea and coffee; for we now learn of "tea" and "coffee drunkards"? Many more wishes, instead of one, would then have to be accomplished, or the people would be worse off than before, for alcoholic stimulation and intoxication is universally known to be less objectionable, because less injurious to body and mind, than any other known form of stimulation or intoxication. Alas, when the accomplishment of Dr. Thomas' wish were completed, and he believed that the house had been swept and garnished, at least seven worse devils would come and the last stage would be worse than the first. It is only by physical, mental and moral culture, and these must go hand in hand together, that man can be raised ABOVE intemperance. He cannot be forced BENEATH it, with success, by legislation.

SELF control for the masses—for all, as well as for the few, is what we must "wish" for and strive for. And travelling along the Hygeian road, with its abundance of pure air and pure water, its wholesome food and numerous baths, with its gymnasia (not for making athletes, but for physical and mental culture, whence moral eminence comes) and its places of repose and rest, we shall reach and obtain the self control; if not to the fullest and most general extent in this world, we should at least reach that state of bodily health and vigor of the masses in which there would not exist an uncontrollable desire for stimulation. The depressing effects of foul air, from unventilated rooms and other filth, of improper and badly cooked