

has fallen into a dietetic routine which leads every one to take a certain number of meals, the same in kind and quality, each day, whether he actually wants them or not. An amount of animal food which was not excessive in the hunter state, when the man had to spend the day in violent exertion in order to catch his game, may well be excessive for those who have to make no physical exertion at all. Possibly the craving for strong liquours itself may not be unconnected with the over-indulgence in animal food. We are finding, too, that relief hitherto sought in medicine would be better sought in abstinence. It is not improbable that in this era of general inquiry and change we may be on the eve of a dietetic revolution which through food will extend to the physical basis of character, and that Dr. Dio Lewis may be one of its precursors, though, like most enthusiasts, he is rather apt to propound his theories in extravagant and grotesque forms. The vegetarian as well as the anti-liquor men, have a good deal to say for themselves, if they would only be moderate and not imagine that they can at once change anything so complex and so deeply rooted in custom as human diet. Both classes of reformers, but especially the anti-liquor men, need the warning which the *Spectator* gives them against fancying that by doing what they find best for their own health and most agreeable to their own taste they are raised to a height of moral grandeur, or that mere counsels of experience are to be elevated into moral laws, the least infringement of which is necessarily evil.

X A DELIVERANCE of Sir Andrew Clarke on Alcohol reproduced by the *Mail* seems about as sensible and as trustworthy as anything that has been said upon that subject. Sir Andrew tells us that he has made the question his special study. He pronounces on the one hand that alcohol is not in ordinary cases necessary to health, nor is it nutritious or helpful to nutrition. On the other hand he tells us that taken in small quantities at dinner or supper it cannot be proved to do a man any harm, physical, mental, moral or spiritual. "The world," he adds, "is not so full of gladness that we should refuse small quantities to those who get gladness from it, though the less alcohol people take the better" A cup of tea is not nutritious or helpful to nutrition, nor is a pipe of tobacco; but both of them soothe, and to vexed humanity soothing is sometimes almost as necessary as nutrition. A glass of wine may not be a substitute for bread or meat; but, as the Scripture says, it makes