

The maximum amount of alcohol, says Dr. Parkes, that a man can take daily without injury to his health, is that contained in 2 oz. brandy, $\frac{1}{4}$ pint of sherry, $\frac{1}{2}$ pint claret, or 1 pint of beer. Now, taking two out of five of the inhabitants of Canada to be drinkers of alcoholic liquors of some kind, 1,800,000 persons would be held to consume 3,311,498 gallons of alcohol, or 1.84 gallons each per annum. Beer is estimated to contain 4 per cent. of alcohol. The consumption is therefore equal to 46 gallons of ale per man per annum, or almost exactly one pint per day.

It would appear, therefore, that for the moment, passing by the fact that many are moderate consumers and many others non-drinkers, while alas! too many drink to excess, the pleasing fact remains that, assuming only two out of five to be consumers in any measure of intoxicants, these two average no more than the quantity of alcohol contained in one pint of ale per diem—the quantity cited by Parkes as that which, if exceeded, may prove injurious to the system, and by implication, if not exceeded, will produce no injurious effects.

Now, let us refer to the statistics in regard to insanity. The figures given by Mulhall are as follows :

England.....	3.2	per 1,000 Inhabitants.
Scotland.....	3.2	" " "
Ireland	3.7	" " "
France	2.5	" " "
Germany	2.4	" " "
Russia	1.1	" " "
Belgium and Holland	1.2	" " "
United States	3.3	" " "
Canada	1.8	" " "

As from 20 to 25 p.c. of cases of insanity are estimated to exhibit a dipsomaniacal tendency—the low figure credited to Canada under this head may be held in some measure to be confirmatory of the preceding statistics.

The following table, which has been computed with great care and labour from Appendix A, accompanying the Report of the Commissioner of Inland Revenue, is designed to show the quantity of actual alcohol contained in spirits, wine and beer, entered for consumption through Customs and Inland Department, within each Province and for the whole Dominion, during each year respectively from 1868 to 1884, each inclusive.

In arriving at these figures the imported spirits have been assumed to average ten over proof, while the excised spirits are stated in the Inland Revenue statistics at proof.

As about one-fifth of the whole are imported, each gallon consumed has been dealt with as containing 60 per cent. of actual alcohol. The wines which contain 20 to 40 per cent. of proof spirit are all estimated to contain 20 per cent. of alcohol. This is possibly over the mark, rather than under. Malt

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