

considering ordinary social drinking—according to capacity. There is such a point, and every person with experience knows that point. The doctor would most likely say that man is a wise one who always stops at such point, and who does not repeat the experiment again that day, nor for three, or four, or for several days. Alcohol is not to work upon. It may and will recuperate after work, and he is a wise man who uses it with the utmost caution. The point is that, for people who want to take a drink, or who will take a drink, now and again, and who have no desire or thought of getting drunk, who abhor drunkenness in themselves as well as in others, they should regularly consult their physicians in this matter. For the Third Class, and Fourth, there would be much hope of freedom from disease due to over-indulgence in alcoholic beverages, through the medium of the physician. The steady fixed-habit drinker should beware of disease of vital organs.

It is from the ranks of Class Three and Class Four that the recruits to Class Six come. The forenoon drinker, or worse still, the before-breakfast drinker, treads on dangerous ground. No man ever went to the bad through drink unless he became a forenoon drinker. That man should be protected from himself. To form the habit of drinking in the forenoon is the first sign of pathological trouble. For many years the writer has advocated the closing of all bars and liquor shops in the forenoon, at least up to eleven o'clock. It is gratifying to see that Scotland has recently adopted a ten o'clock opening law. In the afternoon or evening, after work, there may be some excuse for a drink. That is physiological, not diseased. What business have saloons and liquor shops to be open in the forenoons? None, from the business standpoint. If they all had to depend for their revenue on the business they did up to eleven o'clock, and on such like business the balance of the day, they would soon have to shut up shop and put up the shutters. What valid reason, therefore, is there for their being open? To allow the man, the first morning after the night before, to become a forenoon drinker? Surely.

In the second division, the three last classes, drunkenness is the first factor of importance. All drunkenness must be eliminated in every community. How? By quarantine, the same as for other communicable diseases—and may not drunkenness exert a habit, or communicable, effect?

Ordinarily some drunks are arrested and taken to the court. Instead of being jailed or fined, they should be placed under the jurisdiction of the medical officer of health, and by that official