soon found that the monthly consumption of bread increased so strikingly, that the beer was twice paid for,—once in money, and a second time in bread." There can be no doubt as to the nutritive qualities of porter, of ale, and of beer; but that they are to be taken except as stimulating food, usefully, we have very grave doubts. We do not question the fact that, in moderate quantities and under certain conditions, porter, or spirits proper, are most valuable agents. It is against their common and indiscriminate abuse that we contend; and in the case above referred to, which was the most wholesome food?

Much, however, has been written by learned men, on the effects of alcohol, by way of warning; and medical men know, and teach the young student the proper use of a weapon which, like a two-edged sword, cuts both ways. Notwithstanding it is to be feared, that the medical practitioner not unfrequently, by his own incautions indulgence, blunts the force of his arguments, and leads the uninstructed to donbt the validity of his oracular declamation against intemperance. The first masters of the science, nevertheless, unanimously declare against the free use of alcoholic and fermented beverages, and clearly point to the evils which must follow so pernicious a practice.

Lallemand and Perrin observe : "Alcohol is a body, whose study is of great interest as regards physiology, medicine, and hygiene. We songht for a means by which we might be able to recognise the presence of very small quantities of alcohol in the tissues and fluids of the body. Having obtained such a test, we proceeded to follow the course of the alcohol into the body, its absorption by the digestive organs, its circulation in the blood, its localisation in certain tissues and in certain organs, and then its elimination by different parts of the body." The results of these inquiries we condense, and ask that they may be carefully considered, especially by those who imagine that, they may take freely of such poison without provoking organic changes in their organism. They examined, with special care, the question whether alcohol in its passage through the body. By their experiments they establish, in the first place : that alcohol, mixed with water, is rapidly absorbed by the stomach, passes into the blood, and reaches the lungs, which are the chief organs of its elimination.

Four men, each of whom had taken 100 grammes of brandy, passed their breath during four hours (relieving each other) through an apparatus. The liquid products of the condensation of the vapour thus introduced was twice distilled over quick lime, and yielded four grammes of a limpid liquid, having a distinct alcoholie odour. It was, in fact, diluted alcohol, and was capable of burning when heated. The alcohol also passes off with the urine. Three *litres* of the urine of four men who had taken three bottles of wine containing 10 to 12 per cent. of alcohol, and about 120 grammes of *cau de vie*, were collected. The urine was carefully distilled, and yielded 2 grammes of highly concentrated nearly pure alcohol. Alcohol was also extracted from the blood.

In ascertaining this fact, the anthors were led to a remarkable discovery, viz., that the blood was not the part of the body which contained the largest amount of alcohol. 240 grammes of alcohol of 21° were injected into the stomach of two dogs,—120 into each,—and in one hour and a half 700 grammes of artificial blood were taken from the carotid arteries of the animals. It was then distilled, and gave 5 grammes of concentrated and nearly pure alcohol. When different parts of the bodies of these animals were subjected to distillation, it was found that the tissues of the liver contained a larger proportion of alcohol than the blood; and that in the muscles only a trace of it could be found:—the blood, for instance, containing 1, the liver containing 1.48, and the brain 1.75 proportional parts. Alcohol, therefore, accumulates by a sort of affinity in certain parts of the body. The fact well corresponds with the known pathologieal ellects produced in the liver and the brain by alcohol. They then endeavoured to ascertain whether alcohol