

trying to stop the incoming tide? Would it not be far wiser and more economical to put our energies together to regulate the trade in the best possible manner and in the interests of the individual and the community?

2. Alcohol.

"Alcohol is a transparent, colorless liquid obtained from the distillation of fermented saccharine material. For use in medicine, whisky should be at least two years old. Wine is made by fermentation without distillation. Malt liquors—ale, beer, porter—are produced by fermentation of malt and hops and contain nutritive material."—Home Encyclopedia of Health, University Medical Society, 1906.

Coffee.

Coffee is the seed or berry of the coffee Arabica. It is one of the sources of caffeine. It is a stimulant to the nervous system. It increases the capacity for intellectual effort. When taken in excess, it is the cause of headaches.

Tea.

This represents an infusion made from the dried leaves of the Chinese tea plant *camellia thea*. It contains substance known as theine. Tea is a stimulant removing a sense of fatigue. While this is the ordinary effect of the use of tea there are some, particularly those of a nervous temperament, who cannot partake of it without ill effects.

Tobacco.

The leaves of the tobacco plant represent the part used. The tobacco plant is indigenous to the Southern States. It was carried to Lisbon by the Spaniards and from there to France by Nicot in 1560. When persons not accustomed to tobacco indulge in it, emesis or vomiting, with great muscular relaxation results. It is a stimulant to the salivary and intestinal secretions. Nicotine, however, is a rapidly acting poison resembling hydrocyanic acid in its fatal effects. The power of increasing secretions along the alimentary canal, the stimulation of peristalsis, and the function of the kidney are proper arguments, in favor of moderate use of tobacco.