

is not only utterly unable to warm the body, but renders the system unable to produce as much heat as it otherwise would, and so exposes it to danger and to death."

#### THE EVIL EFFECTS OF ALCOHOL.

##### **I. Its Effects on Digestion.**

18. Digestion is the process by which the materials of our food are so changed as to be made fit to enter the blood. The most important organ of digestion is the stomach, where the food remains longest, and in which it is acted upon by a powerful fluid called the gastric juice, that mixes with and dissolves it into a substance called **chyme**.

The effect of alcohol will, of course, be less or greater according to the quantity of water with which it is diluted ; but in any drink in which it is present, its first action is to irritate the delicate lining of the stomach just as it irritates and inflames the mouth. In the case of habitual drinkers, this irritation becomes chronic and develops into ulceration. In this state the stomach is unable to perform its natural duties, and indigestion is the result.

19. But alcohol acts upon the gastric juice itself, rendering it less able to digest the food, thus delaying the process and tending to ill-health. Its evil effects upon the stomach would be much more marked,