

Legislation Committee.—Drs. King, Merritt and Griffin were chosen as the Committee on Legislation.

Finances.—Some discussion took place on the report of the Finance Committee, which recommended that \$25,000 of the funds in the bank be invested in trust securities. The recommendation was adopted. The total balance on hand is \$44,745.

Luncheon.—The president, Dr. Hardy, entertained the members of the council at luncheon at the Royal Canadian Yacht Club.

SIR FREDERICK TREVES ON ALCOHOL.

Sir Frederick Treves, in a recent address on "The Physical Effects of the use of Alcohol," said in part that alcohol was, of course, distinctly a poison. It had certain uses, like other poisons, but the limitations on its use should be as strict as on arsenic, opium, and strychnine. It was a curiously insidious poison, producing effects which seemed to be only relieved by taking more of it—a remark which applied to another insidious poison, morphia, or opium. It had a certain position as medicine, but in the last twenty-five years its use by the medical profession had steadily and emphatically diminished. People were often heard to say that alcohol was an excellent appetizer when taken before meals. But the appetite did not need artificial stimulation; if the body wanted feeding it demanded food. As for its "aiding digestion," it hindered digestion, even when taken in small amounts, as could be easily demonstrated.

Then there was the idea that alcohol was strengthening. As a fact, it curiously modified the nourishment of the body; it greatly lessened the output of carbonic acid—a very important matter—so that the drunkard was necessarily an ill-nourished man; and to reach the acme of physical condition was impossible if any alcohol was used. Its stimulating effect was only momentary, and after that had passed off the capacity for work fell enormously. Alcohol, as it were, brought up the whole of the reserve forces of the body and threw them into action, and when these were used up there was nothing to fall back on. It dissipated rather than conserved bodily energy. As a work producer it was exceedingly extravagant, and might lead to a physical bankruptcy; and he was not speaking, he would remind them, of excessive drinking.

It was a curious fact that troops could not march on alcohol. In the Ladysmith relief column, which he accompanied, the first men to drop out were simply the men who drank. The fact was as clear as if they had all borne labels on their backs. As for the statement that alcohol was "a great thing for the circulation," it increased the heart-beat and reddened the skin by using up the body's reserve power, but then the