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**THE EFFECTS OF MODERATE
 DRINKING ON THE HUMAN
 CONSTITUTION;**

*Its Influence on Liver, Kidney, Heart and Brain
 Diseases.*

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Although all persons who indulge in alcoholic stimulants well within the margin of actual drunkenness speak of themselves as "moderate drinkers," there are two special classes of them which bear no resemblance to each other, except in the one solitary circumstance that they never at any time take sufficient to intoxicate themselves. The one class is that which only partakes of stimulants while eating, the other indulges in them between meal-times. To the latter habit is applied in this country the title of "nipping," while in the East it is spoken of as "pegging." And this is the most pernicious of all forms of drinking, from the fact that stimulants taken without at the same time partaking of food, though only imbibed in small quantities at a time, have most deleterious effects on the internal organs. A man who habitually indulges in a single glass of sherry in the forenoon, a brandy-and-soda in the afternoon, and a glass of whiskey-and water in the course of the evening—for reasons presently to be explained—does far more injury to his constitution than one who partakes of a larger quantity of alcoholic stimulants at meal-times. That this is not a mere ideal opinion evolved from the realms of fancy, but one founded upon an indisputable basis, I shall show by reference to the

tables of mortality furnished by the Registrar-General in his Annual Reports. As there, unfortunately, exist no especial tables of mortality from this form of moderate drinking, I have adopted the plan of estimating its effects on health by comparing the death-rates given in the reports of persons who in the course of their vocations are exposed to the temptation of taking small quantities of alcoholic stimulants between meal-times, with the recorded death-rates of those at the same ages, whose trades and modes of life do not so expose them. And the results are, I think, perfectly conclusive. For they not only furnish us with a comparative absolute average death-rate in the two sets of cases, but in no ambiguous language point out both the exact organs of the body that are most affected by nipping, and give us the relative proportions of the deleterious influence it has upon each of them.

First, then, as regards the influence of "nipping" on the liver and kidneys—the two organs of the body not only more immediately affected, but most closely correlated, from the fact that when the one is diseased the other has to perform its functions, as best it can, vicariously. Seeing that the average amount of drunkards is much about the same in all industries, when it is considered on such a vast scale as over the whole nation's strength, I scarcely think anyone will doubt the trustworthiness of the results as revealed in the subjoined tables.

Men exposed to the temptations of "nipping."	Liver diseases.	Urinary diseases.
Commercial travellers.....	61	44
Brewers.....	96	55
Inkeepers, publicans, vintners, bar-men and waiters.....	240	83

The comparative death-rates of men of the same age engaged in other industries, not exposed to the temptation of "nipping," are, again, as follows:

Death-rate of men not exposed to the temptations of "nipping"	Liver diseases.	Urinary diseases.
Gardeners and nurserymen.....	18	39
Printers.....	28	30
Farmers and graziers.....	41	31
Drapers and warehousemen.....	35	37

As an addendum to these most telling statistics, I think I cannot do better than quote what Paer says regarding the probabilities of life in persons exposed to the