

it went in, and does not, so far as we know, leave any of its substances behind it." Dr. Markham, editor of the *British Medical Journal*, states that alcohol "is, to all intents, a foreign agent, which the body gets rid of as soon as it can; . . . and none of it, so far as we know, is assimilated, or serves for the purpose of nutrition. It is, therefore, not a food in the eye of science." Dr. Rush asserts, "There is neither strength nor nourishment in spirituous liquors; if they produce vigour in the body, it is transient and is speedily followed by fatigue." Dr. Beale, physician to King's College Hospital, says, "Alcohol does not act as food; it does not nourish tissues." Dr. Mussey says, "It is not capable of being converted into food, and of becoming part of the living organs." The great French work, "On the role of alcohol in the organism," by Professors Lallemand, Perrin and Duroy, shows a "strong demarkation between alcohol and food." It demonstrates that it "comes out of the body in totality, through breath, skin and kidneys; and that no derivatives of alcohol are to be found in the blood and secretions." Professor Miller, of Edinburgh, inquires, "Can alcohol nourish or repair the waste of tissue?" "Not at all," he replies. "It contains no sufficient chemical constitution for that end; and besides it is conveyed *unchanged* (*i. e.* undigested) into the blood." I am aware that Dr. Hammond, of New York, and two or three other physicians, of some authority, maintain that a *small* proportion of alcohol is assimilated in the body; but the overwhelming balance of testimony is against this conclusion.

But some assert that if not food, alcohol is, at least, its equivalent, *force*, enabling men to do what otherwise they could not do. To this Professor Miller responds, "Alcohol is not force itself, but only the excitant of force; and its invariable effect is, while producing an increased expenditure of force for a time, to bring the supply of that force to an untimely close." He sums up thus: "It is not food in any sense appreciable to common sense. It cannot nourish or give strength; it can only stimulate. It cannot give working power; it can only hurry the expenditure of what you already have; and further, it hampers and opposes you in getting that store renewed. . . . The best authorities," he concludes "place alcohol, not in the *materia alimentaria*, but in the *materia medica*; ranking it not as a nutritious but as a narcotic article