

warm water at night, especially by a person who is cold, is an excellent means of bringing on a comfortable sleep,' acting thus by dilating the blood-vessels of the body generally, and so producing anæmia of the brain, on which sleep greatly depends. But he added, 'If a man eats and sleeps well he does not require alcohol, and he is better without it.' He referred to experiments showing that alcohol retards the growth of young animals. He urged that great pains should be taken to relieve the craving of drunkards by other than alcoholic means, quoting his favorite story of an observation by an old drunkard—a Scotchman: "The neighbours aye speak of my drinking, but they never speak of my drouth." He referred to a paper by Dr. Doyle, read to the Obstetrical Society, maintaining that drinking in women was often associated with a disordered or diseased condition of the uterus. Referring to drunkards who drink in fits, he compared their bouts to epilepsy, and mentioned two or three cases in which the anti-epileptic treatment was very successful. He recommended as substitutes for drink, and as a remedy for the "craving," carbonate of ammonia with gentian, with a little tincture of capsicum; in the intervals of the craving general tonics, especially iron. He mentioned that alcohol was a true food, 'an inconvenient food in health, but a very convenient food in fevers.' Therapeutically he regarded alcohol as one of our most valuable remedies. As regards restraint of drunkards, he thought a power of detention should be given, and that if you could keep a drunkard twelve months from drink he might be able thereafter to do without it.

Dr. Burdon Sanderson concurred in every point of Dr. Brunton's evidence. He said it was 'clearly established' that two ounces of pure alcohol in 24 hours was the limit which an ordinary man can take so as to have it used or oxidised; when not oxidised it accumulates, and so becomes injurious. Alcoholism, in its various forms, was the ultimate result of non-combustion or non-oxidation of alcohol. In this sense—the sense of being oxidisable, and so saving tissue, up to the amount of two ounces in the twenty-four hours—Dr Sanderson maintained that alcohol was a food. As a food it was capable of conversion into heat. 'The only use that we know it can be put to is that of combustion. At the same time the question remains open whether it may not be converted into other kinds of force.' He admitted that alcohol, in a way different from all other kinds of food, deteriorated the organs; and that though a man might oxidise two ounces of alcohol, he certainly would not recommend him to take it; that quantity would be altogether inadmissible as a frequent dose. He would not recommend alcohol to a healthy man. He said that it exhilarated and promoted circulation. 'In case of illness, particularly fevers, it was quite indispensable.' Asked whether one ought to encourage or discourage its use, he said, 'My belief is that upon the whole the human race would be situated just as favourably if the use of alcohol did not exist.' He expressed himself emphatically in opposition to the legislative prohibition of the use of alco-