

how it nourishes, or what transformation it undergoes within the body." In the same well known publication we have the testimony of the famous physiologist, T. Lauder Brunton, M.D., F.R.C.P., F.R.S. "We will first consider what claims alcohol has to be reckoned as a food, and perhaps this can be best done by comparing it with a substance like sugar, whose claim to the title of food no one doubts. If we find that alcohol possesses those qualities which entitle sugar to rank as a food, we must admit that it also deserves the name. Sugar disappears in the body as the fuel does in the steam-engine; and although it will not support life, if given alone, yet along with other food it will supply energy for increased work, or prevent the body from wasting. In these points alcohol resembles sugar. It disappears in the body; and although it will not of itself support life entirely, yet instances are on record of persons having lived for a considerable time with scarcely any other food. Hammond observed also, that when his diet was insufficient, the addition of a little alcohol to it, not only prevented him from losing weight as he had previously done, but converted this loss into positive gain. The objection may be urged that some observers have found alcohol pass out unchanged from the body and that it therefore cannot be ranked as a food. But the same objection applies to sugar, for the experiments just referred to were made with large quantities of alcohol, and when much sugar is taken at once, it will also be excreted unchanged."

Bearing witness to the same we also have C.B. Radcliff, M.D., F.R.C.P. (formerly Lecturer on *Materia Medica*, Westminster Hospital): "Alcohol, properly used, is of great service, partly in keeping up the animal heat by supplying easily kindled fuel to the respiratory fire, partly in producing nerve-power by furnishing easily assimilable food to nerve-tissue, and partly in lessening the necessity for ordinary food by diminishing the waste of the system which has to be repaired by food." Prof. James C. White testified before a joint committee of the Mass. Legislature in 1867, some years after the experiments and erroneous conclusions of the three French chemists, Messrs. Lallemand, Perrin and Duroy had been published. In reference to their conclusions that alcohol should not be classed as a food, he said: "They offered no evidence whatever." "There is evidence from their physiological action that under some circumstances, they act as food, in the same way for instance, as beef-tea does; their effects are precisely the same as food judging by their effects alone." To the question, "Is, or is not the theory of alcohol being a food generally accepted by physiologists?" he answered, "I think that it is."

Prof. E. N. Horsford, M.D., Ph.D., the well known chemist, testified before the same committee that, "alcohol comes under the head of respiratory food, which includes starch and oil. Perhaps the most recent experiment that has been performed is an experiment going to show that all these classes of bodies do actually fulfil the office of food, and that they do enable a man to perform feats of strength which he could not otherwise do.

Dr. Edward H. Clark again, Professor of *Materia Medica* in Harvard might be quoted to the same effect. Dr. Oliver Wendell Holmes, Parkman Professor of Anatomy and Physiology in Harvard, stated before the committee that alcoholic drinks had a proper use both dietetically and medicinally, and in answer to the question, "In what way do they act dietetically?" answered, "They act as food."

Professor Henry J. Bigelow, M.D., said that he had "no doubt that they did perform the office of food," and attributed their good effect to the "alcohol in combination with the other ingredients." To the question, "Do you believe that the ordinary usages of society require the use of stimulants?" answered "Undoubtedly, like all other habits, this habit is liable to excess." "Is that the strongest remark you would make?" "I should say that excess is not a good thing, but for a little excess you will find a vast amount of wine drinking, and the stimulus on the whole to the advantage of the individual." "On the whole, you would say that the drinking usages of the community about us are to be reprobated or deplored?" "Deplored? No, sir," was the decided reply.