

to take a friendly interest in his fellowmen, who appear to be afflicted with a malady similar to his previous ailment, with the result that he is a free medical adviser and a good press agent for the manufacturer.

To sum up the entire situation I would state that the causes for the use of the newer synthetic remedies by the laity is a studied effort upon the part of the manufacturers thereof to encourage self-medication by the public for their financial gain; and *careless practices* by some nurses, physicians and pharmacists, which lead to the same end—self-medication by the public.

ALCOHOL AS A FOOD.

The influence of alcohol upon metabolism, as the chemical changes that occur in living matter are called, having now passed from the field of speculation and controversy into the realm of ascertained fact, there is no longer any justification in denying to alcohol the right to be regarded as a food. The chief property upon which this claim is based is that of partially paralyzing the living cell, thereby inhibiting the breaking down of the particles of fat or carbohydrate with which it is surrounded. The living cell normally preys upon these and proteid particles, and by breaking them down is enabled to make good the wastage of tissue resulting from its own combustion.

Alcohol is in this respect a "fat-saver," though it is itself consumed in the process, yielding heat and energy to the body.

Apart from their alcoholic contents, however, many spirits possess great value at certain times by reason of their stimulating effect upon the heart, brain and other vital centres. Preeminent in this respect is the finest old liquor brandy, which owes its peculiar properties to the presence of small quantities of highly complex volatile ethers formed from the acids and alcohols present during the period of maturing.

Owing to its property of dissolving many organic substances, alcohol is of great value as an aid to digestion, and as a stimulant and restorer of circulation it occupies an unrivaled position. Nevertheless the use of alcohol must be regulated with a nice discrimination, for its effects are not always what they seem. It is unwise, for instance, to take alcohol before going out into the cold, for by so doing the blood will be driven into the surface blood vessels and capillaries, and through their subsequent dilation an excessive amount of heat will be radiated from the body just when it is most required. It is right and proper, however, to take alcohol on returning from the cold, for it will then promote the circulation throughout the body of all the blood which contact with the outer cold has driven from the surface and the extremities away into the internal viscera.

It is well to bear in mind that alcohol does not keep one warm. On the contrary, it lets out one's heat.—*London Times*.