PAGE

CHAPTER VII

THE EFFECT OF FOOD AND OF DILUTION ON THE ACTION OF ALCOHOL

Introduction—The Influence of Food on the Alcohol Effect
—The Influence of Dilution on the Alcohol Effect—
Why have Dilute Alcoholic Liquids a Low Intoxicating
Power ?—The Steady Disappearance of Alcohol from the
Blood—A Comparison of the Effects of Various Alcoholic
Drinks-The Effect of Drinking Neat Spirits-A Scien-
tific Scheme of Differential Taxation

159

CHAPTER VIII

THE INFLUENCE OF ALCOHOL ON LONGEVITY

Introduction-The Influence of Excessive Indulgence in
Alcohol-Alcoholism in Various Social Classes-The
Evidence from Life Insurance Offices—Does Moderate
Drinking Affect Longevity?—The Racial Effect of
Alcohol—The Influence of Alcohol on Industrial Effi-
ciency

202

CHAPTER IX

RECAPIT	ULATION
MECHIII	OLATION

238

INDEX

248