

what is meant by "moderation." It is impossible to draw hard-and-fast lines, because different individuals vary so enormously in their susceptibility, and what is moderation for one man is excess for another. Again, what is moderation for a man under one set of conditions may prove immoderate under other conditions, for susceptibility is greatly affected by the amount of food in the stomach, the degree of fatigue previously undergone, and other variations in bodily state. However, it is convenient to fix an exact standard, against which the quantities of alcohol used in experimental investigations can be compared. The standard employed by many investigators is 30 cubic centimetres of ethyl alcohol, suitably diluted, or its equivalent in the form of alcoholic liquor, so this will be adopted as the "moderate quantity" in question. It is roughly equivalent to one fluid ounce (28.35 c.c.), and it is the amount of alcohol present in a pint of fairly heavy beer, for an analysis of light Burton ale and of Bass showed them to contain in both instances 5.4 per cent. of alcohol by volume, or 30.6 c.c. per pint. If a mild ale, containing, for instance, 3.4 per cent. of alcohol, is taken, the requisite "moderate" quantity comes to just over $1\frac{1}{2}$ pints. If the alcohol is taken in the form of whisky, $2\frac{2}{3}$ ounces of the usual present-day strength (30° under proof), or just over $\frac{1}{2}$ gill, would be required. If it is taken in the form of claret (containing 10 per cent. of alcohol), $\frac{1}{2}$ pint would be needed, and if in the form of port (containing 20 per cent. of alcohol), $\frac{1}{4}$ pint, or a glass and a half.