

peaceful surroundings and without any cause of excitement, the essentially sedative action of the drug develops and causes drowsiness and sleep. If he attempts to perform any mental or mechanical work it would be found that his powers were distinctly diminished, though he himself would probably be convinced that he was more efficient than usual. Moreover, the higher the type of work attempted, whether mental or physical, the greater the influence of the drug. Mental work depending on semi-automatic memory processes might be influenced little if at all, and physical work, if consisting of the simplest and least co-ordinated muscular movements, might likewise be scarcely affected. The brute force of the man might be unimpaired, but he would lack skill in applying it to the best advantage.

These effects, be it noted, may be produced by a moderate quantity of alcoholic liquor such as a pint of beer or half a gill of whisky; but we shall see in the next chapter that even in one and the same person they vary enormously according to the conditions under which they are taken. If a man is determined to drink his beer or his whisky at times when he is engaged on mental or physical work, he can easily reduce the adverse influence of the alcohol (when taken in moderation) to comparatively small limits if he adopts a few very simple precautions.