

quantity over 10 c.c. circulated in the blood at any one time will not be metabolized within the hour, but will continue to circulate in the blood for a longer period. Thus 30 c.c., or 1 oz. or any composition or mixture containing 1 oz.—e.g., 2 oz. of whisky—requires eight hours before it is metabolized. Forty-five cubic centimetres, or $1\frac{1}{2}$ oz. which is equal to 3 oz. of whisky, requires twelve hours before it is metabolized.

13. It is, however, the effect of alcohol upon the tissues before metabolism which makes it desirable as a convivial aid to those who consume it. What the moderate consumer should reasonably desire to know is the amount which he can individually take in aid of convivial enjoyment without injuring his self-respect or his health. Dr. Richard's general estimate of a permissible quantity was 12 c.c. per day, which is the amount of alcohol contained in the smaller bottle of beer (12 oz. or 13 oz.) or in $\frac{1}{2}$ oz. of whisky. This would permit a very small effect upon the brain, as most of the 12 c.c. would be metabolized within the body in an hour. That quantity might not affect some persons at all. Dr. Richards was prepared to allow for some variation in the time at which the pleasurable effects would be superseded by the obviously more toxic effects, according to the natural or acquired capacity of individuals to sustain the effect of alcohol upon their tissues. He was definitely opposed to what is known as "moderate drinking" because he thought the quantity represented thereby is injurious to health. He said that the statistics of life-assurance companies show only that *very moderate* drinking had no effect on longevity.

14. Professor D'Ath's view was that the moderate use of alcohol "within the prescribed limits" is permissible. We infer from his evidence that no general rule of precise guidance can be laid down; that the limit is "prescribed" (R. 5929) when the consumer feels "adverse effects"; that he will feel these effects sooner or later according to his own individual capacity; and that he will also judge whether the effects are to be described as "adverse" by reference to the occasion, as, for example, when he is going to drive a motor-car. We infer also from the whole of Professor D'Ath's evidence that the use of alcohol for a normal adult person does not have adverse effects if it is substantially diluted, taken at proper intervals, taken generally when the stomach has food, and taken only to such an extent that the individual consumer, though he may be convivial, retains his self-respect and self-control.

15. On the whole of the evidence, we conclude that moderate drinking of the kind described by Professor D'Ath is not physiologically harmful to any material extent to the majority of normal adults. On the other hand, drinking, even with moderation, may insidiously create a craving for itself which will overcome self-control, injure health, and make the consumer a drunkard. Its power to do this and to cause the misery and degradation associated with drunkenness has induced civilized communities to treat alcoholic liquor as an article of human consumption with dangerous possibilities, and, therefore, as an article which requires control both in consumption and in trade in the interest of the individual and of society.

PART III.—THE PRESENT LEGAL FRAMEWORK OF CONTROL

CHAPTER 2.—GENERAL EXPLANATION

16. We propose now to outline the methods which are employed in New Zealand for the control of the liquor trade and for the consumption of alcoholic liquor. Our object is to give a picture of the legal framework within which the liquor trade has developed to its present stage of organization in New Zealand. In this way we shall be better able to estimate what mischiefs have arisen in connection with the trade.

17. The methods of legal control which are in operation in New Zealand may first of all be shortly summarized. We shall later explain the principal methods more fully. These methods are:—

18. The licensing of private persons to manufacture or sell alcoholic liquor, subject to some specified form of supervision. The obligation to provide accommodation for the public is attached to two of the licenses granted under this system—viz., the