

of labourers engaged in very diverse but arduous toil,—mowers, harvesters, brick-makers, miners, iron-workers, railway-navvies and the like,—the one set practising total abstinence, whilst the other relied on the assistance of alcoholic liquors.* The same truth is corroborated by the noble physique and athletic power of the boatmen, porters, and water-carriers of Constantinople, said to be strongest and finest set of men in Europe. The Moham-medan populations of the East, generally, who are all abstainers on religious principle from wine or fermented liquor, are characterized by their fine development and muscular energy. In competitions of strength between the most athletic grenadiers of the British service, and the water drinkers of the Himalayas, the latter were uniformly victorious, their average strength, according to J. S. Buckingham, the oriental traveller, being one and three-quarter times that of the strongest Europeans. The extraordinary endurance of fatigue of the New Zealand Maories, the Cape Caffers, the North American Indians, and of the Guachos of the South American pampas, who all drink water exclusively, prove, at least, the entire compatibility of total abstinence with perfect physical health and vigour.

Military experience also proves that the prolonged and often severe hardships of a soldier's life are better endured without liquor than with it. During Sir John Moore's retreat from Corunna, notwithstanding the depressing circumstances under which this march was performed, the army was found to *improve* in health and vigour, as soon as the usual allowance of spirits was unattainable. The Duke of Wellington, during the Peninsular War, feared more for his men from barrels of wine than from batteries of cannon, and sent a body of troops to destroy a large magazine of wine which lay on his line of march.

Probably no troops ever performed more laborious work than those that in 1870 proceeded by the Dawson Road to Red River merous and often steep portages. Yet all this fatigue was successfully undergone with the absolute prohibition of intoxicating liquors and the substitution therefor of tea *ad libitum*.

"Since it has been proved," says the gallant Havelock, referring

* Carpenter, *Physiology of Temperance*, pp. 121, 122.