

temperature on an appropriate diet of whale's blubber, the second keeps cool on melons and rice; but the Englishman, with a sublime indifference to circumstances, continues to imbibe his brandy, London stout, and Barclay's XXX, in every variety of climate, till he often falls a victim to his defiance of the laws of health and common sense. It is said that a favourite beverage in Jamaica is rum, flavoured with cayenne pepper! We find, as a consequence, that the planters die in scores from sunstroke. About as suitable to the climate, this, as that described by a Yankee in reply to the Cockney inquiry—"Do they drink hale in your country?" "Drink hail!" said Jonathan, unaccustomed to the aspirate, but not to be outdone by an Englishman, "We drink thunder and lightning!"

A vast and varied experience has shown that instead of being beneficial in any or all of those diverse circumstances, alcoholic liquors are always and everywhere injurious. But they are especially injurious to those living or labouring in elevated temperatures. It has been thought absolutely necessary, when the body is pouring out water in perspiration, to pour in alcohol in order to keep up the supply. But this, really, is adding fuel to the flames; and is increasing the amount of injurious material in the blood, which the system is trying to get rid of through the pores. Thus the blood is poisoned, the nervous and muscular energy is enfeebled, the appetite is impaired, and a state of physical collapse is induced.

Dr. Carpenter has accumulated a vast body of proof of the insufficiency of alcoholic liquors to sustain bodily vigour under the enurance of extreme and continued heat, or of great vicissitudes of temperature. The experience of men in performing excessive labour in an elevated temperature—steamship stokers, anchor forgers, glass-blowers, and others similarly engaged—confirms this theoretic opinion.

The testimony of oriental and tropical travellers and explorers, of missionaries, of military and naval commanders, all conspire in proof of the proposition that these liquors do not sustain either the mental or the physical powers under extremes or striking vicissitudes of temperature.

Sir John Ross, to whose Arctic experiences we have referred