

peans. The fact may or may not be partly attributable to the same cause that, in the late Maori war, scarcely one of the natives who received wounds, however carefully and skilfully treated, was ever known to recover. The patients might to all appearance be strong, healthy men, and the wounds not in themselves dangerous; but after progressing favourably towards recovery for some time, almost every case terminated fatally. There is no reason at all to suppose that the subjects were hard drinkers; the abnormal state of body above mentioned as the result of alcohol, especially on its first introduction into blood hitherto a stranger to it, may be sufficient, although we say it with deference to professional opinion, to account for the fact mentioned.

One of the commonest uses to which alcohol is applied is, in common parlance, *to keep out the cold* by reason of its calorific properties. It certainly does act the part both of poker and bellows in resuscitating the dying flame, but only to make it die down again more quickly; as a consequence of which the body is more susceptible to the effects of cold and more liable to frost-bites than it would be without such stimulus. In the Russian army the authorities are aware of this, and we believe it to be a fact that alcohol is entirely forbidden to the soldiers as a calorific agent, when they are proceeding on any service which involves long exposure to the cold, and the Hudson's Bay Company have adopted the same plan in the fur countries under their control.

And lastly, with the inconsistency of Æsop's countryman who blew hot and cold with the same mouth, we are apt to think that we require alcoholic stimulus as a counter-agent to the extreme heats of summer or tropical climates. There is no more fatal mistake. Certain drinks containing alcohol do, it is true, contain wholesome properties; but even these would be more wholesome minus the spirit which is imbibed with them. It is a well-known fact that the readiest victims to tropical diseases, such as yellow fever, are those, frequently new comers from England, who are by habit least careful both as to the quality and quantity of what they eat and drink. Persons of what is called *full habit* are especially susceptible of and least able to resist diseases induced or favoured by change of climate. And similarly, workmen exposed to great heat, such as stokers, glassblowers and the like, are taught by experience to abstain almost wholly from any internal calorific whilst actually engaged in their work. Our great African explorer is (we trust he may still be spoken of in the present tense) a water drinker; and our yet greater Indian hero, the late Sir Henry Havelock, always discountenanced alcohol amongst his men, employing it only on occasion as a temporary substitute where neither food nor rest could be obtained. The

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