

Dr. Hooker, a medical officer under Sir J. Ross, says: "Ardent spirit never did me an atom of good. It does harm; the extremities are not warmed by it . . . you are colder and more fatigued a quarter or half an hour after it, than you would have been without it."

Such testimonies might be multiplied indefinitely, but sufficient evidence has been adduced to show that "for enabling the body to resist the continued influence of severe cold, alcoholic liquors are far inferior in potency to solid food, especially of the oleaginous kind;"* and that after the temporary stimulation of the circulation that they produce has subsided, "the cold is felt with augmented severity, and its action on the system is proportionately injurious."

It is also maintained that among the many fancied virtues of alcohol, is that of enabling the system to endure the effects of intense and long-continued heat, whether climatic or artificial. Indeed, it seems in the opinion of its admirers to be a universal panacea, adapted to the most contrary circumstances and productive of the most contrary effects. It enables one to endure the rigours of cold, it diminishes the effects of heat. It is a wholesome corrective of too dry an atmosphere. It is an antidote to the ill effects of wet. It is necessary to ward off the effects of malaria on the Gold Coast. It is also necessary in the breezy sanatoria in the hill country of India. It is required by those who are in health to keep them so, and by those who are ill for their recovery. It is prescribed for fevers and for colds, in cases of exhaustion and of surfeit alike. It is part of the outfit of the whaler in Baffin's Bay and of the ivory-trader in Timbuctoo. Their spirit rations are served out to the British sailors when sweltering between decks off the Slave Coast, as well as when rounding Cape Horn; and to the British soldiers at Aden—the hottest place on earth—as well as in midwinter to the garrisons at Vancouver's Island or Quebec; and it is thought equally necessary for them all. But neither the Esquimaux in the snow huts of Nova Zembla, nor the naked negroes of Senegal use these wondrous beverages, yet are superior in health and vigour to the Europeans who enjoy its fictitious aid. The first maintains his

* Carpenter's *Physiology of Temperance*, p. 144.