

TEMPERANCE.**A DOCTOR'S VIEWS ON "TEMPERANCE."**

By WILLIAM ODELL, F.R.C.S., ENG.

From the Temperance Chronicle, London, Eng.

[CONTINUED.]

You say that alcohol keeps out the cold. Now, what it actually does is to send the blood to the surface, and there you get a much more rapid evaporation; but although the first feeling is that of warmth, the after effect is to produce a much greater depression of temperature. Thus, although a sense of warmth is the first effect of liquor it has been proved beyond doubt that its ultimate effect is to lower the temperature. I was only reading a short time ago about the first vessel which sailed without stimulants. It came about in this way. The steamers running on the lakes of Ontario and Erie were accustomed to have a keg whisky in the companion-way, and the sailors were allowed to indulge themselves in it as they liked. During the passage of one of the vessels, a very severe snowstorm came on and it was bitterly cold. Some of the sailors had been drinking and some had not, and the captain found that those who had not been drinking were able to do their work, whereas the men who had been drinking were not, and he saw that unless he stopped the liquor drinking he should never get his vessel safe to shore. So, as he went down the companion-way he turned the tap of the whiskey keg and let it run out. This, of course, made a great fuss among drinkers of the crew, who, when they got ashore, all left the vessel. But the captain, after that time, would never take any but total abstainers on board, and, as a result, the cargo insurance companies gave him better rates, that is, he got better advantages through having what is called "a teetotal ship" than was given to other ships. The consequence was that other captains adopted the same plan; and that was the beginning of teetotal ships.

Once there was a party of men going across the Sierra Nevada, and it came on bitterly cold; and they were obliged to remain exposed to the cold all night. Some of them drank a lot of liquor, so that they became almost intoxicated; others took a small quantity, and some took none at all. In the morning, those who had taken freely of liquor were dead, those who had taken a small quantity were frost-bitten, while those who had taken none were hale and well. This is a fact.

Last year when I was in Berlin, I saw a case in which a man had one leg amputated, while the other would subsequently be obliged to be amputated from the effect of frost-bite. He had got drunk and fallen asleep in the open air. I made inquiries on the subject, and was told that on an average there were twenty-four of such cases in Berlin every winter, and it invariably happened that the men were drunk when they fell asleep. For myself, I can say this,

that I have been where the thermometer has fallen fifteen degrees below zero—which is forty-seven degrees of frost—and I have been able to get about and do my work all right; and it has been proved beyond doubt by the Arctic voyages that teetotalers alone can stand extreme cold. "But," you will say, "if it is not good to keep out the cold, it must be good to keep off the heat." But I assure you it is no good for keeping off heat. Those who have been a great deal in India know perfectly well that it is not the climate which has such an effect upon the European, but the fact that he will take his Bass's ale and so on, just as he does in England. This point came out in connection with Madras Army. In 1874 they took statistics, as to the death rate of the men. Some of them were "teetotalers," some were "moderate drinkers," and others admitted to the captain that sometimes they did take a drop too much. These last were put down as "intemperate." The death rate came out: "Teetotalers," 11.1 per thousand; "moderate drinkers," 23.0 per thousand; and the "intemperate," 44.0 per thousand, so that four intemperates died to every teetotaler.

I had a friend in India, he was a civil engineer, and when his brother proposed to go out and join him, he wrote home to him saying, "Dear so and so unless you are well established in your Temperance principles, you had better bring your coffin out with you, as they make them better in England." The men who have to do the hardest work of all are the stokers who go down Suez Canal and the Red Sea. These men are exposed to intense heat, and they know so well that alcohol would be fatal to them, that they are all of them teetotalers. In the gasworks of the town from which I came, five out of the six men employed were teetotalers, and they were probably the strongest and best men in the place, and able to bear the extreme heat of the gas furnace better than those men who drank. Some time ago, a gentleman mentioned the fact that in one of the large iron foundries in the North of England he saw a perfect giant of a man before the white, hot iron, striking away with his huge sledge-hammer. The gentleman turned to him and said, "What do you drink?" The man pointed to some empty ginger-beer bottles. If he had drunk alcohol he could not have done his work.

Physicians in cholera districts state that where there is no indigestion there will be no cholera. K. D. C. will cure your indigestion and make you cholera-proof.

The population of Massachusetts is rapidly becoming conglomerate. Boston is one of the great Irish cities of the world. There are already several hundred thousand French Canadians and a large number of other Canadians in the state. The Greek colony in Boston has become so large that a Greek paper has been started in that city, and a riot the other day in Worcester between Armenians and

Mohammadans called attention to the presence of Asiatic races in the state. The old Bunker Hill Monument is witnessing remarkable changes in the character of the population.

The Dr. Henry S. Lunn, who was some time a Wesleyan missionary in India, and who is better known as the organizer of the Grindelwald Reunion Conferences at Lucerne during the coming summer, has resigned his position as a Wesleyan minister. His withdrawal is an outcome of the Wesleyan Missionary controversy, of which so much was heard about three years ago, and has practically been forced upon him by the attitude taken up by leading members of the Wesleyan Conference, of which an ex-President has expressed his conviction that Dr. Lunn should be silent on certain topics, or should find "another platform from which to speak, and another church in which to speak." Dr. Lunn has taken the hint, and has severed his connection with the Wesleyan body. He may find a sphere of useful service elsewhere. He may himself, perhaps, be one of the fruits of the cause with which he has identified himself.

L. G. Chung, a Denver Chinaman who has been a resident of Colorado for twenty-one years, puts some questions to the *Denver Times* which that paper admits are awkward for Americans to answer. "Did you ever," he says, "see a Chinaman begging or drunk on the streets? Did you ever see a Chinese loafer?" He thinks in all justice that the Exclusion Act should operate more against thousands of the immigrants who come from Europe than against the industrious and temperate Chinese, and he points out that the Europeans are not infrequently objects of public charity, whereas the city or county is never put to the expense of buying clothes or flour for a Chinaman. Twelve years ago Chung filed a certificate in the Courts, declaring his intention to become a citizen of the United States, and he cannot comprehend

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