depression. The inevitable reaction leaves the system weaker [illegible]
The distinguished Dr. Cheyne says that doctors ought [illegible]
to dispel the fatal delusion that alcoholic liquors [illegible]
freely as a medicine, that very much mischief has thus [illegible]
medical faculty are responsible. There are also [illegible] show
that total abstinence is adapted to ALL CLIMATES. [illegible] in the
whale fisheries, and Northern explorers amid Arctic [illegible] can endure more
cold without the use of intoxicants, and total abstainers are not so liable to
be frozen as those who use alcoholic liquors. They generally substitute
coffee for liquors, and find it safer amid severe exposures.

Similiar has been the experience of those exposed to the burning sun of
the South. Rev. Hope M. Waddell, for 29 years, from 1829 to 1858, a
missionary of the U. P. Church of Scotland, in Jamaica and Old Calabar,
West Africa, states that the planters who drink rum or other alcoholic
stimulants generally lost their health, and several died in a short time,
while many left in a few years with shattered constitutions.—On the con-
trary he and others who tried total abstinence, enjoyed EXCELLENT HEALTH,
and while the rum drinkers could not bear much fatigue, without suffering
greatly, seldom riding more than 15 or 20 miles a day, he often rode 40
or 50 miles, and on one occasion he rode 70 miles on horseback in one
day without being the worse at it. This he attributes to his total absti-
nence from all intoxicants.—When he removed to Old Calabar, one of the
hottest and unhealthy regions of West Africa, he found that the captains
and seamen of the trading merchant vessels who used alcoholic stimulants,
were liable to disease and death, and were exceedingly afraid of remain-
ing long at the station. Whereas he and other friends engaged in the
mission, enjoyed their ordinary health even during the hottest season of
the year, when the whole atmosphere was filled with death bearing
vapours, fatal to most Europeans [illegible]. At that season drinking
captains and crews would not de[illegible] in the river.

Mr. Waddell's testimony is [illegible] valuable as he was not a total
abstainer when he went out, and was not led to it by any theory, but by
observing its advantages in the case of those who practised it.

A British Convict ship took 300 culprits who were only allowed water
to drink, while the crew had ardent spirits. On arriving at Sidney every
convict was in perfect health, no case of illness or death had occurred
among them during a seven month's voyage. But of the crew several
died, and several were sick on landing.—Indeed the experience of the
whole world confirms the voice of God in His Word that it is better
not to use intoxicants.—Witness the health and vigor of the water drink-
ing many lands, as the Caffers of South Africa, the natives of the Hyma-
layan mountains are said to be equal to two English ale drinkers,
the porters of Constantinople and Smyrna, carry burdens that would [illegible]
THREE SAILORS, the New Zealanders with their [illegible]
the Circassians with their [illegible]
the ancient Persian, Roman and [illegible]
COLD WATER MEN. It is also [illegible]
who abstain from all intoxi[illegible]
[illegible] than those who use [illegible]
[illegible] to disease. This was found both in the Crimean war [illegible]