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ship, and privation; were and sometimes without dry clothing for days together. Taken altogether they endured such hardships and performed an amount of labour such as no men of drinking habits could have sustained with a like

The experience of the farming community during the severe toil of a summer's the experience of the farming community during the severe toil of a summer's harvest, is excellent testimony in favour of total abstinence. Having spent my harvest, is excellent testimony in favour of total abstinence. Having spent my harvest is found, by experience, to be the best drink for men in the harvest-meal water is found, by experience, to be the best drink for men in the harvest-meal water is found, by experience, to be the best drink for men in the harvest-meal water is found, by experience, to be the best drink for men in the harvest-meal water is found, by experience, to be the best drink for men in the harvest-meal water is found in the harvest discovery for summers, cases of sun-stroke do occur meals.\* Sometimes, during very hot summers, cases of sun-stroke do occur meals.\* Sometimes, but these I believe I may safely say—occur almost exclusively among men who have previously been drinking. To this rule there are, however, exceptions. During unusually hot seasons, harvest hands have sometimes been known to give up, exhausted; and in such cases the failure is either due to previous ill health or is directly traceable to the previous use of spirits.

The example afforded by the training of athletes and gymnasts is a very powerful argument in favour of total abstinence, for these men find it imperative to entirely abstain from the use of alcoholics. Indeed it is an accepted axiom that to be successful in physical effort men find, by experience, that they must be total abstainers.

Iron Puddlers and men engaged in casting heavy ordnance in the large blast and casting furnaces in England, drink nothing but oatmeal water while plying their vocations.

In favor of oatmeal water as a drink for persons exposed to fatigue and heat, the British Medical Journal gives the following endorsation to the sentiments of an American writer:—"The brose of Auld Scotland is being relished—and we are glad to see this, because we believe it to be a bealthy and muscle forming commodity—by the hunters and trappers of the West, who are substituting oatmeal in this form for parched Indian corn. The same brawny stituting oatmeal in this form for parched Indian corn. The same brawny fellows—whose powers of endurance are proverbial, whose scorn of fatigue is known to all readers of travel and natural history—have found out that a very acceptable drink is made by putting about two teaspoonfuls of oatmeal into a tumbler of water. We have often established the excellence of this ourselves. This they—the hunters and trappers—aver to be the best drink they can use, as it is at once nourishing, unstimulating, and satisfying." This drink, we are also assured, is rapidly coming into use in large establishments where men work much in the heat. It has long been used in the large glass factories and iron foundries of Europe, and is coming into use in our own country. A well

\*Dr. Letheby says of Tea and Coffee as beverages:—" Experience has shown that there are certain articles of food which are not particularly nourishing in themselves, but which serve some very important purposes in the animal economy. This is the case with tea and coffee; in fact, the use of a vegetable infusion, containing astringent matter, and an active principle rich in nitrogen, has been almost universal among mankind from the earliest times."

<sup>&</sup>quot;The physiological action of these beverages, (tea and coffee) appears to be of a somewhat singular kind; for while they excite he brain, they caim the nervous system generally, and though they produce a state of wakefulness and activity, yet they also induce a species of languar and repose. Schman has assectationed by experiment, that coffee greatly diminishes the wear and tearrepose. Schman has assectationed by experiment, that coffee greatly diminishes the wear and tear use it find that during active exercise, the destruction of issue is prevented, and that there uses it find that during active exercise, the destruction of issue is prevented, and that there is less demand for food; in fact, with a maximum of work to perform, and a minimum of food to less demand for food; in fact, with a maximum of work to perform, and a minimum of food to coffee "Hence its value as a means of economizing food, and hence its importance to the poor labouring man." Tea or coffee may therefore with propriety, he termed "the cup that cheers but does not inchiate". It is stated on the best authority, that many of the large Merchers but does not inchiate "It is stated on the best authority, that many of the large Merchers but that take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Captains who are careful of the health of the mencoffee shall take the place of grog; 'and those Capta