

Miscellaneous Selections.

TEETOTALISM AT THE ARCTIC.

Among the points of interest connected with the Arctic Expedition there is one of minor importance to which some little attention and observation will nevertheless be directed by medical officers. We allude to the dietetic value and physiological effects of alcohol in preserving the health and strength of the sailors under the exceptional circumstances in which they will find themselves. The crews of the vessels taking part in the expedition are exceedingly fine men in every way, capable, one would think, of encountering any hardships, and of performing any work that it is within human power to accomplish; and, supposing their constitutional vigor to remain unimpaired, and their supplies of food and clothing to be adequate to their requirements, we are quite ready to believe that the consumption of alcoholic spirits might be found unnecessary or even injurious in the case of those who happened to be teetotalers. And Sir Wilfrid Lawson and the friends of temperance will doubtless be glad to learn that there are several teetotalers among the sailors. One of the ice quarter-masters is stated to have made several voyages to the Polar regions without ever having broken his pledge of total abstinence. The medical officers of the expedition intend noting any difference in health or stamina between those who are total abstainers and those who consume their regulated allowance of grog. It will be remembered that the military forces in the Red River expedition under Sir Garnet Wolseley substituted cold tea for spirits, as was generally believed, with much advantage, while some difference of opinion existed among those who joined the late expedition to Coomassie in regard to the utility of a spirit ration. As an officer remarked, "in the one case they seemed to live on the climate, and in the other the climate lived on them." Many, perhaps the majority, held that a regulated and small allowance of rum at the end of the day, or at the conclusion of a long and fatiguing march, had