

Bengal: "During the years 1832, 1833 and 1834, there were 386 men laid up with liver complaint, of whom 76 died, and during those years they consumed from 10,000, to 14,000 gallons of spirits. In 1837 and 1838 the spirit ration was reduced to 2,000, or 3,000 gallons, when only 132 men were afflicted with that disease, of whom only 48 died." The *South Indian Temperance Journal* gives the following report of the British regiment stationed at Cannamore: "241 teetotalers sent 198 to the hospital, sick, during one year, equal to 80 per cent. The non-teetotalers sent 2,202, equal to 286 per cent., during the same time. The teetotalers had five deaths, equal to two per cent. of their number. The drinkers of all grades had 23 deaths, equal to three per cent." In the Crimean war, the Turkish troops, though badly encamped and fed, never had a death-rate higher than five per cent., even when scurvy prevailed. The British troops never sank lower than ten per cent. Dr. Lyons' Report on the Army of the Crimea, says: "Porter rations were injurious, while the rum rations were simply deadly." In Bengal, when rum rations were given, the death-rate per thousand was 63 yearly, over an average of twenty years. In Bombay, when porter was tried, the death-rate was reduced to twenty per thousand. In Madras the deaths were reduced to 38 in the thousand when porter was given, while total abstainers had only a death-rate of eleven per thousand during the same period, thus plainly showing that rum killed 52 per thousand, and porter 27 per thousand. The greatest marksmen, athletes, hunters, travellers, and soldiers have been abstainers. Hannibal and Mahomed, Saladin and Gari-

baldi were warrior teetotalers. Waterton and Dunlop as travellers, Charles XII. of Sweden, and Angus Cameron, who won the Queen's prize at Wimbledon in 1867 and 1869, and carried off the Caledonian Challenge Shield (valued at £500) at Edinburgh, were all good specimens of the steadiness of nerve, the calmness in danger, the intrepid bravery, the heroic actions, the power of endurance, and the indefatigable exertions, toil and exposure they bore with impunity, while sustained by nutritious food, entirely free from any alcoholic excitement, as they were all teetotalers. Sale's Brigade, in Afghanistan, was out of the reach of alcohol during a long, fatiguing march through the country, and enjoyed unusual exemption from sickness, crime and death. Gleig, the historian of the campaign, says: "No sickness, no crime." General Napier and the heroic General Havelock, the hero of the Indian Mutiny, both bear strong testimony to the great advantage of abstinence from all intoxicants in the army. The American generals, Stewart and Stonewall Jackson, who fought so heroically, were teetotalers, and ascribed their power of endurance to their abstinence from strong drink, during the burning heat of summer, and the freezing cold of their winter campaigns. Extreme exertion under high artificial temperature, is borne much better by teetotalers. The anchor-smiths at Portsmouth, the forgers of the great Lancaster shells at Woolwich, and the workers at armour-plates for war-ships at the Atlas works at Sheffield, give splendid testimony to the benefit of abstinence. The *London Times* says, in describing the rolling of a 15-inch armour-plate: "The slab of iron to be rolled weighed

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