

drinking. I know there are some men who will drink in spite of the devil and their officers; but such men will soon be in hospital, and very few that go in, in this country, ever come out again."

Sir Henry Havelock's statement respecting the use of spirits among soldiers exposed to great hardships, and extreme heat, is worthy of attention: He says, "my own experience, as well as that of a few others in the Bengal Contingent, certainly goes to establish the fact, that water-drinking is the best regimen for a soldier. I may here quote from Wm. B. Carpenter, MD., F.R.S., F.G.S., Mr. Havelock's observations in reference to the wounded after battles in India.—He says: "The medical officers of this army have distinctly attributed to their previous abstinence from strong drink the rapid recovery of the wounded at Ghuznee." And Mr. Atkinson, in his work on Afghanistan, is more explicit, stating that "all the sword cuts, which were very numerous, and many of them very deep, united in the most satisfactory manner; which we decidedly attributed to the men having been without rum for the previous six weeks. In consequence, there was no inflammatory action to produce fever and interrupt the adhesion of the parts." For, as it is justly remarked by Dr. Robertson, "that man only is in good health, who recovers rapidly from the simple accidents incidental to his occupation, and from the simple disorders incidental to his humanity and to the climate he lives in, and who can bear the treatment that those accidents or those disorders demand; and if such be not the case, it is certain that however vigorous the condition of the system may appear, its power is destined to give way at a period much earlier than that of its normal duration." Generals Napier and Russel, and Lord Clyde, bore similar testimony respecting total abstinence among the army in India; and Sir Ramsden Sladen, physician general of Madras, gives the result of his tropical experience as follows: "I find I can go through bodily and mental exercise much better when I abstain altogether from alcoholic or fermented liquors." Now what is true of extremely cold and hot climates is true of this; and I venture to assert that if statistics could be obtained it would be found that in Canada the average duration of life among habitual drinkers does not exceed 30 years: occasionally however, a drinker, by reason of the inheritance of an iron constitution, may attain to a ripe old age. There is a general tendency in alcoholic liquors to shorten life, which cannot be ignored; this they do by directly producing a diseased condition of various organs, or by increasing the susceptibility of the system to other morbid causes, including miasmatic and epidemic influences.*

That the use of alcoholic beverages does not add to, but on the contrary diminishes men's powers of endurance, has been amply proven by the record of the Sales' Brigade in Afghanistan, where they were accidentally deprived of spirits. The result was no crime! no sickness!! no death!!!

The record also of the Woolsley Brigade, on the Red River expedition, where, by the express command of Col. Woolsley, there was no rum or spirits among the rations; and the men were prohibited from taking alcoholic spirits with them (much against the wishes of the medical staff of the contingent, who entered their formal protest). An abundance of Tea was provided in its stead and a similar result to the last is given. Not a single man was punished for misdemeanor; there was not a solitary case of sickness, and not a single death to record; although the men were exposed to inclement weather, severe toil, hard-

*It may be interesting here to quote the rate of mortality among persons of intemperate habits, as calculated by the eminent English Actuary, Mr. Neison. From his statement it appears that, during the term of life from 21 to 30, the mortality was upwards of five times that of the general community, and from 30 to 50, it was above four times greater, and gradually becoming less above that age. An intemperate person of 20 years, has a life prospect of 15.6 years; a person of 30 years, 13.3 years; one of 40 years, 11.6 years; while a person of the general English population, of like age, would have a life expectancy of 44.12—36.5, and 28.3, respectively. The influence of the different kinds of drinks on the duration of life:—Beer drinkers average 21.7 years; Spirit drinkers, 16.7 years; and those who drink indiscriminately of Beer, Wine and Spirits, 16.1 years. The average duration of life after the beginning of intemperate habits, was found to be among mechanics and labouring men, 18 years; among traders, dealers and merchants 17 years; among professional men and gentlemen, 16 years; and among females 14 years only.