

to the capture of Ghuznee, "that troops can make forced marches of forty miles, and storm a fortress in seventy-five minutes, without the aid of rum, behaving after success with a forbearance and humanity unparalleled in history—not the slightest insult being offered to one of the females found in the Zenana—let it not henceforth be argued that distilled spirits are an indispensable portion of a soldier's ration."

Copious evidence of this nature, both from the naval and military service, was given before the Parliamentary Committee for the Suppression of Intemperance. The superiority of Cromwell's grave and temperate Ironsides over the drunken and roystering cavaliers is corroborative of the proposition here maintained.

We may learn, even from the prize ring, that the highest degree of bodily vigour is inconsistent with even a moderate indulgence in alcoholic liquors. This was also the experience of the ancient athletes of the Isthmian games.

"Qui studet optatam cursu contingere metam,
Multa tulit, fecitque puer: sudavit et alsit;
Abstinnit venere, et vino."

Homer also makes Hector reject the entreaty of "royal Hecuba":—

"Stay till I bring the cup with Bacchus crowned,
Then with a plenteous draught refresh thy soul,
Spent as thou art with long laborious fight."
"Far hence be Bacchus' gifts," the chief rejoined,
"Inflaming wine, pernicious to mankind,
Unnerves the limbs, and dulls the noble mind."

Milton thus represents the wisdom of abstinence from wine in the drama of "Samson Agonistes."

"Chorus.—Desire of wine and all delicious drinks,
Which many a famous warrior overturns,
Thou couldst repress. . . .

Samson.—I drank from the clear, milky juice, allaying
Thirst, and refreshed; nor envied them the grape
Whose heads that turbulent liquor filled with fumes.

Chorus.—O madness, to think use of strongest wines
And strongest drinks our chief support in health,
When God, with these forbidden, made choice to rear
His mighty champion, strong above compare,
Whose drink was only from the liquid brook."