

Captain Nansen, who made an expedition to the North Pole, had imposed total abstinence from alcoholic liquor on his crew of twelve mariners ; he had taken on board neither gin, nor any other intoxicating liquor. Nevertheless, his voyage, which lasted two years, was very successful. He came nearer the North Pole than any of his predecessors, and all his sailors returned safe and sound.

19. *What is the easiest way to get warm?*

It is to take a warm drink, of whatever it may be : broth, tea, coffee, chocolate, lemonade, or merely warm water.

III

ALCOHOLISM AND DRUNKENNESS

20. *What do you mean by Alcoholism?*

Taken in a restrictive sense, Alcoholism is a nervous disease very common to drunkards, often fatal, caused by the abuse of spirituous liquors.

Considered as a sickness, Alcoholism concerns medical science. Ta-