

carbonaceous or fatty elements of diet, for which there is invariably an increased demand. The Esquimaux and Greenlanders habitually drink *seal oil*, and eat *blubber*, which proves for them the most valuable diet. In the tropics, on the contrary, such diet could not even be tolerated by the system; an attempt to use it would inevitably lead to serious bilious derangements and fever. If then, alcoholics cannot produce vital heat under circumstances of such extreme cold, it is manifestly absurd to use them with such a view under the ordinary circumstances of life.

But alcohol has failed when brought to the touch stone of experiment in more particulars than this. It has been claimed that it gives strength and adds to men's power of endurance; that if it does not enable men to resist cold, it *does* assist them in preserving their vigour under the enervating heat of the tropical regions.

To such assertions we give an emphatic and positive contradiction. It has been found by direct experiment—which any one may try for himself—that a person, even in health, can not take the smallest ordinary glass of ale, wine, or spirits without having the edge taken off both mind and body; mental acuteness, accuracy of perception, and delicacy of sense, are sensibly interfered with, and the relaxation produced in the muscular system is such that the maximum weight which the person could lift is at once diminished, (Dr. Brinton.) His powers of enduring fatigue and resisting disease are also diminished, and we find in the army reports of tropical countries that extreme exertion, under high temperature, is far better borne by abstainers than by drinkers. According to life assurance statistics it can be shown that the health of teetotallers is one-half better than free drinkers, and one-third better than moderate drinkers.

That alcohol is a life-destroying agent will appear evident when it is stated that from army medical reports it has been found that the percentage mortality rate among the British Troops in India stood thus, abstainers 1; moderate drinkers 2; free drinkers 4. Dr. Lyons again, in his Crimean army medical report, takes occasion to say that "the *porter* rations were injurious while the *rum* rations were simply deadly." The Indian army medical reports, analysed, give the following telling results. "In the Bombay Presidency, where *rum* rations were given, the mortality rate over 20 years experience had been 73 per 1000. In the Bombay Presidency, where *porter* was allowed, the number of deaths during the same period had been 20 per 1000; in Madras 38 per 1000; while among the temperance soldiers the mortality rate was 11 per 1000, or normal. As has been very justly observed by Dr. Lees, the plain English of this is that Rum killed 62 soldiers per 1000, while Porter only killed 27 per 1000, in one Presidency, and 10 per 1000 in another.

The effects of *excess* in the use of Alcoholic liquors are developed with *far greater rapidity* in tropical climates than in colder regions. Upon this point there is no difference of opinion, either among medical writers, or among any persons who have had adequate opportunities of observation.—The intimate acquaintance of Sir Charles Napier with the habits and wants of the Indian soldier can be doubted by no one; and the following is his testimony on this point (delivered in his own characteristic manner) as contained in his address to the 96th Regiment, when he reviewed it at Calcutta on the 11th of May, 1849:

"Let me give you a bit of advice—that is, don't drink. I know young men do not think much about advice from old men. They put their tongue in their cheek, and think that they know a good deal better than the old cove that is giving them advice. But let me tell you that you are come to a country where, if you drink, you're dead men. If you be sober and steady, you'll get on well; but if you drink, you're done for. You will either be invalidated or die. I knew two regiments in this country, one drank, the other didn't drink. The one that didn't drink is one of the finest regiments, and has got on as well as any regiment in existence. The one that did drink has been all but destroyed. For any regiment for which I have a respect (and there is not one of the British regiments that I don't respect) I should always try and persuade them to keep from

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