

says of exposure to heat: "On my last voyage to Honduras all the sailors, twelve in number, died, and I was the only person that went out in the ship who came home alive, which I attribute entirely to my abstaining from the use of spirituous liquors."

"Rum," says Dr. Bell, speaking of its use in the West Indies, "always diminishes the strength of the body, and renders man more susceptible to disease, and unfit for any service in which vigour or activity is required. As well might we throw oil into a burning house to extinguish the flames, as pour ardent spirits into the stomach, to lessen the effect of a hot sun upon the skin."

"I have served," says the veteran Governor of Gambia, "in all the West India colonies, and in Africa, and I never knew a dram-drinker long-lived, healthy, or always equal to the duties he was called upon to perform."

"Wherever," says an eminent medical authority, "in conformity with their absurd national customs, European residents in tropical countries continue to indulge in their usual alcoholic beverages, they speedily fall victims to the climate or become invalided." Small wonder that the Indian nabobs, who persist in using curry powder and brandy and water, return to England, if they return at all, as yellow as their own guineas, and with a temper as irascible as that of Nana Sahib himself.

We have thus seen that neither as food proper, for furnishing nourishment to the animal tissue, nor as an aid to digestion, nor as fuel for sustaining vital heat, do alcoholic liquors possess the qualities popularly attributed to them. We have seen that they do not aid in the least degree in the formation of bone, muscle, blood, brain, nerve, nor any tissue or substance of the human body, but are an absolute injury to all its parts; and that they neutralize and destroy the digestive fluids, and thus instead of aiding, actually hinder and prevent digestion. We have also seen, that so far from increasing the power of resisting extreme cold or heat, they depress the bodily powers, and render them less capable of such resistance.