If your upstream bandwidth is truely 4 mbps, which you can verfiy at http://www.dslreports.com

Then you can host more than what your machine can handle I am sure.
Take this example. 12 players running in AOW with a few flamers will require about 450 to 550 kb upload. When you are taking tcp/ip and the overhead needed I would say you could run 40 to 50 players comfortably on the bandwidth.

Here is where you will run into lag issues. Processor power. If you were going to run 40 to 50 players lag free then you would need a box with apporx the following specs.

SCSI drives 10,000 rpm
dual 1.2 gig P4 processors
1 gig ddr ram
400 mHZ FSB