

Q. What should be observed when one is oppressed by heat, thirst, or when the body is perspiring ?

A. Cold water or any iced drinks should not be taken. Thirst is better relieved by mingling a few drops of brandy or a little coffee with the water, taking it then in small draughts. Want of precaution on this point is the source of almost all lung diseases.

Q. What have you to say concerning other liquids taken as drink ?

A. With the exception of milk, which is food as well as drink, it is more conducive to health to completely dispense with them. If wine must be taken, by the physician's orders, it should be sufficiently weakened with water, or mixed with broth, milk, cod-liver oil, iron, &c. The immoderate use of fermented drinks destroys the health, weakens the intellect and leads to a shameful and premature death.

CONDIMENTS.

Q. What are condiments ?

A. Under this term are comprised certain substances which are used to season certain culinary preparations ; such as salt, pepper, mustard, vinegar. To these may be added cer-