

the Gas water is the best, as it possesses but little aperient properties, it cools and cleanses the blood, removes all febrile symptoms, and dissipates the lassitude generally felt in times of excessive heat. Nor are the waters less wholesome in the coldest weather, giving a tone and strength to the stomach which can be attained by no other means.

In the spring and fall, when every person requires the aid of medicine to prepare the body to meet the change of season, the Caledonia waters are the simplest, the safest, and the most efficacious remedy to be obtained :—to say nothing of their economy.

When the stomach is very foul, it often happens that a slight headache, and a considerable degree of drowsiness is induced by the first doses of the waters, but as soon as they begin to operate this passes off, and in a short time it ceases entirely, leaving behind an invigoration of both body and mind. Persons suffering from great acidity of the stomach, under similar circumstances experience a sensation of fulness and oppression, which, however is but temporary, and seldom recurs.

Invalids cannot be too careful in observing simplicity of diet while under a course of the water ; plain nourishing food, in moderate quantity, should be rigidly adhered to. Wines, spirits, and beer should never be taken. It is impossible that the patient can receive the full benefit of the Springs, if the stomach is kept constantly loaded with indigestible or highly seasoned dishes, washed down with heating liquids.

Gentle exercise before and after meals should be per-