

human body weighing 132 lbs. contains 111 pounds of water, the balance is made up by the various salts in the system,—hence its necessity, and the benefit of change in this liquid by the unsurpassed mineral springs of Canada, which wash and purify the various organs quietly and gradually, and thus exert a decidedly beneficial influence. Strength of stomach is as necessary to a soldier as strength of muscle, without which he is unequal to the trying duties of military life. Instruction in camp cooking, if made an element of the annual drill, would prove of great service to our troops, and add considerably to ordinary vitality. Food adulteration has assumed considerable proportions, particularly due to preservatives in food out of season and out of place, e.g., summer fruits in winter, and oysters 1000 miles inland. The ordinary preservatives are salicylic acid and boracic acid, which are harmful to the stomach. Alum is frequently used in baking powders, and bakeries, to whiten bread even from inferior flour. Thus alum poisoning is recorded. The cheap sweets of the present day are said to frequently contain an appreciable amount of free sulphuric acid, which dentists point out as a cause of a great degree of dental caries. Fortunately adulterated foods are now a subject of careful enquiry by Government Analysts, and thus the health of our people is guarded in keeping with the scientific progress of the age.

ALCOHOL.

At the present time, there are few influences of such wide and far-reaching effect, as arise in various ways, from the use and abuse of alcohol. Alcohol and crime, alcohol and poverty, alcohol and lunacy, have the strongest possible correlations. Intemperate agitation cannot, and will not, accomplish much good. The remedy is not in "passionate declamation or coercive legislation." True, alcohol is one of the most active agents in the degeneracy of races. Alcoholic drinkers are by far the most subject to epidemic diseases, when such are prevalent, and with a lessened prospect of recovery. Arctic explorers, Rae, Kane and Nansen, required no alcohol for their crews, all of whom returned home enjoying the best of health and spirits. The brick and the mortar of the human frame are not held together by alcohol. It quietly and gradually undermines the vital forces, and establishes foundations of disease of an undoubted character. Alcohol at times, for therapeutical purposes, is advantageously prescribed by the physician, to which there can be no reasonable objection. Beer and porter are safe beverages when necessary in cases of debility of the system. The liver, the brain and kidneys are the chief organs which suffer from the use of alcohol, as they are said to receive the largest percentage, and from our public prints we note the frequent records of death from liver disease and Bright's kidney.