

many constitutions the sloe and blackthorn would prove a medicinal improvement, and in my opinion many common and serviceable herbs would be far more beneficial to us if we were to use them; for instance, sage is good, and savory, marjoram, lavender, &c., in proper quantities make delightful refreshing drinks; these with many other shrubs and plant leaves should be used in changes. I believe that in tea drinking the refreshment afforded arises more from the diluting warm water than from the particular quality of the herb steeped in the water, although I am fond of a cup of tea myself, but we may consider that copperas is used in the manufacture of tea. To test tea so as to know if it contains copperas or carbonate of copper, it is only necessary to shake up in a well stopped bottle for a few minutes, a teaspoonful of the suspected leaves with about two tablespoonsful of liquid ammonia, diluted with half its bulk of water; after which the liquid will be of a fine blue color, if the minutest quantity of copperas be present. Green tea colored with carbonate of copper, when thrown into water impregnated with sulphurated hydrogen gas, immediately acquires a black color. Genuine green tea suffers no change from these tests. I have known the herbs mint and balm to be used together instead of tea. There are indeed many useful herbs that would be more beneficial to us than tea, if they were in general use. Habit has fixed us to tea, the same as habit has fixed us to other things. Tea drinkers and smokers, snuff takers and tobacco chewers are classed amongst the habitualists, and they tell us that they could not do without it, or it would be a hard matter to leave it off. Drinks are various in their properties and effects, the same as food, and if we used ourselves to change of drink, as we do to dietary change of food, taking by interchange the various pot herbs, and tonic herbs, &c., that are designed as much for our general use as the many kinds of food are, I maintain with unmistakable certainty there would not be so much disease prevalent (read *Voice of Nature*, page 23 and 24) amongst us. Modern habit is advancing in a direction opposite to the preservation of health; whilst looking back we see the habits of our forefathers (simple and natural as they appear to have been, and less enlightening as they were upon topics of importance) who enjoyed health, bore fatigue