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they used polished rice, just as the natives did; but they did not use it exclusively. Because they had a liberal mixed diet, their vitamins came along in some other form.

HOW DO VITAMINS ACT?

Vitamins, it is thought, act in some way to "hook up" the food with the body cells, and may perhaps be compared with coupling-pins on a railroad. The train may be loaded, and the passengers clamoring to start; the locomotive may have steam up and full power to draw the train. But nothing happens until the little coupling-pin, not one-one-thousandth of the weight or apparent importance of either train or locomotive, is found and dropped into its place.

PRACTICAL APPLICATIONS.

An exclusive diet of superheated or over-cooked foods, such as canned goods, much-cooked milk, preserved meats, etc., is likely to result in disaster from lack of vitamins, which, it seems, may be destroyed on prolonged heating, or perhaps by chemical treatment.

The fuel value, flavors, feel, etc., essential to foods may be present, but the vitamins are needed, too. So far, it would seem to be a pretty good rule always to have some raw fruit or vegetables as part of the diet. Milk, fresh, unheated milk, contains vitamins, as do many other foods, vegetable, and probably animal. So we will conclude this series by repeating the old advice: "Good food and plenty of it," and expand this to meet the latest discoveries by adding: "some of it raw."

H. W. HILL.

Re An English Water Supply.

Ques.—I was very much interested in an article entitled "Water-supply" in "The Farmer's Advocate," March 5, page 422. I should like to know what effect on human health water coming from limestone rock which contains lead ore would have.

FARMER.

Aigden Wigglesworth, Long Preston, England.

Ans.—Certain types of water may attack lead and dissolve a sufficient quantity to render the use of such water for drinking purposes dangerous. As waters of these types may be included the very soft waters, acid or peaty waters, and waters which contain large amounts of organic matter in an active state of decomposition, such as bog water.

In general, it has been found that waters having the greatest amount of dissolved solids and hardness, dissolve the least amount of lead. Water which comes through a limestone formation may be classed as a hard water, and will contain a relatively large amount of dissolved solids. It seems probable, therefore, that the water which you describe would not contain a sufficient amount of lead to make its use dangerous.

We are not able to make a definite statement in regard to the potability of this water without first subjecting it to chemical analysis. Your problem is an interesting one, and we will be glad to make an analysis and give you a definite report upon its quality, if you will send us, prepaid, a large sample (half a gallon or a gallon) of the water. The analysis will be made free of charge, the only charge being that of shipping the water to us, provided a sample of the lead ore, say half a pound, is sent also.

A. J. SLACK.

The Wife's Allowance.

(By a "Mere Man.")

Editor "The Farmer's Advocate":

I have heard that it has been said recently by one of our prominent semi-suffragettes that no young woman should marry before the question of an allowance had been settled and the matter thoroughly threshed out. She goes on to say that probably a large percentage of divorces to-day are a result of a failure to take this precaution.

Now, I don't think that this is altogether probable. If a man consents to divorce rather than give his wife a share of the cash income of his business, it is hardly likely that he would have married in the first place were this division one of the conditions of the contract.

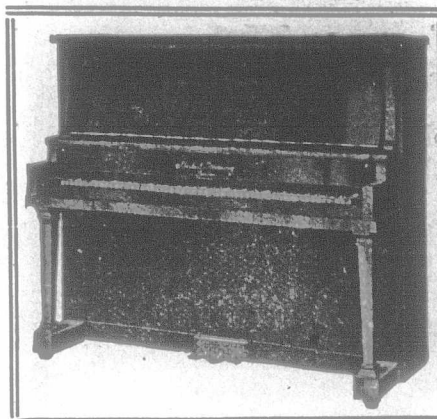
But putting that phase of the question aside, the advisability of a regular

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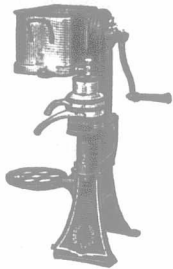
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allowance to the wife is a subject for argument that has not, up to the present, been brought to a very satisfactory conclusion. There are difficulties connected with the working out of the plan that vary in the case of almost every individual. For one thing a share of the profits on the working of a farm, for instance, cannot be figured out until the end of the year; so that the monthly or weekly allowance would practically have to be guessed at. Then extra expenses such as building, or unusual losses as by unfavorable weather, might work a good deal of hardship in the case of the farmer who agrees to give his wife a stated sum regularly for her own use. It's not a workable scheme on the average farm, I would say. The yearly income is too variable, and in the majority of cases the expenditure has to be regulated according to the revenue.

Furthermore, no good business man will allow his partner to spend the firm's money without giving a detailed account of the transaction. Money mutually earned should be expended by consent of all parties interested. This is not practicable where the wife has her private purse and a stated allowance from her husband. The way out of this difficulty is very easy, it seems to me. It is a fairly common practice for farmers to hand over to their wives any money they receive, and then when they want it to go to her for it. The reason for its expenditure is usually given and her consent obtained. Now, why could not this method be made universal, among farmers at least? The fact that money is now generally placed in the bank when not required for immediate use need not stand in the way. The point is that a spirit of partnership between a man and his wife, causing them to consult one another in all matters concerning the financial side of the business, would go a long way towards solving the "allowance" question. Some say that it is humiliating for a woman to have to ask her husband for money. Is it not much more humiliating to be given the standing of a servant or house-keeper and receive one's wages, as it were, weekly or monthly? There is just one word that describes the ideal conditions for husband and wife where financial matters are concerned, and that word is partnership. It puts them on a basis of equality, where all men and their wives should be. It creates mutual respect and gives the wife an interest in the business, and an opportunity for helpfulness that she could not otherwise have. "Two heads are better than one," especially if one of them belongs to a woman; if I may be