

effects of the waters if taken in immoderate quantities. It is better to drink a little often, than to distress the stomach by a large dose at any one time.

As a general rule, from three to six half pints should be the maximum taken to commence the day, and the earlier in the morning the better. It should be immediately followed by gentle exercise, previous to breakfast ; an excellent appetite, improved digestion, increased gaiety, and general constitutional amendment will be immediately apparent.

The most beneficial effect is found from taking a tumbler or two of the water, previous to retiring to rest, it induces the most delightful and refreshing sleep, prepares the stomach for the morning draught, cleanses the mouth and removes that dryness, and disagreeable taste to which nearly every one is subject, and indeed has in every way so salutary an effect, that it needs to be tried to be believed. Were those who are in the habit of taking spirits as a "*night-cap*" at bed-time, once to take a glass of Caledonia water instead, its superior advantages would lead them to a general abandonment of this pernicious habit.

After indulging too freely in the pleasures of the table, two or three tumblers of the Saline or Gas water taken in the morning, will remove all disagreeable consequences, and restore the tone of the stomach.

As a general drink they cannot be too much recommended, being preferable to Soda or Seidlitz water, or others of the same class, unlike which they leave no prejudicial effects ; but on the contrary, the most healthy may receive some benefit from their use. As a summer drink,