

dinners are objectionable and the practice of drinking it with every meal is most foolish and harmful, as also is the practice of drinking it in sips with bread and butter, as the tannin, however little there be of it, coagulates albumen and prevents its solution by the digestive juices.

For quenching thirst under active exercise and rendering prolonged exertion possible, tea is unsurpassed. If properly made and drunk weak it is an excellent substitute for water if the latter is of doubtful quality. The addition of milk and sugar renders it more nutritious but veils the flavor and somewhat lessens its power to allay thirst.

Coffee contains less volatile oil than tea, and the caffeine, which corresponds to theine in tea, also exists in a very small proportion. There is also an astringent acid in coffee somewhat similar to tannin in its nature and effects. The chief adulteration of coffee is chicory, which is generally harmless but of no utility. Coffee should be prepared by making an infusion, not a decoction. Boiling water should be poured on it and if mixed with an equal part of boiled milk a refreshing and nourishing drink is obtained.

Coffee is somewhat similar to tea in its effects on the human body. It is restorative and sustaining and has a greater power of neutralizing the effects of alcohol than tea. It is a valuable antidote after an emetic in cases of poisoning by opium (or laudanum), arsenic and alcohol. Unlike tea, which is apt to produce perspiration, coffee tends to make the skin dry and hot. With some it is very laxative and taken to excess it pro-

duces indigestion, sleeplessness and nervous disturbances. Persons of a nervous temperament should take coffee very sparingly and there are some who would be better without it altogether. It should not be taken at night, but for a breakfast drink, if well made, it is a wholesome and pleasant beverage.

Cocoa is so rich in nutritious material that it is more a food than a drink. It contains 22 per cent. of starch and gum, 20 of gluten and 51 of oil of cacao butter, besides an alkaloid similar to theine and caffeine, called theobromine, which makes it stimulating. It is thoroughly wholesome and safe, but tends to increase fat and therefore could only be used as a common beverage in a very diluted state, minus the milk and sugar, which render it so appetizing. The consideration of alcoholic drinks would take too long in this chapter, and the large amount of temperance literature circulated probably renders it unnecessary. Suffice it to say that while alcohol may be used, and indeed is often necessary in cases of accident, extreme prostration and dire emergency its value as a food or drink is practically nil.

It has been abundantly proved that prolonged muscular exertion may be undergone, and extremes of heat, cold and exposure better borne during total abstinence from alcoholic drinks. A long list of degenerative diseases are directly due to indulgence, even without excess, in alcoholic beverages and on the ground of their needlessness, their expense, and the temptation which they offer to over-indulgence, we can unhesitatingly rule them all out of the list of desirable drinks.