

divided forces will fail where united influences must prevail.—  
*Journal of Amer. Med. Assoc.*

[What the *Journal of the American Medical Association* says herein applies to Toronto as much as to any other city or country. What an advantage it would be if in Toronto this example were followed and all of our too numerous societies amalgamated. However, this will never be so long as the spirit at present prevalent in Toronto exists, of every one wanting to be President or Vice-President, offices entailing certainly more work than glory.—Ed.]

**Vichy Natural Waters.**—There are at Vichy three principal springs, the analysis of which shows a considerable degree of similarity. These springs are known under the name of *Célestins*, *Grande-Grille* and *Hopital*. They are strongly alkaline waters, pleasant to the taste, easily digested, and lose practically none of their properties when bottled and exported. The analysis follows:

#### ANALYSIS

as given by Cyr in Jacoud's "Nouveau Dictionnaire de Médecine et Chirurgie Pratiques."

The calculation is made in grammes and per litre.

	GRANDE-GRILLE.	CELESTINS.	HOPITAL.
Sodium Bicarbonate .....	4,883	5,103	5,029
Potassium " .....	0,352	0,315	0,440
Magnesium " .....	0,303	0,328	0,200
Strontium " .....	0,003	0,005	0,005
Calcium " .....	0,434	0,462	0,570
Ferrous " .....	0,004	0,004	0,004
Manganous " .....	Trace	Trace	Trace
Sodium Sulphate .....	0,291	0,291	0,291
" Phosphate .....	0,130	0,091	0,046
" Arseniate .....	0,002	0,002	0,002
" Borate .....	Trace	Trace	Trace
" Chloride .....	0,534	0,534	0,518
Silica .....	0,070	0,060	0,050
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Temperature (Fahrenheit).....	7,006 107.6°	7,195 57°	7,155 86°

This analysis shows conclusively that the Vichy waters have an ideal composition. They are strong enough in alkaline elements to be able to saturate the organism with alkaline salts within a comparatively short while. They can be taken for a prolonged period of time, and in this respect are of the highest value, since most of the diseases for which they are prescribed are either of a chronic nature, or, if in the form of an acute attack, depend upon nutritive disorders that have existed for a long time, such as the uric acid diathesis and disturbances of the stomach and liver due to functional disorder.