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#### What to Drink.

The best time to drink water or other liquids in quantity is on rising, an hour and a half before luncheon and dinner, and half an hour before retiring.

Generally speaking, people do not drink water enough, or if they do, it is at the wrong time. Water may be taken at the close of a meal, but if many glasses are drunk with meals, disorders of digestion may follow. In fact, the desire to drink water copiously at meal-time is often an evidence of indigestion. Not more than two glasses of water or other liquid should be taken at meal-time, and practically no water should be drunk when soup is served.

Pure water washes waste products from the system, but impure water, although it may be rendered safe by boiling, is of little use in removing

waste from the system. The protracted use of hot water internally is debilitating, as is also its too free use externally. Ice-water, unless sipped slowly, retards digestion. Water that is refreshingly cool is best at all times when there is no good excuse or reason for the use of hot water.

Milk may be taken with fish, fruit, eggs, and cereals, but not with meat; and it should not be used as a beverage when vegetables are eaten. It should be sipped after any food in the mouth is swallowed. Coffee goes with meat, as do also cereal coffees and water.

Tea may be taken with eggs and fish, but should not be taken with meat. The tannin of the tea hardens the meat fibre. Water goes with everything, but is best taken in quantity on an empty stomach. Dypepsia often begins in childhood, and is due to allowing children to drink too

freely with their meals, especially children who are recovering from diseases which affect the mucous membranes, such as measles, scarlet fever, diphtheria, and whooping-cough.

#### Stuttering.

Stuttering consists of a rushing together of consonants, and a knowledge of the relative significance of the vowel and consonant sounds will often cure it. The patient should be made to speak sentences with prolonged vowels and short consonants so that at the first lesson many sentences will be spoken easily and fluently. The effect will soon be apparent as the patient regains confidence in his ability to speak plainly. This method can also be employed with young children. Stuttering may be caused by an infectious disease, injury to the head, imitation of other children, or by heredity. Its more frequent occurrence in males than in females is to be explained by the greater motility of all the voluntary muscles in women than in men, the tongue included.

#### The Hypochlorite Treatment of Water at Chicago.

The attention of the public, as well as health and municipal authorities, has been directed during the past few months to the purification of water by means of the addition of small, very small quantities of hypochlorite of calcium, otherwise known as chloride of lime. We have been led to believe the process is a very simple one; indeed so simple that a child might almost direct the treatment. It is true that in case of emergency, municipal and health authorities may, under the direction of a sanitary engineer, improvise the means for the application of the hypochlorite and thus prevent outbreaks of typhoid fever when the water is sewage polluted; but for the proper and scientific installation, as well as for the oversight and management, expert services give the best results, and where a municipality will pay for the services of an expert, the expenditure is more than compensated for by the results obtained. These facts are clearly shown by the work and operation of what is known as the Bubbly Creek Water Purification Plant of the Union Stock Yard and Transit Co. at Chicago, which has been in operation for nearly two years.

The following information, descriptive of it is taken from the report of C. A. Jennings, chief chemist and superintendent of filtration.

First, as to the class of water. Bubbly Creek receives the sewage of some 350,000 people—about the population of the city of Montreal, and a larger population than the city of Toronto. The normal size of the creek is not given but the bacterial results for a period of twelve months show the maximum to have been 2,350,000 bacteria per cubic centimeter (about 18 drops), while the minimum was 30,000—the average being 354,000 per cubic centimeter.

Without entering into the details, it may be said that the plant consists of pumps, a canal, now part of the sedimentation system, 3 pairs of settling basins and mechanical filters. From these latter the treated water flows into the clear-water well and from thence it is supplied to the stock yards.

Consequent upon the close and intelligent oversight maintained, various changes have been made both in the operation of the plant and in the chemicals used in the treatment of the water. These can be learned in detail by reference to the "Engineering Record" of September 24th, 1910. At the present time, the coagulant used in sulphate of alumina, a solution of a strength of 3.3 per cent. being used. Subsequently hypochlorite solution of the strength of 1.2 per cent. is added, after which the water passes through the filters and is then ready for use.

As regards the cost of operating this particular plant, the contract guarantee called for nothing in excess of twenty dollars per million gallons, this to include cost of chemicals, labour, and

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