

very advisable to have such an apparatus. Of the many kinds of aerated waters seitzer and apollinaris are the most popular, while sulphuretted waters, such as those obtained at Harrowgate and Aix-la-Chapelle, are used largely for rheumatism and as skin tonics and are classed among the medicinal mineral waters which it is impossible to describe in detail in a short paper. Lemonade is generally a solution of sulphuric acid with carbonic acid and flavored with oil of lemons. It sometimes contains lead in solution. Home-made lemonade is far safer. It can be made with hot or cold water and with some CO₂ from a gazogene is a very wholesome drink and can be made fresh every day. If the water is doubtful, boil, and pour over lemons from which the seeds have been removed; sweeten to taste and leave to cool. Then use with soda water or the gazogene water. We come now to the discussion of tea and coffee as beverages.

Tea contains four leading constituents: (1) Volatile oil, (2) theine, (3) gluten, (4) tannin. The first named gives the aroma and flavor to tea and varies in quality with the various kinds. It is this which occasionally causes headache, sleeplessness and general nervous disturbance in some constitutions when green or very new tea has been taken.

Theine is the principal, rich in nitrogen. It is identical with the caffeine of coffee. It somewhat resembles quinine in composition, and taken in excess would be poisonous. In tea it exists to the extent of 3 or 4 per cent.; in coffee less than one per cent. Moderate doses of theine increase the

strength and rapidity of the heart's action, also that of the brain. It also increases the excretion of solids by the kidneys and improves nutrition, because, when not taken in excess it increases the appetite and assimilation of food.

Gluten gives tea a positive nutritive value, but very little is obtained in an infusion.

Tannin exists in an amount of 15-20 per cent. It is a powerful astringent and is constipating in its effects. There is more tannin in India than in China tea.

The preparation of tea is of great importance and according to the plan followed it may be a refreshing and stimulating beverage, harmless and good, or a liquid capable of causing nervous troubles, indigestion and other evils.

The habit of making a brew of tea and allowing the tea-pot to stand on the stove an indefinite time while cups of tea are from time to time drawn from it is an inexcusable one. It is this which draws out the tannin, making the tea dark in color and thoroughly unwholesome. The tea-pot should be kept dry when not in use; it should be warmed before making tea and the water used to make the infusion should have just boiled. In no case should the infusion stand for more than five minutes, and three is for India tea a better time. Either the leaves should then be removed, and this can be done by using the anti-tannin tea-pots with a small sieve for the leaves; or the tea should be poured into another tea-pot. The tea should not be drunk too hot and it should be taken at the end of a meal and not with food, especially with a substantial meal. High teas and tea-