

moreover, all those risks of error by excess of quantity, which are not entirely inseparable from artificial preparations made in the laboratory of the chemist, are avoided. One litre of the water contains 28 milligrammes of sodic arseniate (or at the rate of 1.96 grains per gallon); so that the third part of a litre (nearly three-fifths of a pint, or a large tumblerful) contains the average dose of arsenic pharmaceutically administered. Furthermore, the mineral constituents of the Bourboule water are the same as those of the blood. It contains about $6\frac{1}{2}$ grammes of mineral salts, viz., nearly three grammes each of chloride of sodium and bicarbonate of soda, with other minor elements in small proportions; making it equivalent to the "mineral serum of the blood, issuing naturally from the bowels of the earth." This mineral water is consequently, of all others, the best adapted to repair the waste of the mineral constituents of the blood; it alone combines all the properties which go to constitute the most fortifying, the most restorative, and the most easily assimilated medicine. It is eminently fitted for, and digestible by, delicate children, debilitated adolescents, and adults of weak constitution, on whom its revivifying influence is most remarkable. The dose varies from half a tumblerful to two or three tumblerfuls a day, one-half the quantity for children. It may be taken at meal-times, pure or mixed with wine. Sometimes it is best taken half an hour before meals. If the digestive organs are at all unfavorably affected by it, it may be warmed by the bain-marie, or mixed, either with a warm infusion of limes or with orange-peel juice, or Selters waters, etc. In case of colics or diarrhœa, two or three drops of tincture of opium or belladonna may be added. Bourboule water, used as a lotion, local douche, or pulverized in the form of spray, is, in general, an effective cure for slight cutaneous diseases, or affections of the mucous membrane, where accessible, especially when imbibed at the same time. It preserves the freshness and beauty of the complexion, and heals chaps, by restoring the suppleness of the epidermis, and undergoes no deterioration by exportation.