ease in any who take it into their systems.

The history of our late South African campaign furnishes us with a terrible death rate from enteric, directly due to a contaminated water supply, and the great hospitals of our American and Canadian cities have all they can do to cope with the numerous cases of this disease which come under their The healthiest persons may care. contract any one of these diseases from drinking impure water, and the results may be more disastrous than several bullet wounds. The impurities in water may be gaseous, mineral, vegetable and animal. The gases in water greatly increase its palatableness, and are not harmful except where a large amount of carbonic acid indicates the presence of organic impurities. Water from church-vards is often clear and sparkling from this cause and is extremely dangerous. Of the mineral impurities, calcium carbonate (chalk) and calcium sulphate are the two chief. An excess of the former is apt to produce goitre and gall stones. It can be precipitated The latter is found in by boiling. water from clay lands and can only be removed by the addition of washing soda. Lead is sometimes found in water from pipes and cisterns and is a bad addition to it.

Of the organic impurities, vegetable and animal, the latter are by far the most dangerous. Growing plants may be beneficial to water diffusing a certain amount of oxygen. Decaying vegetable matter in water causes diarrhœa and sometimes ague. Animal impurities originate in sewage or dead animals polluting the water. Free ammonia in water indicates danger-

ous organic matter. If water after being kept a day or two in a clear vessel smells it is a sure indication of impurity. Turbid water is also highly dangerous. The brown water from moors is harmless. Pure water is colorless or bluish if seen in large quantities and should be quite inodorous. Rain water is not generally a safe beverage, especially in towns. Rain, as it falls, takes up the organic particles suspended in the atmosphere thus purifying the air but becoming contaminated itself. Being soft, it gathers lead from the pipes and gutters through which it runs and it is also deficient in mineral salts. Except by the sea, where it contains some salt and oxygen, it is not sufficiently aerated and it may he stated as a general rule that the use of rain-water for drinking purposes is only excusable in the country and where no other source is available.

In localities where the water supply is doubtful many people drink only boiled or distilled water. Of two evils this is decidedly the least, but in both cases the water is very flat and deficient in the dissolved gases which make it palatable and digestible.

Aerated waters, of which sodawater may be taken as the type, contain carbonic acid in solution, which gives them their sharp taste and sparkling character. Sodawater acts as a sedative to the mucous membrane of the stomach. and mixed with milk renders it Taken in large more digestible. quantities it is weakening. By means of a seltzogene or gazogene simple carbonic acid water may be prepared at home, and if boiled or distilled water has to be used it is