

generally known property. Tea quickly restores the animal spirits which have been dissipated by work and wakefulness, and is able to produce a new influence of these spirits in the nerves, which restores to all parts of the body the power to perform anew the functions of the sensitive soul. Tea, by reason of its ability to stop unnatural fermentations, to absorb superfluous moisture, and to prevent the formation of crudities, ought to be of use in diseases of the head, stomach, and intestines; notably, in regard to headache, migraine, catarrhs, fluxes, somnolency, and all indispositions traceable to debauchery and incontinence. In proof of this he advances the argument that nothing is rarer in China than gout, gravel, apoplexy, epilepsy and paralysis. One wonders how he knew this. Nor, if it were true, does it prove that tea is the wonderful prophylactic. In addition, one knows by experience, he continues, that the simples that are so abundant in volatile and spirituous substances as to be fragrant are cordial and diuretic. That is why one cannot doubt that tea is very efficacious in purifying the blood, correcting its movement, and in cleaning its filters. Whence it happens that tea corrects palpitation of the heart, embarrassment of the lungs, notably in regard to erosion of the vessels, and is of use in nephritic colic and intermittent fevers. De Blegny recommends using syrup of vanilla in tea instead of sugar in cases of headache and diarrhoea, infusing the tea with boiling milk, and adding a small amount of cream. In the case of indigestion, dysentery, and the corruptions that engender worms it is well to put into each cupful of tea one or two drops of essence of amber, or, failing this, essence of cinnamon, or syrup of orange flowers or pomegranates may be used. To obtain a febrifuge effect, De Blegny used to combine the salts of tea with opiates, administering this in the form of a chocolate-coated lozenge. He used a syrup of tea in intermittent fevers. One notes that in his enthusiasm he does not refer to possible harmful effects of tea. This aspect of the subject has been reserved for later investigation.

Ever since Noah planted a vineyard and drank of the wine thereof, with untoward results, alcoholic beverages in various forms have been used in all countries and by all peoples. This may be construed as indicating that alcohol meets some craving of the human system. The same may be said about tea. Since the days of De Blegny the consumption of tea and its allied beverage, coffee, has increased tremendously, and it is still increasing. There is a tendency also to use the stronger teas of India and Ceylon. In 1925 the International Institute of Agriculture at Rome estimated the world's production of tea at between 1750 and 2000 million pounds. The greatest consumers of tea are Great Britain, the United