

curative factors! As to diet, we will here only remark that we should not press anything on a sick child which it is unwilling to take, and as far as practicable all its "longings" should be satisfied. A child sick of fever should not receive any solid food, but much liquid food; indeed, as much as it desires, but no alcoholic liquors!—these should only be given in moments of danger, on express prescription of the physician. There are many children's physicians who are unwilling even with sick children to give alcoholic liquids (beer, wine, etc.) *under any circumstances.*

DISTILLED WATER.

J. A. CLEMENT, M.D.

The exact percentage of morbid conditions caused by impure water is hard to determine, but there can be no doubt that the ingestion of water laded with impurities, organic and inorganic, plays an important part in causing and adding to those diseases that all flesh is heir to. Not all the danger lies in the presence of disease germs, but according to our knowledge of drug action the presence of the sulphate of lead and zinc salts, earthy carbonates, chlorine, etc., may have and very probably does have a deleterious effect on the economy. Some of the diseases due to impure water are affections of the alimentary canal, such as diarrhoea and dysentery. Cholera and typhoid fever are probably the best examples of, and the most common, diseases transmitted through an infected water supply. The spread of malaria has been traced directly to the same source. Scarlet fever and diphtheria seem capable of being distributed by water, but this has not been proven conclusively. Goitre, cystic calculi, boils, etc., have been supposed to be due to impurities in the water, the most acceptable theories tracing them to variations in hardness. The production of metallic poisoning in its chronic forms is extremely likely to occur from the use of water containing poisonous metals in solution.

In most municipalities to-day the water supply is carefully looked to, and in the majority of cases fairly pure, and it is now rare that epidemics can be traced to this source; but if free from microbes and disease germs there are other disturbing elements that for the

sake of health should be removed.

Three methods may be employed to remove impurities from drinking water: Filtering, boiling and distillation.

The first method, filtering, has some advantages to recommend it, but we must bear in mind that filtering is simply *straining*. As Dr. Nichols has pointed out, there is no material known which can be introduced into the small space of a tap-filter and accomplish any real purification of the water that passes through it at the ordinary rate of flow.

Boiling all of our drinking water is a very good plan, as boiling will rid it of disease germs; but we still have elements present that are not desirable.

The third method, distillation, accomplishes all that is desired, and the resulting distilled water is simply a chemical composition of oxygen and hydrogen and perfectly free from any substance, organic or inorganic.

The great objection raised to distilled water is its flat, insipid taste. This unpleasant taste can be removed by aeration and also by its continued use the palate becomes accustomed to it. Most people do not drink enough water, and we will often find that by increasing the quantity of drinking water and having that water absolutely pure a better state of health can be maintained. In the exhibition of our medicines, when we realize what absolute purity is demanded in their preparation, we cannot fail to imagine that a remedy put into a glass of distilled water has a better chance to bring about good results than the same medicine dropped into a tumbler of water loaded with various chemical substances. Some drugs are neutralized and some form chemical compounds with the substances they find there, and we are disappointed in the results we expected from the drug's action.

One great objection to the use of distilled water in families is the trouble of obtaining it. But there are a number of stills in the market, inexpensive and easy to operate, and this objection to its use might not be allowed to interfere.—*Homeopathic Recorder.*

If you have not slept, or if you have slept, or if you have headache, sciatica, or leprosy, or thunder stroke, I beseech you, by all angels, to hold your peace, and not pollute the morning, to which all the housemates bring serene and pleasant thoughts, by corruptions and groans. —Emerson.