

by that song. Dare they describe Burns as a teacher? He was a great teacher, and Prof. Clark quoted from his "Epistle to a Young Friend":—

"To catch Dame Fortune's golden smile,

Assiduous wait upon her;
And gather gear by every wile

That's justified by honor;
Nor for to hide it in a hedge,

Nor for a train attendant,
But for the glorious privilege
Of being independent.

"The fear o' hell's a hangman's whip

To haud the wretch in order;
But where you feel your honor grip,
Let that aye be your border;

Its slightest touches, instant pause,
Debar a' side pretences.
And resolutely keep its laws,
Uncaring consequences."

And then, as the song of the coming order of things, there was Burns' great song, which forecast the day.

"That man to man the world o'er
Shall brothers be for a' that."

Burns did not owe them much, whatever they did for him, Prof. Clark said in conclusion. They could honor his memory, keep alive his words, follow him with their love, their gratitude, and their Tears—*Press Report, revised for the Canada Educational Monthly.*

BEVERAGES.

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Water is a prime necessity of life. It is the most universal beverage and if pure and of good quality is preferable to any other. It serves to build up the tissues of the body, 111-154ths of which consist of water; it preserves the fluidity of the blood and aids in excretion. The quantity required for drinking bears relation to the weight of the body, being nearly 1-2 oz. for every 1 lb. weight. Thus a person weighing 150 lbs. would require 3 3-4 pints per diem. Of this about 1-3 is taken in the food, and rather more if fruit is eaten, as it should be, plentifully. The purity of our water supply is a very serious matter and one for which our municipalities are gravely responsible. Individually some people can, if

they choose, protect themselves from the risks of drinking impure water, but in large cities business people, laborers and children are absolutely at the mercy of the authorities who regulate and control the water supply. Typhoid (enteric fever), cholera, summer diarrhoea, are nearly always due to drinking water containing the specific germs or some organic poison. These diseases are only slightly contagious, and enteric (pythogenic fever, *i.e.*, "filth produced,") occurs especially where the drinking water has been contaminated by the stagnant contents of drains, and especially by the emanations from typhoid patients, which contain the specific poison and are bound to produce the dis-