

**THE VALUE OF SALT.**—It is stated that by the passage of salt through the body the absorption of food is stimulated, and the activity of tissue changes and growth is increased.

It is a matter of common observation that the swallowing of salt produces thirst, which is but saying that certain organs are stimulated to activity thereby, and consequently demand more fluid in order to continue their normal activity.

Many children doubtless suffer from an insufficient supply of common salt, especially when artificial foods are used. Such children are often weak and poorly nourished. Their digestion proceeds slowly, absorption of digested products is delayed, and they become emaciated. The doctor is called, and with the order to add "a pinch" of salt to the milk or prepared food, the appetite improves, the digestion is stimulated, and a proper condition of the nourishment returns.

It is more than probable that the chlorina element of the hydrochloric acid of the gastric juice is supplied by this salt. In this fact, persons who live largely on a vegetable diet, may find a reason for a weak digestion and insufficient acidity, for the mineral matter found in vegetables consists for the most part of potash salts, which do not satisfy the demand of the animal organism.

The water of mineral springs is efficacious, in that it supplies both salt and water to the blood in increased quantity. The salt tends to increase tissue changes, and the greater supply of water hastens the excretion of the waste products which are thereby generated.

**MEET** Spring troubles with your stomach in a healthy condition by using K.D.C. No other tonic needed.

In a letter lately received the Bishop of Zululand writes: "There is a good deal of talk just now about gold in Zululand. If it is found in anything like payable quantities it will make a considerable difference in our work. The other day one company sent up thirty wagon loads of machinery to a place just north of Ulundi, on the border of Zululand and the Transvaal. This looks as if they meant business, although it is uncertain. At present gold is only in the air. It may not, however, remain so long. Where it is, there the white man is bound to be; and there must the Church be, too. I am very anxious to try and start work in the Tonga country. If it is impossible to get a footing in the country itself, perhaps we may arrange to establish something of a station on the border. I have heard of a priest who is willing to go at the end of this year, and lately in Durban I came across a Tonga boy who is willing to go to the clergy school at Isandhlwana for a time to be trained, so that he may go and teach his own people. He is a Christian and has been going to Durban to work for some time, so that things seem to be pointing in the direction of opening work; but for all this we want help.

No good blood is made by the Dyspeptic. K.D.C. makes good blood by restoring the stomach to healthy action. Ask your druggist for it.

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