

time, is not suitable for mental or physical development, and so with the university student, he must have blood, rich enough in nutritive material, to supply the requirements of the system, so that after graduation day, he may be able to take his place in whatever line is chosen, for the duties and responsibilities of manhood. To the man whose brain is his capital, when enjoying his usual meal with *strength giving*, and not *strength sapping viands*, which make not one atom of the body, the mind should be directed to the meal and not the business of life. The brain digests more than the stomach, and unless direct normal nerve force is given to the digestive organ, the gastric juice supply is defective, and in time followed by serious results. The practice of drinking iced water at meals is injurious, causing a reduction of the normal temperature necessary for active digestion. Water should be taken in moderate quantity, at meal time, as an excess reduces the specific gravity of the gastric juice and retards digestion. According to Sir Borden Sanderson, M. D., of Oxford, a human body weighing 132 lbs. contains 111 pounds of water, the balance is made up by the various salts in the system,—hence its necessity, and the benefit of change in this liquid by the unsurpassed mineral springs of Canada, which wash and purify the various organs quietly and gradually, and thus exert a decidedly beneficial influence. Strength of stomach is *as necessary to a soldier* as strength of *muscle*, without which he is unequal to the *trying duties of military life*. Instruction in *camp cooking*, if made an element of the *annual drill*, would prove of great service to our troops, and add considerably to ordinary vitality. Food adulteration has assumed considerable proportions, particularly due to preservatives in food out of season and out of place, e.g., summer fruits in winter, and oysters 1000 miles inland. The ordinary preservatives are salicylic acid and boracic acid, which are harmful to the stomach. Alum is frequently used in baking powders, and bakeries, to whiten bread even from inferior flour. Thus alum poisoning is recorded. The cheap sweets of the present day are said to frequently contain an appreciable amount of free sulphuric acid, which dentists point out as a cause of a great degree of *dental caries*. Fortunately adulterated foods are now a subject of careful enquiry by Government Analysts, and thus the health of our people is guarded in keeping with the scientific progress of the age.

ALCOHOL.

At the present time, there are few influences of such wide and far-reaching effect, as arise in various ways, from the use and abuse of alcohol. Alcohol and crime, alcohol and poverty, alcohol and lunacy, have the strongest possible correlations. Intemperate agitation cannot, and