

it will be found on the contrary to assist that treatment ; and while moderating the heat of skin, tends also to quench the thirst which is a distressing symptom in those complaints.

LASTLY. As a grateful and cooling drink, a tumblerful taken during the intense heat of a summer's day, is fast usurping the place of the favorite and fashionable aerated soda water. It is found to be equally as refreshing as the latter, and should command a preference, as its influence on the system is far more beneficial.

MANNER OF USING THE PLANTAGENET WATER.

1. AS A LAXATIVE AND DIURETIC.—For this purpose two or three tumblerfuls should be taken in the morning on the fasting stomach, and this either may or may not be preceded by a little preparatory medicine taken at bed time the preceding evening, according to the intensity of effect desired. Ordinarily under such circumstances the effects of the medicine are experienced in the course of three or four hours. The diuretic action of the water is promptly determined by the free exposure of the body to cool currents of air.

2. AS AN ALTERATIVE.—A tumbler full may be taken three times a day, a short time before meal hours. For the production of this effect a prolonged employment of the water is requisite. In this manner only can any rational benefit be expected from it in old or chronic diseases.

3. As a refrigerant or cooling drink, a tumbler full may be taken at any time.

We have by no means exhausted our subject. Much more might be said, but we have rather endeavoured to epitomize, or abridge, than extend unnecessarily our remarks. A vast deal of information will be found in the annexed certificates with which we have been favored at different times, from various parties, and from medical gentlemen of the highest eminence in their profession. We prefer to let these certificates tell their own tales ; while in what we have written, it has been the furthest possible from our intention to exaggerate the virtues of the water, or to attribute to it powers which we cannot prove that it really possesses. We think that the water has been sufficiently long before the public to have had its merits fairly tested—merits requiring no eulogy from us. These are best proved by its general use in this Province, and fully justify the expression of our belief, that in its qualities as a medicinal spring, the Plantagenet stands unrivalled.