

DRS. BIGGS AND PRUDEN have made to the New York City Board of Health the following report and recommendations, which were adopted at the last meeting: "It has been for a long time well known that the expectoration of persons suffering from laryngeal or pulmonary tuberculosis (consumption), pneumonia, influenza or la grippe, and from diphtheria, contains the specific germs of those different diseases, and is capable of inducing those diseases in others. There is, furthermore, much evidence that a similar condition exists in certain more readily communicable diseases, such as scarlet fever, measles, and whooping-cough. In regard to some of these affections, the danger from the expectoration in public places is,

of course, small, as the patients are ordinarily confined to their homes during the infectious period. But this is not universally the case. It has long since been shown that the chief means for the transmission of consumption is the dried and pulverized sputum of persons suffering from this disease. Diphtheria, influenza and grip are also easily communicated in this way during certain stages of the disease. Catarrhal affections may also be communicated through dry spittle mixed with dust. These germs are liable to be gathered on the feet and on the skirts of women and taken into private houses, where the most perfect ventilation will not stay their effect. We believe that the time has now arrived when the people of the

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St. Leon Springs Water

DR. SEVERIN LACHAPELLE, Editor-in-Chief of the *Journal d'Hygiene*, in two well-written articles, recently published on the virtues of the

CELEBRATED ST. LEON WATER,

gives a very careful analysis thereof, and he states the various diseases for which this water is positively efficacious; amongst others Dyspepsia, Scrofula, Rheumatism, Hemorrhoides, Liver, Kidney and Skin diseases. He says this Water, drank habitually, is the most powerful agent in destroying the germs of Rheumatism, which undermine the constitution. In cases of Typhoid Fever, St. Leon Water is the basis of treatment.

ANALYSIS.

Chloride of Sodium.....	677.4782 grains.	Sulphate of Lime.....	.0694 grains.
" Potassium.....	13.6170 "	Phosphate of Soda.....	.1690 "
" Lithium.....	1.6147 "	Bi-Carbonate of Lime.....	29.4405 "
" Barium.....	.6099 "	" Magnesia.....	82.1280 "
" Strontium.....	.5070 "	" Iron.....	.6856 "
" Calcium.....	3.3338 "	Alumina.....	.5830 "
" Magnesium.....	59.0039 "	Silica.....	1.3694 "
Iodide of Sodium.....	.2479 "	Density.....	1.0118 "
Bromide of Sodium.....	.8108 "		

I hereby certify that I have analyzed a sample of "St. Leon Water," taken from the bulk from the store cellars in Montreal, and I am able to confirm the general result of the analysis published by Dr. T. Sterry Hunt., F.R.S., published in the report of the Geological Survey, 1863; also the analysis of Prof. C. F. Chandler, of Columbia College, New York, made in 1876.

(Signed) JOHN BAKER EDWARDS, Ph.D., D.C.S., F.C.S., and ex-Professor of Chemistry and Public Analyst.