

and freedom from work and worry is perhaps more needed by the worn-out merchant or jaded politician than is iron or alkalies. Indeed, this principle is now so widely recognized that sanitariums are springing up in places where no medicinal properties are vaunted for the waters. To ladies who have gone through a "season," with its many anxieties, its intense excitement, and its reversing the periods of rest and wakefulness, the change also to an out-door life, pure air, healthful exercise, lessened excitement and pleasant, easy-going life at the seaside or health resort, is just what is needed to restore the over-worked nervous system to its proper balance, and give that sense of lightness and well-being which can only be felt when all the organs and tissues of the body are thoroughly depurated. Doubtless the waters at medicinal springs, taken in large quantities, are beneficial to many forms of disease. Why is it, however, that with all the refinement of analysis of our chemical laboratories brought to bear upon mineral waters, with a positive knowledge of their every constituent, even down to three decimal places in grains, that we are not able to get the same good results from the administration of such remedies, when artificially prepared, as are got when prepared in nature's laboratory? We can prescribe any or all of the salts found in the most noted springs of the world, to be taken out of a spoon with the utmost regularity; we may regulate the diet, the sleeping hours, the amount of work, even, which shall be indulged in by our patient, and yet get no such results as are got at health resorts. The difference in result is believed to be due, leaving out the advantage gained by the change of scene, air, etc., already referred to, to the greater dilution of the remedies contained in the natural waters. We said just now we could order our patient's remedies to be taken out of a spoon. If we ordered them taken out of a large tumbler, we should have better results with many of them. There is not enough plain water taken by most of us, especially in cities and towns. For social reasons women refrain from drinking water, and so often do men. Our working population, afflicted by no such restraints, and prompted to quench their thirst by plentiful draughts of water, are much better off in this respect. Such people rarely need a sojourn at a spa, and, indeed, get much of the benefits which visitors to such resorts

obtain, by drinking largely at home. It flushes the system, bathes every tissue, dissolves and removes the products of tissue metamorphosis, keeps the skin more active, stimulates the kidneys to the removal of waste matter, and unloads the emunctories generally, and so leaves the cells in the best condition for functional activity, unclogged by surrounding debris and able to perform their respiration freely and naturally. Thus it not only removes old, worn-out matter, but paves the way for the re-construction of new material, and the whole system is as it were, from day to day rejuvenated. This explains the popular idea that drinking much water increases the weight of the body, which, under many circumstances, is absolutely true. Fuller pointed out the necessity of ordering large draughts of water when administering chalybeates. Ringer speaks of water as being a "true tonic, improving the vigor of the body and mind." The ordinary tumblerful of cold water every morning is an excellent hygienic measure; it washes out the stomach, clearing its membrane of mucous which would hinder the free secretion of the gastric juice, acts locally as a tonic to the gastric walls, stimulates the action of the bowels, and is, as Fothergill says, "a true hematic, by its removal of waste matter, which hinders histogenesis." The same writer also states that the difference between no results from the administration of iron, and satisfactory treatment, lies in no more than this, the free use of water as a diluent.

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