

Water as a Beverage or as a Medicine.



The subject of water for drinking, whether as a beverage or medicinal agent, must always be considered as of the greatest importance. With the frequent impurity of the supply of many cities, and the positively contaminated condition of that consumed in most country places, it is a matter for satisfaction to know of a source to be relied upon, filling every requirement of a good drinking water and that, in addition, imparts so much benefit by its use.

The use of artificial mineral waters may now be said to be at an end; medical men have at their disposal such a variety of the genuine products that no excuse remains for resorting to imperfect substitutes.

As types of natural mineral waters that are most universal in their uses, those of the Caledonia Springs are unique. By the healthy, these waters are freely drank as a beverage; to many who habitually use them much of their good health may be attributed, for they tone the system and keep it in condition to throw off disease. An evil with some waters in ordinary use is their irritating effect on the bladder and kidneys, some of the most popular table waters having this disadvantage. The Caledonia waters are soothing in their action, and in the case of the Caledonia Seltzer (from the White Sulphur Spring), may be drank at all times with benefit and when used with wines or spirits will carry off much of the bad effects they are likely to give rise to.

The facility with which these waters are absorbed by the system is remarkable; users of other waters will be surprised at the quantity of the Caledonia waters that can be drank without inconvenience or the least discomfort.

With the perfection to which everything is carried at the present day, it is a curious fact that till comparatively recently correct analyses of waters were unknown; the most famous springs were resorted to for the benefits that accrued