

ordinary precautions, at regular intervals, can do any harm, and it is very likely to do a vast amount of good, in washing out and carrying off waste excrete matters from the system in which there are too often damaging accumulations of such waste products.

The drinking of abundance of water and its flow throughout the body may be regarded as, or compared to, a miniature "water carriage system in" a great city, carrying away all excreta and refuse. The often beneficial effects of water drinking at the various reputable "Springs" are well known. There are those who believe that the good is more owing to the water drinking, *per se*, than to the effects of the saline substances or mineral salts contained in these waters. Probably they are right. The value of certain waters is doubtless greatly enhanced from containing certain ingredients which enable individuals to drink more of the water than they could drink of ordinary water—the waters being more acceptable to the stomach and not oppressing this organ, or perhaps from containing some ingredients which tend to prevent chilliness after drinking them; and many people are unable to drink and warm so to speak large quantities of ordinary water.

The drinking of large quantities of hot water is becoming a very common practice. We have been surprised of late with the numbers we have found who are in the habit of drinking once or twice a day large drafts of hot water. Though we have not yet learned of any bad effects, but on the contrary of a great deal of good resulting, drinking too freely, especially at first, and drinking it too hot, is not free from risk of harmful results or from danger. In any derangements of the digestive organs, or especially of the stomach, before commencing the habit of the free drinking of either hot or cold water, the family physician should be consulted. Sudden and extreme changes in the habits are always attended with risk, little or great, according to the vigor of the constitution.

### Seasonable Hints.

**PREVENTION OF SEA-SICKNESS**—Dr. Henry Bennet, in the *British Medical Journal*, highly recommends a good, easily digested meal, four hours before embarking. Just long enough before embarking to secure its absorption a cup of strong black coffee should be taken. The stomach should be entirely empty; a full stomach rather promotes seasickness.—The influence of the coffee on the nervous system lasts eight or ten hours, during which time the body may get accustomed to the motion of the ship. It is better to take no food nor drink till hunger or thirst shows itself. To allay hunger, simple food as coffee and bread and butter are recommended.

**NOW IS THE TIME** to put up rules for the prevention of drowning—how to keep above water or from sinking and how to restore the apparently drowned.

**TO KEEP FROM SINKING** when accidentally submerged in water all that is necessary, it is said, is to do as the brutes do, to tread or walk in the water. It is most desirable to make a great effort at self control and exercise "presence of mind."

**IS VIOLENT MUSCULAR EXERCISE JUDICIOUS?** the *Detroit Lancet* ask. "Every physiologist would at once answer this question in the negative. So also would every wise observing physician. And yet as a matter of fact, games are being constantly played in which some are killed, some are crippled, some contract injuries that impair their comfort and usefulness during an entire life." This is the season for violent games. Young people should take warning.

**FOOT BALL AND BOATING** often leave serious results, and it seems that lacrosse cannot be free from danger. Recently have been reported (*Brit. Med. Jr.*) a death from heart disease, one from injury to the brain and one from injury to the spinal cord. All produced by playing