

These neutralise acid conditions and probably remove uric acid as Calcium and Magnesium urates. Action on mucous membrane remarkable, increasing flow of gastric juices, and the salts are consequently effectual in cases of dyspepsia.

The corresponding Sodium and Potassium salts appear to act also as diuretics, and are found as normal constituents of the blood, lymph and secretions of the mucous membrane. Albert Canyon and Harrison are noticeably high in Sodium Carbonate, the latter also in Potassium salts.

Whereas the Calcium salts appear to induce constipation, the Magnesium Bicarbonates act as mild laxatives. Curiously none of the waters are apparently high in Magnesium Bicarbonate, and in this respect are quite opposite to the Arkansas springs, which are very high in this constituent.

*Sulphate of Calcium* does not appear to be known to have any decisive action, unless by double decomposition with the other salts.

The action of *Sulphates of Magnesium and Sodium* are well known as laxatives in small doses and as cathartics in large doses. Harrison is notably high in Glauber's salt, whilst Bauff and Sinclair contain effective quantities of Epsom salts, and these waters are very valuable in eliminating syphilitic, serofulus and malarial fever poisons, also mercury and other metallic poisons. Hence *Hg* medicines can be given in larger or more frequent doses in conjunction with such waters. Waters high in these salts have to be prescribed with extreme care to the feeble and anaemic, but none of these waters are highly charged with Epsom salts, as compared with the Epsom and German springs. Epsom water contains 3,000 pts per 100,000.

*Chlorides of Sodium and Potassium* give origin to the term "mineral" when in predominant quantities as in Harrison, and their action externally is to increase the absorptive action of the skin, and internally as an appetizer and diuretic.

*Chlorides of Calcium and Magnesium* are rarely present in waters, but there is a cold spring at Comox, on Vancouver Island, containing these salts. Their action is mildly laxative in quantity, but in small doses, as in the water mentioned, they appear to increase its value as a tonic.

None of the waters contain any appreciable quantity of iron sufficiently to entitle them to the term "Chalybeate," though Harrison and Comox contain iron, which probably improves these waters as tonics.

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(c) Vide Reynolds Metals and allied bodies, part 3.