

that which takes several in the pot still, and works more economically, as much coal and water as well as time are saved. The resulting whisky contains the same "impurities" as the pot still product, only in a smaller quantity. The result is that the whisky is less "fat" or oily, and milder than the pot still article. Without descending on the merits or demerits of either type of whisky, it may be remarked that a big "fat" pot still whisky, which is suitable for consumption in the bracing air of the West Highlands, for instance, is found to be far too rich for those engaged in sedentary avocations in towns. It is largely a question of place and individual taste whether a man will drink a pure pot still whisky or a patent still whisky, or that which apparently—to judge by the overwhelming body of expert and lay opinion on the point—suits the great majority best—namely, a blend of the two. The majority of good blends, however, are not composed merely of one or two whiskies, but (whether they be blends or pot still whiskies only or of pot still and patent still) of a large number, frequently 30 or 40 different kinds being employed. It is here that the blender's art comes in, for it is only by employing a large number of whiskies that it is possible to secure uniformity of flavour and unvarying excellence of quality. But the employment of so many whiskies implies the holding of a large stock and great experience and discrimination as to selection. It is then the selection of the right whiskies, and above all the selection of the right whiskies of mature age, which involves great difficulties unless a large stock is held, that makes for success in blending. Among the pioneer firms in real scientific blending may be mentioned the well known firm of Messrs James Buchanan and Co., Ltd. This firm has been one of the most successful in popularising Scotch whisky in the South, for, emanating from the North with an already great reputation, and making the Black Swan Distillery in Holborn their headquarters for London and this portion of England, they quickly added to the great name of this already famous distillery. It is not needful to digress here into the history of the Black Swan. Has not Dickens already so well described it in "Barnaby Rudge" in those vivid accounts of his of the Gor-

don Riots, when the mob attacking the distillery broke the spirit casks, of the terrible fire that then ensued, and the deaths that occurred as the burning spirit rushed down the streets? Enough! It is sufficient that at this date the Black Swan Distillery had a reputation, which has been further enhanced and embellished by its coming into the possession of Messrs J. Buchanan and Co., and, as readers will doubtless remember, Dr. Vell, at the Select Committee appointed by the House of Commons in 1890 under the Presidency of Sir Lyon Playfair, spoke most highly of this firm's whisky; and that well-known medical journal, the "Medical Magazine," has also spoken in its praise, pointing out that the whisky is still to-day of the same excellence as it was some 15 years ago.

(To be Concluded Next Week.)

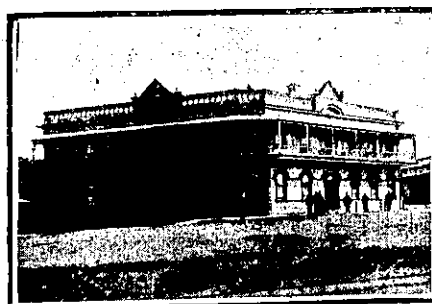
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A CONVERSATION.

Q. I have been feeling very poorly lately and have just been told by my doctor that I am suffering from uric poisoning. I shall be glad if you will tell me just what uric poisoning means. Is it a serious matter?

A. Uric poisoning is caused by the retention in the blood of various substances which should leave the body in solution. The retention of these substances is due to a diseased or inactive condition of the kidneys. When the kidneys are working perfectly, they filter and extract from the blood of the average individual about three pints of urine every day. In this quantity of urine should be dissolved various waste material produced by the wear and tear of the tissues of the body. This is dead matter, and its presence in the blood is poisonous. The three pints of normal urine should contain about ten grains in weight of uric acid, an ounce of urea, together with other animal and mineral matter varying from a third of an ounce to nearly an ounce.

Q. Then I am to understand that the substances you mention when not eliminated from the body in the natural manner constitute what is known as uric poisoning. What are the usual symptoms by which the presence of these poisons is manifest?

A. Now you are asking rather a large question. Many complaints which are commonly called diseases are not actually diseases in themselves. For instance, **Rheumatism, Gout, Neuralgia, Lumbago, Sciatica, Gravel, Stone, and Bladder Troubles** are all caused by uric poisons. **Indigestion, Anaemia, Persistent Headache, and General Debility** are often solely due to the same cause. In fact, if the kidneys are doing their work freely and thoroughly, none of the complaints mentioned could trouble us as the causative poisons would be absent.

Q. I had no idea that so much depended upon the efficient action of the kidneys. I suppose that when anyone is suffering from **Rheumatism, Gout, Neuralgia, Sciatica, Gravel, Stone, Bladder Troubles, Anaemia, Debility, Persistent Headache, or Indigestion** the scientific method of effecting a cure would be to directly treat the patient for the kidneys?

A. Exactly. In fact, that is the only way in which a radical and permanent cure can be effected. The kidneys must be restored to health and activity, so that they may be enabled to remove the daily production of poisons in the body, or the patient must continue to suffer.

Q. I have always been under the impression that the liver had a great deal to do with the maintenance of our general health, but it seems that the kidneys are the chief cause of most of the disorders from which we suffer?

A. The work done by the liver is of the utmost importance and is closely associated with the work done by the kidneys. Indeed, when anything is the matter with the liver the kidneys are almost always directly affected, and the contrary is likewise true. In the liver various substances are actually made from the blood. Two or three pounds of bile are thus made every day. The liver takes sugar from the blood, converts it into another form, and stores it up so as to be able again to supply it to the blood, gradually, as the latter requires enrichment. The liver changes uric acid, which is insoluble, into urea, which is completely soluble, and the liver also deals with the blood corpuscles which have lived their life and are useful no longer.

Q. As the functions of the kidneys and liver are so intimately related, I gather that if there is reason to suspect that either organ is not doing its work efficiently, a curative agent should be employed which would act equally upon the kidneys and liver?

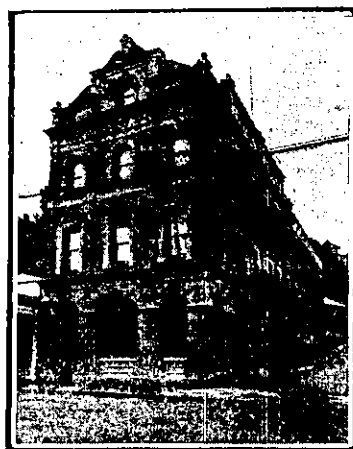
A. Yes, that is the case, and it was the realization of this important fact which led to the discovery of that invaluable medicine **Warner's Safe Cure**. About thirty years ago, certain medical men, knowing that if they could find a medicine which would beneficially affect alike the kidneys and liver, they could control most of the common disorders, devoted themselves to the search for such a remedy. After many disappointments, their efforts were rewarded, and a medicine now known as **Warner's Safe Cure** was proved to possess the required properties in the fullest degree. **Warner's Safe Cure** has a marvellously stimulating and healing effect upon both the kidneys and liver, and by restoring those vital organs to health and activity, it necessarily cures all disorders due to the retention in the blood of urinary and biliary poisons, such as

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GOUT	ANAEMIA	STONE
NEURALGIA	INDIGESTION	BLADDER TROUBLES
LUMBAGO	BILIOUSNESS	GENERAL DEBILITY
SCIATICA	JAUNDICE	SICK HEADACHE

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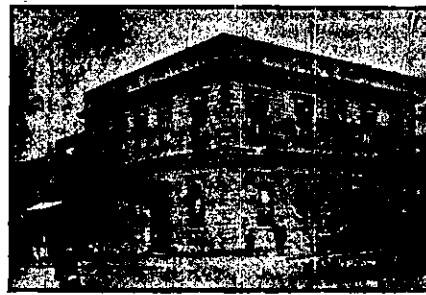


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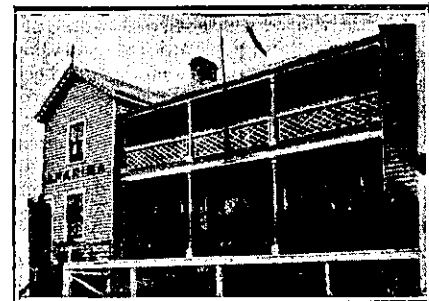
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