

fested itself in each case almost immediately, and this progressed steadily. The author attributes the action of the drug to its stimulating the absorbents in the vicinity of the effusion before the latter had had time to become organized. It is obvious, therefore, that the treatment requires to be begun as early as possible, and it is probable that it would prove useful in cerebral apoplexy generally.—*New York Medical Journal*.

The Relative Value of Certain Articles of Diet in the Treatment of Disease.

There is probably scarcely a reader of the *Therapeutic Gazette* who has not been taught by the perusal of text-books, or by the lectures of his medical teachers, that in the treatment of Bright's disease certain articles of diet must be rigidly avoided, and among these that the various red meats or albuminous foods are to be put aside as largely as possible. Further than this, he has been instructed that if any meats are to be allowed the patient he is to use by preference white meat, such as the meat of chicken, in preference to dark meats or red meats, such as mutton and beef.

Personally we have never been able to see why a patient should be allowed to have small quantities of eggs, and white meat of chicken, and yet should be denied things such as roast beef, beefsteak and mutton; and recently a number of articles have appeared in continental journals in which the question has been raised as to whether there is sufficient chemical and physiological difference between dark and white meat to justify us in permitting the use of one and forbidding the other. As a matter of fact, there are no chemical data which justify the prohibition of red meats. Such data as exist seem to be founded upon the supposition that dark meat contains a larger proportion of nitrogenous extractive than does white meat. But this is not borne out by the analysis of the various foods that we are discussing. On the contrary, chemical analysis shows that the difference between them, so far as extractive is concerned, is very slight.

Among the papers which we have mentioned we may quote that of Offer and Rosenquist, which was published in the *Berliner Klinische Wochenschrift* in the latter part of 1899. This careful analytical paper is also quoted in the *Scottish Medical and Journal* for February, 1900, and gives accurate tables, which show that there is no support apparently for the theoretical difference between white and red flesh, and these authors do not believe that we are justified in excluding red meat from the diet not only of cases of Bright's disease, but from the diet of those who are gouty—that is, provided that we are willing to permit these patients to eat meat at all. It is true that their