

# Eggs—Their Use and Abuse in Tuberculosis

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**E**GGs constitute a very valuable food product. They are very generally used everywhere, and may be served in a very great variety of ways.

Hens' eggs are most common, but the eggs of ducks, geese, turkeys and guinea fowls are also used to a greater or less extent.

A fertile egg contains an embryo and is at the same time a store-house of material to be used in the development and growth of the young bird until it has reached a stage at which it is capable of existing outside the narrow limits of the shell. This embryo is situated quite close to the yolk, and the material of the yolk is first consumed and that of the white later.

Since in all cases the egg is designed to furnish the sole source of material for the development and growth of the young bird for a considerable period of time, it is evident that it must contain all the elements required for the maintenance of life. For this reason, eggs, like milk, have been called a complete food, because they contain a proportion of each of the essential food elements.

### COMPOSITION OF EGGS

Eggs resemble such animal foods as meat, milk, and cheese more than such vegetable foods as flour and potatoes. The egg contains considerable protein and fat, in addition to water and mineral matter. The white and the yolk differ in composition in that the white contains less protein and water than the yolk and scarcely any fat and mineral matter, whereas the yolk contains considerable fat and mineral matter. The following tables show the composition of hens' eggs, and for purposes of comparison that also of beefsteak, milk, oysters, cheese, flour and potatoes :

#### APPROXIMATE COMPOSITION OF AN EGG

Shell . . . . .	11 parts	..	Carbonate of lime	
Yolk . . . . .	32 parts	..	Protied	15.7 per cent.
			Fat	33.3 "
			Mineral Matter	1.1 "
			Water	49.5 "
Total calories . . . . .				1705
White . . . . .	57 parts	..	Proteid	12.3 per cent.
			Fat	.2 "
			Mineral Matter	.6 "
			Water	86.2 "
Total calories . . . . .				250

FUEL VALUE PER LB.	Calories	MINERAL MATTER	Per Cent.	CARBOHYDRATE	Per Cent.	FAT	Per Cent.	PROTEIN	Per Cent.	WATER	Per Cent.	REFUSE	Per Cent.
	685		0.9			9.3				65.5		11.2	
	720		1.0			10.5				73.7			
	250		0.6			0.2				86.2			
	1705		1.1			33.3				49.5			
	705		0.8			16.1				73.3		12.8	
	985		0.9			18.5				54.0			
	1130		1.0			4.0				87.0			
	325		0.7		5.0	1.2				86.9			
	235		2.0		3.7	33.7				34.2			
	1960		3.8		2.4	1.0				12.0			
	1650		0.5		75.1	0.1				62.6		20.0	
	310		0.8		14.7	0.1				78.3			
	385		1.0		18.4	0.1							

#### HENS' EGGS

Whole egg, as purchased . . . . .	11.2
Whole egg, edible portion . . . . .	73.7
White . . . . .	86.2
Yolk . . . . .	49.5
Whole egg, boiled, edible portion . . . . .	73.3
Sirloin Steak, as purchased . . . . .	54.0
Sirloin, Steak edible portion . . . . .	61.9
Milk . . . . .	87.0
Oysters, edible portion . . . . .	86.9
Cheese . . . . .	34.2
Wheat Flour . . . . .	12.0
Potatoes, as purchased . . . . .	62.6
Potatoes, edible portion . . . . .	78.3

As shown by their composition, eggs are nutritious food. They contain more water than cheese, but less than milk or oysters. The white is sometimes said to be pure protein. As a matter of fact, it is made up of four albumens and a slight amount of carbohydrate. The yolk on the other hand is very complex in composition, and contains about 15 per cent. of protein (vitellin), 20 per cent. of fat, and 0.5 per cent. of coloring matter, besides various other substances, such as phosphorus, calcium, magnesium, salts of iron, etc.

### THE HOSPITAL THE ONE HOPE

REV. E. H. JUDGE, Brome, Que. Myron Norton, a young man of 21 years, under my pastoral care, has developed tuberculosis. He has no means and is at present stopping with his poor mother who has married again, and is unable to support him away from home. There are two younger children in the home which is very small. Possibly a stay in your hospital might avail to save his life.