

Progress of Medical Science.

MEDICINE.

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Nutrition and Stimulants.

Dr. I. N. Love, of New York, in his address on medicine, before the Mississippi Valley Medical Association (*Jour. Am. Med. Assoc.*, March 2nd), calls attention to some important questions on foods, alcohol and tobacco.

Foods are readily divided into the mineral, such as water, salt, ashes of plants and animals; the carbonaceous or respiratory, such as starch, sugar, fat, etc.—these are heat-giving; the nitrogenous or flesh-forming, tissue-building, as albumin, fibrin, caseine, gluten, etc. Throughout all ages the mineral and respiratory foods are required in full amounts. When the individual has attained full maturity, at about 30, a smaller quantity of nitrogenous food will suffice, and by 40, one-half or one-third the amount of animal consumed during the period of growth will supply the needs of the body. If this regulation of the diet be not observed, the person is very liable to become rheumatic and gouty, with all their evils. Water should be indulged in freely at all periods of life, and fruits and vegetables after mid-life become more than ever necessary.

With regard to alcohol, Dr. Love takes the ground that it is entirely undesirable as a beverage. He is very strong in his opposition to the use of alcoholics by women during nursing. He claims that alcohol has a much worse effect on women than men, owing to their more emotional nervous system. The indulgence in alcohol by women works terrible physical, moral and intellectual ruin. As a food it is of very little value; and, as we have so many good foods, should never be used as such. In acute diseases it is not as much employed as formerly, and is still employed oftener than it ought to be. In the advanced stages of typhoid fever, pneumonia, tuberculosis, and sepsis, it is of undoubted value; but, in many of these cases, we can substitute hot milk, tea, coffee, strychnia, normal salt solution, and other remedies, to advantage. Alcohol has been more abused, more excessively and needlessly used, more misapplied, than any other one remedy.

As to tobacco, smoking to excess is more harmful than chewing, as the nervous system and the mucous membranes are more injured in this form of use. The heavy smoker, owing