

one every four hours until a cure was effected. Especially in cases of marked inflammatory character it was almost beyond belief to note how quickly these capsules relieved and checked the inflammation which, to the patient was a great blessing to be relieved of such terrible suffering.

The following rules are essential: Rest in bed, if possible, or placed in a comfortable condition; patient should be dressed in flannel undergarments to encourage absorption or perspiration. Affected joints should be protected with flannel rollers or cotton bandaging. Elevation of extremities usually relieves somewhat. Regarding diet, same should be nourishing and at the same time easily digested. All kinds of fish, raw oysters, and raw clams, green and succulent vegetables, such as spinach, celery, salads, cresses, peas, summer cabbage, radishes and horse radish, milk puddings, acid fruits, old cheese, mineral waters, buttermilk, cocoashells, milk with lime juice. Care must be taken to avoid such foods as contain nitrogenous or albuminous principles, as these in complete combustion result in urea and in complete uric acid.

Alcoholic drinks are contra-indicated. Bowels should be kept open and the kidneys in good working order. With these two active ingredients, colchicine and methyl salicylate, we have a specific for the treatment of rheumatism and gout, and I am convinced that if our medical brethren will give same a thorough trial with proper dosage, that they will bear me out in the assertions made.

In the *Lancet* for November 27th, Mr. Owen F. Paget gives his experience with the employment of olive oil in a hundred cases of typhoid fever, which came under his observation during his residence in Fremantle, Western Australia. Many of the patients, he says, lived in tents and were unable to obtain fresh milk, yet in spite of these disadvantages the percentage of death was nil. This, he thinks, is very remarkable, seeing that among those who were removed to the hospital, where they were properly attended to and received suitable nourishment, the percentage was as high as twenty in 1896, and eleven

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Mr. Owen attributes his success very largely to the use of salad oil. Nearly all typhoid-fever patients, he says, are suffering from constipation or diarrhoea when they first come under observation; during constipation the typhoid bacillus acquires its power of developing, and this constipation is followed by diarrhoea and a gradual solution of the faecal accumulations caused by the pouring of the mucus and other fluids from the intestine. These faecal solutions, being intensely irritating, help to inflame the already infected Peyer's patches and, in addition, give rise to violent peristalsis, preventing rest which is so important to inflamed regions. Added to this there is the enormous drain of fluid from the intestinal mucous surface. Now, the fluid poured out is, of course, to a certain extent, reabsorbed, but not before it is saturated with ptomaines; this necessarily causes violent constitutional disturbances in the patient such as high temperatures, cardiac paralysis, and intestinal paralysis with tympanites, exhaustion, delirium and insomnia (with its accompanying uses of depressing drugs), sapraemia, septicaemia, pyaemia, secondary infection of glands, abscesses in bones and death. The problem, says the author, resolves itself into treating an inflamed and possibly ulcerated surface, and the same laws hold good here as in any other part of the body—namely, rest and protection from irritating substances and collection of discharges. As a proviso it is necessary to remember that the patient must not starve.

Mr. Owen thinks, therefore, that salad oil only is needed to keep the ulcers at rest and to remove irritating substances. He gives it as an injection by the bowel, a large breakfast cupful (from a quarter of a pint to half a pint) being used for the first four or five days at intervals of from twelve to twenty-four hours. Its benefits he says, are distinct from the first, the temperature almost always falls 1 degree F., and the patient, instead of being irritable and restless, becomes calm and composed. After the fifth day it may be given every