

Special Selections

SPRING MEDICINE.

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It is in the vernal season that the public in general is in quest of what it is pleased to term "spring medicine." This is easily understood and is entirely rational from a certain standpoint.

During the winter the functions of the organism are not in that active mood which they should manifest. The artificial heat, the avoidance of pure air, the lack of exercise and other similar conditions contribute to torpidity and this in turn acts as a powerful factor in favoring deficient elimination, causing an absorption of a number of waste products left over from retrograde metabolism. These products are of a more or less toxic nature and produce more or less physical hebetude in which there is a condition of tissues analogous to narcotism.

The individual so affected is soon thoroughly aware of the fact and begins to suffer from a thousand and one minor ills which, while not alarming or particularly dangerous, are sufficiently disagreeable to give rise to a certain amount of uneasiness. With a progressive increase of such symptoms there arises a certain amount of anxiety. Instinctively the individual resorts to methods to clear his organism of these products which are the cause of his trouble. One will take a large dose of calomel, others will take other active cathartics, but the majority will take "spring medicine." Sarsaparilla is a favorite and is regarded as especially efficacious if taken in conjunction with aloes. In the country sassafras tea still holds its own in popular favor. In the cities quinine has a number of followers.

But it is not the intention here of dilating on any or all of the superstitions entertained in connection with "spring medicine." That the clearing up of the emunctories and that the re-establishing of proper elimination are necessary at this period is acknowledged and appreciated by all. The proper method of obtaining this end is known to many, but the agents which should be used are not so generally recognized.

To him who has studied the therapeutics of modern times and who has devoted some small share of attention to the action of comparatively new remedies, there is nothing more evident than the efficacy of tongaline for the prompt and thorough elimination of these poisonous secretions, which are accumulated as the result of a failure on the part of the emunctories to properly perform their functions.