

## DIETETIC RULES IN DISEASES OF THE DIGESTIVE ORGANS.

Dr. J. Boas (*Deutsche med. Zeit.*, No 43, 1890) deals generally with the dieting of stomach and intestinal disorders. In considering diet in such conditions, three points must be looked to: (1) The constitutional condition and the state of nutrition of the patient; (2) the surroundings and customary habits of the patient. Thus, the dietetic treatment of the workman must be considered from another standpoint than that of the well-to-do. Thirdly, the most important point is the prescription of diet with the actual disturbance of digestion in view. The stomach, for example, gets out of order in two of its functions—the motor and the chemical; absorption in the stomach plays a very small part in the functions of the organ, so that an endeavor must be made (by the use of the stomach sound) to discover (1) whether there is a disturbance of the gland function, and whether there are fermentative processes going on; (2) whether the motor activity of the stomach is at fault; or (3) whether both these conditions are present. There are cases, for example, in which the stomach seems incapable, owing to deficiency of gastric juice, of digesting proteids; in these cases the digestion of carbohydrates may be perfect. Proteids in these cases must, therefore, be given in a prepared or semi-digested form (albumen, peptone). In these cases fat is digested with difficulty, or, rather is split up into fatty acids by the fermentation in the duodenum, and so does not enter the lymph channels in the usual form of an emulsion of neutral fat. Sodium chloride is useful in these cases, since it helps to form the hydrochloric acid of the stomach, which tends to stop fermentative processes. On the other hand, there are cases where there is hyperacidity in the stomach. In these cases proteids are exceedingly well digested and carbohydrates but feebly acted upon, so that the digested forms, such as dextrines, malted foods, etc., have to be prescribed. For insufficiency of the motor activity of the stomach, enemata of half a litre, with a proper diet, are beneficial.—*Supp. British Med. Journal*.

## TREATMENT OF HABITUAL CONSTIPATION.

Professor Nothnagel, in a recent lecture, reported in the *Wiener Med. Presse*, considers the three most important elements in the treatment of habitual constipation to be massage of the abdomen, electricity, and abundant exercise. Abdominal massage cannot be properly performed by the patient upon himself, the effort required causing contraction of the abdominal muscles, which prevents deep pressure and man-

ipulation. An efficient substitute for a masseur is a metal ball, weighing from three to six pounds and covered with cloth to prevent chilling the skin. The patient should every morning roll this over the course of the large intestines for five or ten minutes, beginning in the right iliac region. Professor Nothnagel believes that in the end massage is invariably of benefit, but that we must not expect much benefit for weeks and perhaps months. As cases of long duration react but slowly to almost all methods of treatment, we must (in order to guard against the results of fecal accumulation) have resort to laxative mineral springs, drugs, or enemata. Nothnagel believes it better, under these circumstances, to avoid drugs, and only to use an enema, either of pure water or one containing common salt, olive oil, or, preferably, glycerine. Acid fruits should be freely taken, along with a nutritious and easily digested diet. Should a vegetable laxative be called for, notwithstanding these remedial measures, Nothnagel recommends a pill composed of podophyllin and the extracts of aloes, rhubarb, and taraxacum.—*Philadelphia Med. News*.

It is said to be possible to restore one who is helplessly intoxicated to the almost complete use of his faculties in a very short time by administering to him a half teaspoonful of ammonium chloride in a tumbler of water.

## NEWS ITEMS.

ALVARENGA PRIZE OF THE COLLEGE OF PHYSICIANS OF PHILADELPHIA.—The College of Physicians of Philadelphia announces that the next award of the Alvarenga Prize, being the income for one year of the bequest of the late Senor Alvarenga, and amounting to about \$180, will be made on July 14, 1891. Essays intended for competition may be upon any subject in Medicine, and must be received by the Secretary of the College on or before May 1, 1891. Charles W. Dulles, secretary.

Eight patients are being treated in the Post-Graduate Hospital by Koch's lymph. Three of them are cases of lupus; four are cases of phthisis pulmonalis, and one laryngeal tuberculosis. The inoculations are in charge of Dr. W. C. Bailey, who was for a long time a student in Koch's laboratory, assisted by the Director of the Laboratory, Dr. J. H. Lineley.

Messrs. J. Calvet & Co. are to be congratulated upon the enormous advance that Messrs. Frederick de Bary & Co. have made with their wines during the year. In 1889 the importations amounted to 30,600 gallons in wood and 3,439 cases, and in 1890, 54,060 gallons in wood and 7,387 cases, being an increase in one year of over 85 per cent.