

these abnormal manifestations; consequently we have relied upon mild nerve sedatives, anodynes and heart sustainers, rather than upon any specific line of treatment. Most cases will improve by being made to rest in bed and encouraging action of skin and kidneys with possibly minute doses of blue pill or calomel. We have found much benefit from the use of antikamnia and codeine tablets in the stage of pyrexia and muscular painfulness and as a sedative to the respiratory centres. In the treatment of influenza or la grippe and its sequelae, its value is highly esteemed. In diseases of the respiratory organs following an attack of la grippe, pain and cough are the symptoms which especially call for something to relieve. This combination meets these symptoms, and in addition, controls the violent movements accompanying the cough. To administer these tablets in the above conditions, place one tablet in the mouth, allowing it to dissolve slowly, swallowing the saliva.

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#### THE FOOD VALUE OF BOVRIL.

There have been doubts as to the food value of extract of meat, and the question has been answered in the negative by perhaps the majority of the medical profession, but the question as to whether bovril has not a right to be placed in a special class was raised by professor W. H. Thompson, at the School of Physiology, Trinity College, Dublin, and the following is the report of the experiments made during the past year and communicated to the British Association, Sheffield. (See "Times" report, Sept. 3rd.) This has created considerable interest among the medical profession.

"In order to secure a decisive test, dogs were first brought to a constant weight on dried dog biscuit mixed with known quantities of water. Bovril—from  $2\frac{1}{2}$  to  $7\frac{1}{2}$  grammes—was then added to the food, with the result that the weight of the animals went up as much as 50 to 100 grammes, or, in round numbers, 10 to 20 times the weight of the bovril given.

Afterwards bovril was discontinued, and the animals fell back to the original weight. Compared with the effect of hard-boiled white of egg, it was found that from 8 to 10 times as much by weight of the latter had to be given to obtain the same increase in weight, or, taking the dried organic solids in the two foods, from  $2\frac{1}{2}$  to 4 times as much egg white had to be given to obtain the bovril effect.

In several of the experiments there was a retention of reserve nitrogen, and in all an increased utilisation of other foods.

It was therefore concluded that bovril had both a direct and an indirect nutritive value, the latter by causing a more complete digestion and absorption of the other food given."