

they are not the true toxic elements, can at least serve to measure the intensity of the intestinal putrefaction, as their development is parallel to it. Combe points out the processes which enable us to attain this result. By adding milligrams of the aromatic substances in proportion to the grains of urea or total nitrogen we can obtain the coefficient of the auto-intoxication which measures it.

If the intestinal auto-intoxication is connected in a definite way with the putrefaction of nitrogenous substances under the influence of microbes, all the therapeutic efforts ought to tend towards the restriction incumbent to saturate it with some substance that is inoffensive to man of the number of these and to diminish in that way, the intensity of the putrefaction.

Intestinal antiseptics are wholly insufficient to disinfect the digestive canal, as all authors are quite in accord on this point. The administration of even massive doses of such drugs scarcely affects the number of the microbes. Repeated doses of purgatives and enteroclysis restrain in a marked manner the growth of the germs, but these are only adjuvant means and cannot be continued indefinitely.

In order to disinfect the intestinal canal, according to Combe, it is incumbent to saturate it with some substance that is inoffensive to man and destructive to the microbes, or at least paralyze them and prevents them from causing putrefaction of albumen. This method does not seek to destroy these organisms, but, by modifying the medium in which they live, are nourished secrete their toxins and reproduce themselves, seeks to diminish their vitality, activity, and virulence, by cutting off their food. To fulfill these conditions, we must limit as much as possible the nitrogenized elements from which the intestinal microbes secure their nourishment and introduce into the food a large quantity of carbohydrates, a medium in which they do not find the material requisite for their subsistence. A locto-farinaceous diet, complying with these conditions as it does, is the true antiputrefactive alimentation. The antiputrefactive action of milk has been known for a long time, and some recent precise experiences have confirmed this. The same individual placed on a meat diet yields three times as much of the aromatic excreta as when on a milk diet. It has been shown that of all diets milk best resists putrefaction. This quality is due specially to the carbohydrate which is found in it, the lactose, for, if we remove from milk its sugar, the caseine putrefies with as much rapidity as the albuminoid substances.

It is by its products of fermentation, lactic and succinic acids, that lactose paralyzes in some way proteolytic bacilli. The same restraining action due to these acids produced by lactose is found in a diet of kephir and fresh cheese.