

### PROPER TIME FOR TAKING MEDICINE.

The proper time for taking medicines, whether before or after meals, is a matter of considerable importance, and requires careful consideration. In many cases the chemical nature of the medication will indicate the proper time.

According to the *Bull. gen. de. Ther.* the local irritants, e. g. salts of iron, copper and zinc, and arsenic in large doses, should be taken directly after meals into a full stomach. Small doses of medicine, which are to act upon the mucous membrane, should be taken on an empty stomach. Silver oxide and silver nitrate should be taken during a period of rest, in order that they may locally act upon the mucous membrane of the stomach, Iodine and iodides also should be taken on an empty stomach. The presence of starch and acids, which decompose and modify the iodine preparations diminish their effectiveness. The acids which are prescribed for overcoming the acidity and preventing fermentation in the stomach must be taken before meals, so as to increase the secretion from the glands of the stomach. The alkalies are given during meals when they are to act upon the acids of the stomach, and before meals when they are to be absorbed by the blood, so as not to interfere with the digestion by neutralizing the acids in the stomach.

Some of the metallic salts, especially mercuric chloride, also alcohol, tannin and other medicines, modify or destroy the digestive powers of the pepsin, and must therefore be given on an empty stomach. Small quantities of alcohol, as contained in the ordinary medicinal wines, have no injurious effect on pepsin. Cod liver oil, phosphates and similar medicines may be taken with meals.

"The Eastern Medical Journal," of Worcester, Mass., has now commenced to appear fortnightly instead of monthly as heretofore. The intention of its Editors is to issue it weekly in the near future.

Daniel's Medical Journal. This is the latest production in Medical Literature, and hails from Austin, Texas. The magazine is attractive in appearance, of a deep red color and illuminated with the Star of Texas on its front cover. May it

long shed its rays of light into the minds of the readers.

In the current number of the *Fortnightly Review* Dr. Morell Mackenzie contributes an article on Medical Specialism, in which he asserts that the general physician is fast dying out, and that before long the profession will consist of only two classes, specialists and general practitioners. The day of the "pure" physician he thinks is over, and he ought gracefully to retire from the struggle, a beaten man. This may be Dr. Mackenzie's wish, but in my opinion it is far from being realised. For several years past I have watched the modern specialist closely, and, in my opinion, he is losing rather than gaining ground. The air of superiority which he always assumes when called into consultation, has disgusted the general practitioner, and his big fees tend to keep the general public away from him. The great aim of the specialist when called by a general practitioner to see a case appears to be to get the patient into his own hands as speedily as possible, and when he succeeds he generally makes good use of him if he can afford to pay good fees. My advice to the general practitioner is to keep away from the modern specialist if he wishes to keep his patient. Except it be an eye case, or the patient suffering from a disease peculiar to women, it will, as a rule, be more satisfactory to seek as a consultant the aid of a good all-round physician or surgeon. This fact is becoming recognized by general practitioners, and specialism, as I said before, is losing rather than gaining ground.

### PAMPHLETS RECEIVED.

Rules for preventing the development and spread of Asiatic Cholera. Specially compiled for public distribution, from latest authorities, by E. Playter, M.D.

The prevention of opium addiction, with special reference to the value of galvanism for relief of neuralgic pain, by J. B. Mattison, M.D., Brooklyn, N.Y.

Voice in Singers, by Carl H. Von. Klein, A.M., M.D., of Dayton, Ohio. Price 25 cents.

A Memoir of Charles Hilton Fagge, M.D., late physician to Guy's Hospital, &c., P. Blackiston, Son & Co., Philadelphia.

Report of Proceedings of the Tennessee Board of Health, Quarterly meeting, July 7th, 1885.