

Magnesia

(Carbonate) occurs sometimes as a native mineral known as magnesite, the best deposits of which are in the Grecian archipelago, but that which is sold in Canada is prepared on a large scale by the manufacturers by mixing together solution of sulphate of magnesia (epsom salts) and carbonate of soda, then evaporating the solution and purifying by again dissolving and evaporating.

It is anti-acid, and by combining with the acid in the stomach becomes cathartic. It is much used in dyspepsia, sick headache, gout and other complaints attended with sour stomach and constipation. It is a favorite remedy in the complaints of children, though the solution of Magnesia known as Fluid Magnesia is much easier of administration and when freshly made is preferable to the solid form.

Gregory's Powder is a mixture of rhubarb, Magnesia and ginger.

The dose of the carbonate is from one to four teaspoonfuls and should always be thoroughly mixed with milk or water before being taken. A few drops of extract of ginger or peppermint mixed with it enhances its value.

Magnesia Citrate is made by mixing together carbonate of Magnesia, citric acid, soda and sugar. It occurs in a granular form and should always be kept in well closed bottles.

It is a cooling cathartic and operates mildly. It is more acceptable to the stomach than the ordinary carbonate, and for this reason has become a favorite aperient.

The effervescing solution, the most convenient form, has full directions on each bottle.

Of the Granular Effervescent Citrate of Magnesia two heaping teaspoonfuls put into a tumbler half full of water and drank during effervescence forms a mild but efficient aperient ; while a small teaspoonful taken in a wineglass of water acts as a valuable anti-acid cooling draught when feverish.

Magnesium Sulphate (epsom salts) is a constituent of sea water and of some saline springs ; it also occurs native in certain rocks and is found in the great caves so numerous west of the Alleghany Mountains.

Sulphate of Magnesium was originally procured by evaporating the waters of the saline springs at Epsom in England, but it is now prepared in many places both in America and Europe by different processes. [See Salts.]

There are advantages in the results of its action by administering in divided doses, frequently repeated. It is often given in combination