

ing the blood tension, relieving the walls of the artery and favoring the disappearance of the pathologic exudation. For the relief of the paroxysm he recommends the inhalation of the nitrite of amyl in four to six drop doses.

Although true angina pectoris had been assumed to be a neurosis, the remedies which have been most successfully employed have been those acting upon the arterial system. Occurring as it does at the ages when degenerative changes in the arteries are found and in subjects of such degeneration, it would seem that the theory advanced by Huchard should be carefully considered. That it is generally accompanied by high arterial tension has been already recognized, and the drugs have been most successfully used which reduced this tension. Dr. Lauder Brunton has long since recommended the nitrite of amyl in reducing blood pressure, and we are indebted to Dr. Murrell for our knowledge of the value of nitro-glycerine as a remedy producing the same result. Both remedies have been successfully employed in relieving attacks of angina pectoris, but neither has been able to effect a permanent cure.

That the iodides from their well-known action of lowering the blood-pressure and at the same time favoring the disappearance of pathological exudations may exert a healthy action in the earlier stages cannot be denied, but in cases connected with well developed atheroma more evidence is needed before it can be positively accepted.—*St. Louis Courier of Med.*

THE TREATMENT OF CORPULENCE ON PHYSIOLOGICAL PRINCIPLES.

As analyzed by the *Birmingham Medical Review* (*Detroit Lancet*) Ebstein, in his work on corpulence, gives some practical points for the reduction of obesity.

According to him, fattening is strictly analogous to the fattening of cattle, and depends on overfeeding. He, however, disputes the current view that fat makes fat; on the contrary, he thinks fatty food protects the albumen and prevents its forming fat. His plan of treatment, therefore, consists in moderating the quantity of food, and, while cutting off all vegetable carbo-hydrates, sugar, starch, etc., allowing a moderate quantity of fat, two or three ounces daily, to be taken. He also suggests that the diet should be monotonous, greasy, and succulent, so as to cause satiety rapidly. He disallows beer, but permits light wines.

The plan advocated appears rational, and is free from the objection of Banting's method, which is too much like starvation. The following is the diet used successfully by Ebstein in one of his cases:

Breakfast.—One large cup of black tea—about half a pint—without sugar; two ounces of white bread or brown bread, toasted, with plenty of butter.

Dinner.—Soup, often with marrow, from four to six and one-half ounces of roast or boiled meat, vegetables in moderation, leguminous preferably, and cabbages. Turnips were almost, and potatoes altogether, excluded. After dinner a little fresh fruit. For second course, a salad, or stewed fruit without sugar. Two or three glasses of light wine, and immediately after dinner a large cup of tea, without milk or sugar.

Supper.—A large cup of black tea, as before. An egg, a little fat roast meat, or both, or some ham with its fat, bologna sausage, bread well buttered, occasionally a small quantity of cheese, and some fresh fruit.

On this diet the patient lost twenty pounds in six months.

Ebstein insists on the necessity of always keeping to the restricted diet if the tendency to corpulence is to be successfully combated.

GLYCERINE IN GASTRIC DISTURBANCES.

BY C. C. P. SILVA, M.D.

Glycerine, by virtue of its soothing effects on the internal integument, and also by its anti-acid and antiseptic properties, is an agent of the highest value in the therapeutics of some gastric affections.

When, through some cause, either owing to the digestive apparatus, or to the ingesta, the digestion becomes painful, tardy, laborious, and imperfect, there is always present in the cavity of the stomach or that of the intestines, a more or less developed fermentation with the necessary consequence, accumulation of gas, acid or otherwise.

This, which takes place in the adult very frequently, owing to the bad habit, principally among business men, to admit into the stomach aliments improperly masticated, happens with the infant still oftener, because of greediness on their part, or in consequence of inadequate alimentation or faulty hygienical surroundings. In glycerine we find a very useful medicament to inhibit fermentation, generation of gas and also to soothe the irritability of the gastro-intestinal mucous surfaces. This, of course, is only a palliative treatment, but not in the least to be neglected, for it relieves immense suffering, meanwhile, we correct the primitive cause of the dyspeptic or apeptic disturbance, by slow and perfect mastication of all ingesta, discarding of any aliment which experience (personal or otherwise) shows to disagree, regularity in taking meals and adaptability in its quantity and quality, to the requirements of the organism, in general, and of the stomach, in particular. The observance of sound hygienical precepts is not a less important factor of success. The dose of glycerine, for adults, is a teaspoonful, in water, before or after meals, and for children, from ten drops to half a teaspoonful, according to age.