

sidary to the dispensaries. There ought to be one immediately connected with every dispensary, and in the same building as the drug store now is. Indeed, I would be glad to see one-half of the drug stores, and all of the liquor stores converted into diet kitchens. I am not quite certain that they need all to be eleemosynary in their character. It is possible they might, some of them, be self-sustaining. They will not have to be taxed like liquor shops, to pay for the crime and pauperism they create—nor will they kill as many people by accidental overdosing as do drug shops, not to speak of the deaths from overdosing caused by the prescriptions of illiterate and careless doctors. Those who have them in charge will not require a very long apprenticeship, and need know nothing of Latin.

Very few of their materials will have to be imported, and they will require very little advertising, so that all in all these diet kitchens can be run very cheaply.

You will not consider it out of place, I trust, if I read to you the opinions of a professional athlete, Mr. J. M. Laffin, as reported in one of our morning papers—the *Herald* of October, 21, 1877. He is speaking upon the subject of diet in training.

"In the first place, there are at the present day many young men who are preparing or training for athletic pastimes or pursuits who naturally apply for instruction as to diet to some professional athlete, who gives them the stereotyped advice: 'Eat plenty of rare meat.' Now this advice would be all well enough, perhaps, if the stomach of the one asking advice was as strong as that of the one giving the advice, but it is not, of course, and so, as it requires a great deal of tone and strength in the stomach to digest rare meat, the beginner in athletics finds himself unable to digest the rare meat he eats.

"Then in the second place, nothing is well digested in the stomach against which the palate revolts. In many instances—myself, for example at first—the taste of very rare meat is very unpalatable indeed, and to overcome this difficulty, recourse is had to all sorts of spices and condiments to render it more pleasant. Most spices and condiments are pernicious in the long run to digestion, and so rare meat, eaten under these conditions, becomes positively injurious.

"Meat ought to be neither rare nor what is called well done, but medium, so as to be palatable without spices, etc., while at the same time it retains a large share of its natural juices.

"More harm has probably been caused by this notion of rare, underdone, bloody meat being unwholesome, than by any other idea on the whole subject, and the very first thing, young men, especially young men luxuriously nurtured, who take a personal interest in athletics should do is to abjure this notion altogether."

In these opinions I fully concur, and if Mr. Laffin's opinions are sound in reference to the eating of raw and highly seasoned meats by those who are in health, it is quite certain that this, to civilized palates, disgusting and overseasoned food is unsuitable for the sick, and it would be well if medical men would give attention to the common sense and practical remarks of this gentleman.—*Hospital Gazette*.

COHN ON THE PRODUCTION OF LOCAL ARTIFICIAL ANÆMIA AS A MEANS OF TREATING DISEASES IN THE EXTREMITIES.

(*London Medical Record*, Dec., 1877.)

Dr. Bernard Cohn relates his experience in treating three cases, (one of which was a white swelling of the knee,) of acute and chronic inflammation in the extremities, by temporarily rendering the limb bloodless with Esmarch's bandage:

An acute phlegmon of the toe, with inflammatory swelling of the foot, after fifteen minutes' application of the bandage, was followed by a very notable diminution of the swelling and pain. In a case of very painful diffuse swelling of the forearm, the pain, and the swelling, to some extent, disappeared. On these two cases the author properly lays less stress than upon the case of joint disease. A child of three and a-half years of age had suffered for eighteen months from a white swelling in the knee. The disease had originated in a fall, and a well marked acute stage had been followed by the characteristic chronic changes of tumor albus. The joint was swollen, painful, much flexed, and scarcely moveable, either actively or passively. It had been treated by fine gypsum bandages, covering twenty-six weeks. When Dr. Cohn first saw it, the affected knee was one and one-half inches larger than its mate, the bones felt thickened, the subcutaneous tissue infiltrated, and the borders of the patella were difficult to make out. No effusion of the joint was observed. The general condition was otherwise satisfactory.

The treatment was commenced by applying the bandage for a few moments only. But, after four or five days, it could be borne an hour daily—sometimes longer. Occasionally the application was made twice daily, when it was allowed to remain half to three-fourths of an hour each time. After three weeks it was found that the difference in the size of the two joints was reduced from four centimetres, (one and one-half inches,) down to half a centimetre. The condyles had become restored to their natural form, the patella loose and moveable, pain and tenderness had completely disappeared, the amount of passive motion was increased, and there was no pain on movement.