

entering the stomach becomes almost solid, and large, firm curds are likely to prove quite as irritating to the ulcerated surfaces, or even more so, than starchy food. When patients are fond of milk and seem to digest and absorb it thoroughly, there is no better diet when employed with Bovinine. It answers every requirement of a perfect fever food. It contains all the essential elements of nutrition, is readily digested, furnishes fluid to the tissues, is a good diarrhœtic, and if properly administered it is soothing to the stomach when gastric catarrh exists. Those who dislike milk or do not seem to digest it, do well on Bovinine in barley, rice, or plain, and later when the digestive condition has improved, milk may again be taken up. It is largely the custom with the profession to give an exclusive diet, but this should not be prescribed in routine for all cases. Many authorities have advocated a departure from the strict milk diet which has come to be the rule for typhoid fever, and it is found beneficial to enlarge the dietary of some patients considerably and this can be most perfectly obtained by the addition of Bovinine. It is usually the case in hospitals to put the typhoid patients on a routine milk diet, but of late it has been proven that far better results were obtained where the Bovinine was given in combination. In typhoid fever every effort should be made to maintain complete and normal stomach digestion. If all food is thoroughly disintegrated before it enters the digestive tract, there need be but little fear of mechanically irritating the ulcerated surface. Far more danger may occur through malnutrition of the intestinal wall, which prevents absorption of nutriment. An accumulation of undigested food in the intestine is, therefore, highly undesirable, and where Bovinine is employed an examination of the stools will show no undigested curds of food matter.

Milk for some persons, in health or disease, is clearly a poison. They completely fail to digest it, and it produces a gastro-intestinal disturbance which in many cases is quite serious. Patients of this class digest milk even less when they acquire a prolonged fever. Others, with whom milk agrees, become very tired of it after taking it exclusively for a long period. This complication does not occur when the Bovinine is employed and the convalescent period is undoubtedly shortened.

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#### CLINICAL RECORDS.

The Postum Cereal Company have issued a neat little booklet on Clinical Records and the Elements of Dietetics. The first part deals with dietetic principles, the second with Grape-Nuts and the mode of manufacture, part third gives a number of useful formulæ for foods, and part four contains a series of clinical charts and records. The booklet is interesting and useful.