

## DIET FOR THE SICK.

In speaking of milk as a diet for the sick, Dr. William Roberts (before the *Brit. Med. Ass.*) says, that not infrequently the stomach is not able to digest the milk and we have curds passing from the bowels: here he recommends peptonizing the milk by means of pancreatic extracts. The bitter flavor of peptonized milk is, however, nauseous to many invalids, and you cannot peptonize milk without developing this unpleasant flavor. One of the best means of covering the taste of peptonized milk is to add coffee to it. Another device, which may sometimes be adopted with advantage, is to add the pancreatic extract to cold or iced milk. In the cold the action of the ferment is comparatively slow, and it takes some hours to produce an appreciable change of flavor. But as soon as milk, thus charged with the ferment, is swallowed and passes into the warm atmosphere of the stomach, it is rapidly digested.

A new preparation consisting of the pancreatic enzymes in a highly purified state, under the form of a light, nearly white with powder, is absolutely free from taste and smell. Combating again the popular and erroneous idea of the nutritive value of beef tea, Dr. Robert says: "Beef tea and its congeners, however, take rank as restoratives and stimulants, rather than as nutrients. They contain no albuminous matter in solution, and the small quantity of gelatin contained in them cannot be of much account. There is a wide spread misapprehension among the public in regard to the nutritive value of beef tea. The notion prevails that the nourishing qualities of the meat pass into the decoction, and that the dry, hard remnant of meat fibre which remains undissolved is exhausted of its nutritive properties; and this latter is often given to the cat or dog, or even, as I have known, thrown away as useless rubbish into the midden. A deplorable amount of waste arises from the prevalence of this erroneous notion in the households of many who can ill afford it. The proteid matter of meat is, as you know, quite insoluble in boiling water, or in water heated above 160° F. The ingredients that pass into solution are the sapid extractives and salines of the meat, and nothing more, except some trifling amount of gelatin. The meat remnant, on the other hand, contains the real nutriment of the meat—and if this be beaten to a paste with a spoon, or pounded in a mortar, and duly flavored with salt and other condiments, it constitutes not only a highly nourishing and agreeable, but also an exceedingly digestible form of food."

Speaking of cold made meat infusions, he says: "Infusions made from minced meat with half its weight of water, and allowed to stand for two hours, and then pressed through cloth, were found on analysis to contain over four per cent. of dry albumen. This amount of proteid is equivalent to that contained in cow's milk. The nutritive value of such infusions is, therefore, very high. When heated to the boiling point they coagulate into a

solid jelly. Made from beef or mutton, the product has an unpleasant bloody appearance; but when made from veal, the coloration is much paler. The best preparation, however, is made from the meat off the breast of a chicken."

While cooked eggs are more digestible than raw ones, yet when the stomach is weak and unable to digest solid food, beaten up eggs pass through the duodenum without being mended with, and are slowly digested in their passage down the intestine—*Med. and Surg. Reporter.*

## GASTRO-INTESTINAL INDIGESTION.

Keating recommends the following treatment of acute gastro-intestinal indigestion in teething children:

R. Hydrarg. chlor. mit., .....gr. i.  
 Pulv. ipecac. ....gr. ss.  
 Soda bicarb. ....grs. viij.  
 Sacch. lact. ....grs. x.  
 M. ft. chart. iv.

This is to be followed by a dose of castor oil, and then the child should be placed on a careful diet for a day or two, and given the wine of pepsin in half teaspoonful doses, or the elix. cinchona co.—*Archives of Pediatrics.*

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## AUSTIN FLINT, M.D., LL.D.

The profession in Canada will learn with profound sorrow of the sudden death, on March 13, of Dr. Austin Flint, senior. The sad event occurred at his residence in New York as the result of cerebral hemorrhage.

Dr. Flint had been in his accustomed health, and had attended a meeting of the Faculty of Bellevue Hospital Medical College on the previous evening. Upon returning home, he retired to bed apparently as well as usual. Toward midnight he complained of severe pain in his head. The symptoms of cerebral hemorrhage rapidly developed,