

his clinic. Although he tried chromic acid, which had been recommended by Vidal, and though he applied iodoform, which Dr. Unna, a dermatologist of Hamburg, had greatly praised, in none of his cases the tongues evinced any improvement. If anything, they became worse, especially under iodoform. As the patients were greatly annoyed by this morbid state of their tongues, Prof. S. tried a series of remedies in the hope to bring about some alteration, but utterly in vain; even Kaposi's treatment with nitrate silver was useless. Some improvement was noticed after the applications of soda solutions; and the lactic acid, first employed by Schiff, gave the patients decided relief, and the latter in one case almost established a cure. Finally S. used papayotin, and the result was surprising. In every case an amelioration was at once noticed, and within a few weeks a perfect cure was obtained. S. applies the papayotin as follows:

R. Papayotin, .05 to 1.0 (8-16 gr.)
Aq. destill.,
Glycerin, aa 5.0 (80m).

This solution is applied with a camel's hair brush from 2 to 6 times every day, after the parts have been previously well dried. The effect is not a macerating one, as one would think from the action of the drug on digestion, but it acts on the parts deprived of their epithelium, and causes a renewal of the latter.

In 25 cases, many of which were of many years' duration, a complete and permanent cure was established in all with the exception of one, where a syphilitic dyscrasia existed, but where specific treatment brought about no result either; but even in this case a great amelioration was obtained.

THE DIETARY OF BRIGHT'S DISEASE.

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The importance of the dietary in Bright's disease is all the greater in that medicines exercise comparatively little influence upon its progress.

The form of Bright's disease here treated is the chronic one, where the kidneys are "granular," "contracted," "gouty" or "cirrhotic." This is a slow development of connective tissue (a parenchymatous inflammation) throughout the structure of these organs, which contracting—as is its nature—destroys the secreting and tubular portions. Some portions are destroyed as regards function, while others remain normal and uninjured. At last the destruction is so extensive that the kidneys become quite inadequate to carry out their duty, and the organism perishes.

The opinion of the profession (as regards its members under fifty years of age) is that the main cause of this chronic inflammation is the output of urates by the kidneys. Mammalian kidneys have the soluble urea as their form of nitrogenized waste, while urates belong to animals with a three-cham-

bered heart and a solid urine. When, then, the mammalian liver forms this primitive urine the kidneys become injured by casting it out. Long ago Dr. George Johnson, F. R. S., the respected professor of the Practice of Physic at King's College, and a recognized authority on Kidney disease, wrote: "*Renal degeneration is a consequence of the long-continued elimination of the products of faulty digestion through the kidneys.*"

Recognizing, as we do, that under certain circumstances (often mental strain) the liver falls back upon this primitive urinary stuff, it is obvious that the rational plan of meeting the difficulty is to reduce the albuminoid elements of our food to the needs of the organism rather than the cravings of the palate. That bite of solid meat so acceptable to the Anglo-Saxon has led him to cultivate flocks and herds to a point of excellence unattained by other races. The beef and mutton in other countries will not furnish solid joints; it has to be hashed and stewed and made into ragouts in order to be palatable. Even a leg of mutton stuffed with onions is but indifferently good. A "Wiener Schnitzel" is a veal cutlet and the continental equivalent of our steak and chop—not forgetting *Fillet de Bœuf*. The "plain roast and boiled," the pride of the Anglo-Saxon housewife and cook, are largely responsible for the prevalence of this form of Bright's disease amidst Anglo-Saxon people.

This statement is not rashly hazarded as a specious and ready generalization. It is the outcome of careful thought on the matter.

In England at least the impression exists that simple fare—"plain roast and boiled," is innocuous. It is a murderous fallacy! It is just the abundance of meat—sapid, palatable, readily prepared, stimulating—that is the bane of so many men. It would not be too sweeping a generalization to say that the lady who dines at home is comparatively free from Bright's disease while, the business man who takes his midday meal at a restaurant, and dines at home in the evening, is the victim of Bright's disease *par excellence*. As he looks down the menu for his lunch his eye lights upon dish after dish, in the composition of which lean meat forms the integral factor.

This fact cannot be impressed too distinctly on the mind. To traverse the statement by pointing to the fact that many men notoriously consume large and unusual quantities of such animal food with apparent impunity, is merely to state that the human liver is in many instances equal to converting into urea the whole surplusage, or *luxus consumption* of albuminoid matter. It leaves unaffected the fact that when the liver is unequal to such complete conversion, and reverts to the formation of urates, it becomes a wise and prudent measure to reduce the albuminoid elements in the dietary to the wants of the body.

There is a strong impression abroad among medical men, who have paid great attention to the