

INDIGESTION—SEA SICKNESS—OBSTINATE VOMITING.—Pepsin is the most prominent remedy for indigestion. That it is so generally used is probably owing to the demonstration of its powers to digest egg albumen, one grain of the former sometimes digests more than two thousand of the latter. All this is very interesting as a scientific experiment, but there are conditions when artificial digestion cannot be performed in the stomach and also cases where the presence of an extra amount of digestion ferment would tend to impair the digestive functions. This is frequently noted in alcoholism.

For indigestion ammonol is directly indicated; it corrects acidity, stimulates a normal flow of the gastric fluid, and relieves the pain. In sea-sickness and obstinate vomiting ammonol is invaluable. Given in doses of five grains, repeated at frequent intervals it will control the most obstinate case of vomiting within a half hour.

Ten grains of ammonol taken at night before going to bed will generally insure a good night's rest and a clear head in the morning; it appears to act as an antiseptic, clearing up the stomach and exciting the secretions, thus promoting healthy action.

URIC ACID AND ITS ELIMINATION.—Editorially (*The Medical Brief, February, 1900*) this vital subject is ably considered. Investigation strengthens the belief that eating too much meat is responsible for the formation of uric acid in disease-producing quantities. To dispose of meat satisfactorily gastric digestion must be active, the constitution well supplied with fluids and the organs more or less actively engaged in growth and development. These conditions cease to exist when adult life is reached and the requirements of the constitution are chiefly for food to supply energy, heat and vital stimulus. At this period in life a small amount of meat or other albuminous food will suffice, especially in torpid systems or persons of sedentary habits. The symptoms caused by an excess of uric acid depend upon the degree of saturation and whether these morbid products are circulating in the blood or are precipitated in the tissues or joints. The susceptibility of the various organs and the constitution of the individual also help to determine the symptoms; one person may have asthma, another an irritable bladder, and another sick headache or rheumatism. In the treatment diet is highly important. Meat once a day is often enough. Fresh fruit, especially apples, should be eaten in abundance. Tomatoes are excellent, so is asparagus. Baked bananas and well-done rice are excellent substitutes for meat. Pure honey is always allowable. In uncomplicated cases lithiated hydrangea will be the only remedy needed in addition to dietetic reform and plenty of water.

SANMETTO ENDORSED AFTER WATCHING ITS EFFECTS IN SEVERAL HUNDRED CASES OF GENITO-URINARY DISEASES.—It gives me great pleasure to add my testimony to that of the many eminent physicians in this city and elsewhere, attesting the wonderful curative value of sanmetto. In nearly all genito-urinary ailments, especially of a chronic nature, it is simply invaluable. I consider sanmetto almost a specific for chronic prostatitis, especially in old men, where more or less hypertrophy exists; also in weakness of the generative system, it has wonderful power in restoring waning sexual strength. This is my first testimonial for any medicine, but have prescribed sanmetto ever since its introduction to the profession, and watched its effects in several hundred cases, I feel that I need not hesitate to endorse it.

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