

CURRENT MEDICAL LITERATURE

—
MEDICINE.Under the charge of A. J. MACKENZIE, B.A., M.B., Toronto.
—

TREATMENT OF EPILEPSY WITH A SALT FREE DIET.

Ulrich (*Munich Med. Wochenschrift*, Sept. 3) calls attention to the fact established by many experiments of the antagonistic relation of bromide and chloride in the human economy. Deficiency of the chloride increases the action of the bromide. He carried out a bromide cure with salt reduced, or salt free diet, in fifteen epileptics for five years continuously. He gives a complete history of each case with diagrams, etc. He noticed an improvement immediately upon withdrawal of sodium chloride from the diet. In six cases the seizures ceased completely; in the nine others there was marked improvement. Not only did the convulsions disappear, but the psychic condition of the patients became much better. Thus it is shown that individually chosen and methodically applied bromide treatment with salt reduced diet is worth more than all other methods of treatment, and is certainly more satisfactory than bromide treatment with ordinary diet. The reasons for the slow application of this method have been: 1. The diet is so monotonous that after a time it is refused by the patients; 2, the preparation of a salt free diet was so difficult that the culinary art was taxed to its utmost; 3, many physicians have interrupted the cure upon the appearance of symptoms of bromidism. The author describes in detail his experience of fourteen years with acute and chronic bromidism. Sedotablets, containing sodium bromide and chloride simplify the administration of bromide with a reduced salt diet. They give to the food a palatable and stimulating taste. In the past eight months the author has used hundreds of these tablets in 200 cases with excellent results. The tablets together with the bromides are added to the soup. Over a period of three months 100 epileptics were given the same bromide doses and same salt doses and kept under the same external conditions. With the ordinary salt diet these 100 epileptics in three months had 2,184 convulsions. With salt free soup and bromides given in watery solution the number of convulsions was reduced to 1,533. With the use of the tablets and the same doses of bromides the number dropped to 1,000. Judging from his numerous and long applied experiments the author says that a salt free diet covering a period of years is