

"One point which is often neglected merits discussion, viz., which salt of quinine it is best to use. Sulphate of quinine was the earliest preparation, and there is a tendency to continue to use it blindly. Its insolubility is a great disadvantage, and so many people have employed the bisulphate instead. The latter, however, has nothing to recommend it except its solubility; on account of the high molecular weight of the two sulphate radicles, it has a very low percentage of quinine, while the amount of dilute sulphuric acid which is introduced into the stomach probably accounts for a good deal of the indigestion attributed to quinine.

"There are other salts that are far more suitable, especially the hydrobromate and the hydrochlorate. They are fairly readily soluble, contain a higher percentage of quinine, and are much less likely to disturb the digestion. The bihydrochlorate is the best salt of all; it has a fairly high percentage of quinine and is soluble in its own weight of water, so that there is probably no risk of even a tablet passing through the body undissolved. Its only disadvantage is, that owing to its solubility, the taste is more noticeable than with other salts.

"All these three salts have been found very satisfactory in the experience of the writer."

Howard & Sons, of London, prepare a very superior quality of quinine bihydrochlorate.

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#### DIETETIC TREATMENT OF CONSTIPATION.

To the use of improper food, or food improperly prepared and too quickly eaten, may be traced most cases of constipation. That the present treatment of functional constipation is almost entirely dietetic and hygienic is an indication that the profession generally attributes the cause of this condition to dietetic errors.

A common error of diet is the eating of food that is too concentrated—this applies particularly to present-day bread and other food-stuffs made from white boiled flour. Modern wheat flour contains practically none of the fibre of the wheat kernel, whereas whole-wheat flour contains enough of this cellulose to stimulate normal peristaltic activity of the intestines. The flaked food, Egg-O-See, not only presents the full food value of whole-wheat but retains a sufficient portion of the cellulose to give that "physiological irritation" necessary to tone the intestinal walls to a proper exercise of their function of removing effete matter from the system. Egg-O-See, fruit and the free drinking of pure water are valuable auxiliaries in restoring these cases of constipation to a normal condition.

Send to the Egg-O-See Cereal Co., Chicago, for a trial quantity of this food and free copy of the back to nature book.