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## EDITORS:

A. LAPHORN SMITH, B.A., M.D., M.R.C.S., Eng., F.O.S., London.  
F. WAYLAND CAMPBELL, M.A., M.D., L.R.C.S., London.

## ASSISTANT EDITOR:

ROLLO CAMPBELL, C.M., M.D.

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MONTREAL, OCTOBER, 1888.

## NOT ENOUGH WATER.

A good deal of very much needed attention is being paid, by those who devote themselves specially to the subject of dietetics, to the common error made by so many of not drinking enough water to supply the wants of the system. When we think of the quantity of fluid exhaled by the lungs, and secreted by the skin and kidneys, we may wonder how people can get along at all without drinking water. It is true that in most cases a good deal of water is taken with the various forms of food; but at the same time we think that the majority of people take too little water. It is becoming generally recognized that what we call rheumatism and gout, as well as gravel and stone, might be prevented, or their evils mitigated, by flushing out the kidneys frequently by taking large quantities of either pure or alcalized water. Sir Henry Thompson's work on "The Preventive Treatment of Calculous Diseases and the Use of Solvent Remedies" has reached its third edition.

During a visit which we recently paid to a large sanitarium at Battle Creek, we noticed that water entered largely into the treatment, both internally and externally, and we had an opportunity of observing for ourselves in the laboratory there that uric acid and the urates almost disappeared from

the urine generally within three days. In our own practice we have made it a rule for some years past to order our patients to drink two or three tumblers of water (hot preferred) every night whenever their urine deposited "brick dust" on cooling. It is a fact which must have been observed by every one that the urine of rheumatic subjects is always loaded with urates, and we very much suspect that a great deal of the benefit derived by such patients from drinking the waters at the various springs is in large part due to the quantity of fluid of which they there partake. In some cases the same quantity of water ingested at home would have just as well effected the cure.

## THE USE AND ABUSE OF MILK.

It was Fothergill, we think, who first called attention to the abuse of milk as an article of food, or rather we should say, to using it as a beverage instead of as a food. The truth of his views on this subject have lately been forcibly demonstrated to us in the persons of several cases of acute rheumatism. They had all been large drinkers of milk and their temperatures were over 103, and the pain was excessively severe when they came under treatment. By putting them on a diet of thin water gruel, suitably flavored, and a mixture containing ten grains of salicylate of soda, to be taken in half a tumbler of weak lemonade every two hours until relieved, in every case the symptoms had almost disappeared within thirty-six hours; and the urine which had been dark and loaded at the same time became clear. It seems to us that in rheumatic cases the blood is in a condition of saturation with water, coming from the defective combustion of nitrogenous food which ought to, but does not, reach the ultimate stage of urea, and it only requires a local slowing of the circulation, or a temporary cooling of an extremity, in order to have a deposit of the sharp pointed crystals in the joints, ligaments or muscles,