

been diluted along with the casein—the lactose by the addition of commercial milk sugar, the ash by the addition of lime water, the fat by the addition of cream. But there is no way of increasing the milk albumen, already deficient by a half in the milk, and further decreased by the dilution, and the most valuable and easily assimilated protein is present to the extent of less than one-quarter of the needed amount. Modified Milk Powder (C. M. P.) overcomes this difficulty. The modification is made with whey, not water; the milk albumen content is correct; natural milk salts take the place of lime water; natural lactose takes the place of the refined sugar of milk. The result is a food which absolutely does all that the mother's milk will do. Free samples upon request, Mail Bldg., Toronto.

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POST-GRIPPAL ASTHENIA.—Of all the acute infections to which human flesh is heir, none seems to be followed by such general prostration as La Grippe. As the Irishman aptly described it, it is "the disaise that keeps ye sick for a month after ye get well." The general devitalization that ensues after the subsidence of the acute symptoms appears to be entirely out of proportion to the severity of the original attack. It is therefore distinctly the part of clinical wisdom to inaugurate a vigorous reconstructive campaign as soon as the febrile movement subsides. Plenty of fresh air, an abundance of nutritious but easily digestible food, and regular doses of Pepto-Mangan (Gude) constitute a trio of therapeutic measures of marked benefit. If the heart action is unduly weak, or if the prostration is more than usually pronounced, an appropriate dose of strychnia added to the Pepto-Mangan is of considerable additional service.

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FEVER FOOD.—An invaluable food for tropical and other fevers; composed of Essence of Beef, with cream and yolk of egg, and containing the nutritive and stimulating properties of Brand's Essence, with the caseine of milk. The albumen of the egg combines in itself all that is necessary to successfully combat the fevers and feverish symptoms, so common and dangerous to all who live and travel in tropical climates, and where cream and eggs are difficult and often impossible to obtain.

Have been strongly recommended by medical men for use in all cases of fever, as well in England and temperate climes as in those more especially thought of when preparing this food.