

with the acid of the gastric fluid, coagulates and forms curd, and, if swallowed in large quantities at once, a large curd is formed which the stomach handles with difficulty. The gastric fluid can mingle much more readily with the small curds that result from sipping the milk.—*The Dietetic Gazette.*

Liebig says: "The vivifying agency of the blood must ever be considered to be the most important condition in the restoration of a disturbed equilibrium. The blood, therefore, must be constantly considered and kept in view as the ultimate and most powerful cause of a lasting vital resistance, as well in the diseased as in the normal portions of the body."

Purity of the blood is thus recognized by Liebig as a vital necessity, if it is to be able to vivify the body. Purity of the blood depends upon the due performance of those functions that furnish it with the proper material to replace those portions exhausted by use. Said material is supplied by the food taken, properly *assimilated* or digested.

Vegetables, including bread, enter most largely into the average diet of the human, and as this

class of food contains a large amount of starch, it is of first importance that *all* this starch is converted from an insoluble, innutritious body to a soluble and nutritious one. As you well know, this is intended by nature to be accomplished by a peculiar ferment, *Ptyalin*, contained in the saliva, which has intense activity and if in a healthy state changes starch into sugar or maltose, which is always the result of starch hydrolyzed by either the ferment of the saliva or the pancreas. These sugar products are easily absorbed, and have besides important physiological significance. Schiff states that when the albumen of egg, or other insoluble food, was given to fasting animals, no digestion took place, as no pepsine was secreted: but if certain soluble foods were given at the same time, pepsine was produced and digestion took place.

Ptyalin, or Diastase, is readily absorbed and diffused, and there are strong reasons for believing that it goes with the starchy food through the alimentary tract, to complete its action and expend its force, as is shown in the fæces after taking *Morse's Diastase*.

[OVER.]



PIZZALA'S ELIXIR OF PEPTONATE OF IRON

Elixir Ferri Peptonati [Pizzala].

DOSE.—A teaspoonful three times daily for children.

A dessert to a tablespoonful, for adults, three times a day, **EITHER BEFORE OR AFTER MEALS.**

ADVANTAGES OVER ALL OTHER IRON PREPARATIONS:

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| (1) It does <u>not produce digestive disturbances of any kind, but aids digestion and stimulates the appetite.</u> | (2) It does not constipate. |
| | (3) It does not injure the teeth. |
| | (4) It is quite agreeable to the taste. |

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