

## TREATMENT OF DYSPEPSIA

The Medical Review, London, July, 1900, quotes T. Lauder Brunton (Clinical Journal, April 25, 1900,) as stating that the first rule for the patient who suffers from indigestion is, eat slowly, masticate thoroughly, insalivate completely. Many patients will say that they eat slowly, yet they do not masticate thoroughly. If the patient will not, of his own accord, follow the rule, he must, if necessary, follow Sir Andrew Clarke's rule—count his bites. For every mouthful of meat he must allow 32 bites, or one bite to every tooth. If the meat is tough he must allow 64 bites, and if very tough, 96 bites.

The next rule is, let the patient take his solids and liquids separately. The reason for this is that if a patient with a weak digestion swallows much liquid—whether it be soup, plain water, mineral water, whisky and water, or beer—he dilutes his gastric juice, and thus lessens its digestive power. So it is better for a patient, who has weak digestion, to take his food without liquid. One meal, however, may be made an exception, and that is breakfast, because the food is generally of a soft and chiefly farinaceous character, and therefore a little more latitude may be allowed. But there is another reason for making the patient take food and liquid separately, and that is that unmasticated food cannot be swallowed without liquid. So that, even at breakfast, tell the patient that he can, if he likes, take a breakfast cupful of tea, not strong, but towards the end of the meal. Of course the gastric juice is diluted by the tea, but this does not matter so much in the case of farinaceous food as in the case of luncheon and dinner, into which proteids enter largely.

In many cases those rules are sufficient to remove dyspepsia. But in cases where they are insufficient, the third one comes into play: Let the patient take his farinaceous foods at different meals. That is to say, he may take bread and butter for breakfast, but he must take neither fish, eggs, nor meat. In the middle of the day he must take fish, eggs, or meat, but no farinaceous food whatever. At about 5 o'clock he should again have a farinaceous meal, such as he had at luncheon. Only food of the same

kind is put into the stomach at each meal, and so there is no delay from the different digestibility of the different kinds of food, the whole contents of the stomach become comminuted and digested and passed on into the intestines about the same time. Under those three rules a great number of dyspeptic patients can be cured.

But patients must have some fluid. The best liquid they can drink is hot water, and the best times to drink it are on rising in the morning, again between 11 and 12 in the forenoon, again about 4 or 5 in the afternoon, and, lastly, at night before going to bed. Thus the patient is given all the fluid he requires, not when it will dilute the gastric juice, but when it will assist in washing out of the stomach the remnants of the previous meal. Given at 12 o'clock, it tends to wash the breakfast out of the stomach, at 4 it washes out the remains of the luncheon, and so on.

Cases of nervous dyspepsia, for instance, which had run the gamut from pepsin to the empirical hot water and Saulsbery steak, thence to the scientific gastrologists who base their treatment upon test-meal analyses, have been restored to health when the stomach was not regarded as a special organ, but as an integral part of the whole organism, and the nervous system which supplies the stomach with functioning capacity was refreshed and invigorated by daily neurovascular gymnastics with cold water.—Exchange.

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HOSPITAL WANTS.

Carpet for nurses' dining-room, 12 yards of carpet for nurses' home, 2 tables for nurses' dining-room, barrel of apples and other fruits, 1 barrel flour, 1 barrel sugar, 1 box soap, 1 box tea.

Attention is directed to the "wants" for the nurses' dining-room and home, which are very much in need of these essentials to comfort as well as appearance.

The housekeeper still has room for the articles mentioned in her list, and would like to begin the year with a replenished larder.