

HEALTH HINTS.

THE PHYSIOLOGICAL VALUE OF MEAT FOODS FOR INVALIDS. — Surgeon-General C. M. Jessop believes that there is considerable waste in the preparation of beef teas, because nurses and cooks try to make a "clear" solution. Referring to the physiological metamorphosis of nitrogenous substances, he concludes that at least one hundred and thirty-eight grains of nitrogen, or six ounces of meat, is the smallest daily amount necessary for the bare maintenance of life. Yet the *extractum carnis* made by slowly heating, until it boils, a pound of finely chopped beef in an equal quantity of water, is nothing but a solution of excrementitious substances and blood salts. Baron Liebig says: "By the addition of meat extract to our food, we neither economize carbon for the maintenance of the temperature nor nitrogen for the sustenance of the organs of the body, and therefore it cannot be called food in the ordinary sense. Dogs fed exclusively on *extractum carnis* die sooner than those not fed at all, which seems to be due to the deleterious influence of the potash salts contained in the extract." In prolonged illnesses the potash salts may impede nutrition by diminishing the absorption of oxygen by the blood globules, and, increasing the salts in the serum, interfere with the exhalation of carbonic acid. In an emergency one or two drachms of beef may be chopped to a pulp, placed in a cup with two tablespoonfuls of water, a pinch of salt being added, and the mixture heated for ten minutes and given at once. In making fluid meat-food there should be no remainder. Mince one pound of good beef, place it in a double boiler with two quarts of water, and boil for three hours, stirring it frequently with a wooden masher; pass it through a colander to remove the fibre, and season with salt if necessary. The mixture is wholesome and may be administered in necessary quantities every three or four hours.

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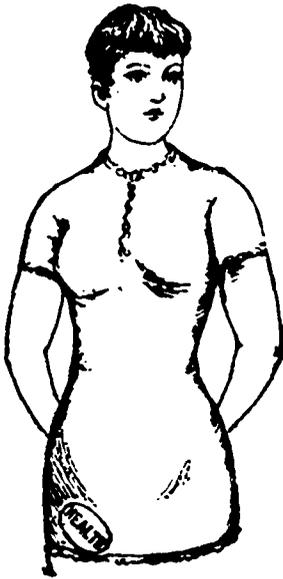
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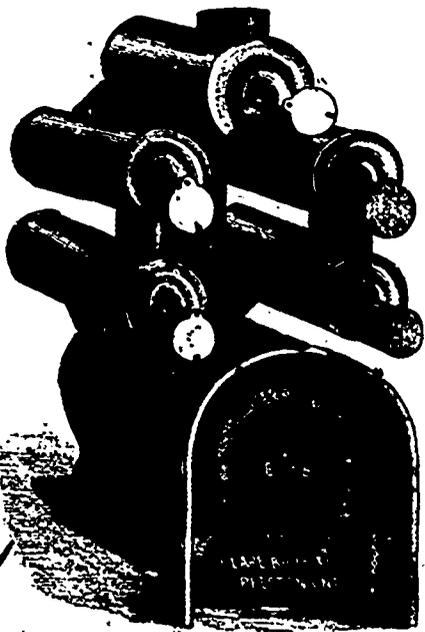



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He wants to buy something nice for his wife or daughters. It is specially interesting to Ladies who may not know what a "HEALTH BRAND" UNDERVEST is, and even then the best thing they can do is to go and ask to see the article at MURRAY'S, or some other well-known dry goods establishment.

*J. F. Brown Sept 3rd*

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