

should receive the food in a thoroughly masticated condition. If, in place of this, the food is gulped, then excessive stimulation of the glands of the stomach must necessarily follow.

Hyperacidity is also a frequent result of eating excessively of foods which are known to markedly stimulate the secretion of hydrochloric acid. Acid, meats, salt, fruits, pickles, spices, spirits, sugars and coarse vegetables are believed to be the most potent in this particular, whereas bread, milk, well-cooked cereals, tender vegetables, etc., are only mild stimulants. That meat is an active stimulant of secretion of hydrochloric acid is supported by the fact that the gastric juice of carnivorous animals is always highly acid and that the glandular elements of their stomachs are always very highly developed. Fruit is also apt to cause excessive secretion. I believe that more cases of hydrochloric superacidity are due to uncooked fruit than to any other form of food.

Mental and moral causes also take an important part in the development of many cases of this condition. I have met several cases in which the commencement of the trouble appeared to date from a disappointment, excessive mental work, etc.

The symptoms of hydrochloric superacidity will vary with the disease of which the excess of acid is only a functional sign. Nevertheless there are certain symptoms which are usually present, and of these pain half an hour to three hours after eating, relieved by eating, or by an antacid, is the one which is most frequently complained of. The reason why the pain appears at this time is readily understood. As soon as food is taken in the stomach hydrochloric acid begins to be secreted, but it is immediately fixed by the proteids of the food, forming an acid albumen. As soon as all proteids are satisfied then the acid remains free in the stomach. This usually happens about three-quarters of an hour after eating an average-sized meal. In cases of hyperacidity the acid is secreted more rapidly than normal and as a result free hydrochloric appears earlier during digestion. As soon as the acid accumulates above a normal proportion it is apt to cause pain by irritating the mucous membrane of the stomach. When albuminous food or an antacid is taken the acid becomes fixed and the pain is for a time relieved.

The treatment of hyperacidity will depend to a certain extent upon the disease in which it occurs as a sign. Thus the treatment of ulcer would be quite different from that of the neurosis, hyperchlorhydria. Nevertheless there are certain general rules which one should follow in all cases of excessive secretion, and it is to these alone I wish to refer in these notes. The diet should always be of a bland, unirritating nature. Some advise the use of meats alone in cases of hyperacidity. They maintain that the albuminous food will fix the free hydrochloric acid and thus prevent it irritating the stomach. But we know that meat is a most potent agent in stimulating the secretion of hydrochloric acid and thus would be detrimental in affecting a cure. About three years ago I frequently used a meat diet in the treatment of this condition, and I found that it was unsuccessful in many cases. A mixed diet of very tender meats, milk, bread, butter, cereals, etc., appears to me to be more rational. This form of diet fixes the free acid and at the same time will not stimulate the secretion of hydrochloric