

WHITE BREAD VERSUS BROWN BREAD.

Dr. Lauder Brunton and Dr. Tunnicliffe (British Medical Journal; Dietetic and Hygienic Gazette, December) published in current volume of St. Bartholomew's Hospital Reports an instructive communication on the relative digestibility of white and brown bread. On the strength of certain experiments, which they describe in full, they feel justified in concluding that the higher nutritive value which might on purely chemical grounds be ascribed to brown bread cannot be maintained from the physiological side. With regard to fats and mineral constituents on the other hand, distinctly less of the nutritive materials actually get into the blood in the case of brown than of white bread. White bread is, weight for weight, more nutritious than brown. It thus would appear that the preference given by operatives in large towns to white bread has to a certain extent a sound physiological basis. In the case of people with irritable intestines white bread is preferred to brown. In the case of people with sluggish bowels brown bread may be preferable to white, as it tends to maintain peristalsis and insures regular evacuation of the bowels. If the proportion of mineral ingredients, and especially of lime salts, in other articles of food or drink is insufficient, brown bread is preferable to white. It is possible that in the case of operatives living chiefly upon bread and tea, the preference for white bread which prevails may be responsible, in part at least, for the early decay of the teeth. An abundant supply of mineral constituents is especially required in suckling women and in growing children, in order to supply material for the nutrition of the young. In such cases, if mineral salts, especially those of calcium, are supplied by other food stuffs, drinks, or medicines, brown bread is preferable to white. Lastly, the authors are of opinion that if the dietary be insufficient in fat, or if the patient is unable to digest fat readily in other forms, brown bread may possibly be preferable to white. The authors rightly

dwell on the absurdity of taking the mere chemical composition of the food stuff as an index of its nutritive value. "A stick of charcoal, the atmospheric air, a little water and some sea salt, contain all the elements of a typical diet and in ample quantity." Hence it is not always a question of what a food stuff contains, but how it contains it.—New York Medical Journal, Dec. 31, 1898.

HOSPITAL GOVERNORS' MEETING

A special meeting of the Governors of the Montreal Homoeopathic Hospital was held on the 6th inst., when a communication was read from Miss Mary Baylis, a Life Governor, presenting to the Jubilee Endowment the sum of three hundred dollars, in memory of her late father, Mr. James Baylis, and constituting Mr. S. M. Baylis, Mrs. W. F. Brown and Doctor Edgar A. Grafton life governors of the Hospital. The donation, with its conditions, was gratefully accepted. At the same meeting the following resolution referring to the death of the late Mr. James Baylis was passed.

Moved by E. G. O'Connor, seconded by Mrs. E. Von Rappard and Mrs. George Sumner, and

Resolved,—"That the Board of Governors of the Montreal Homoeopathic Hospital, in special session assembled, hereby record their deep regret at the death of their esteemed friend and late confrere, James Baylis, as well as an expression of their high appreciation of him as a true friend of this Hospital, one of its wisest counsellors and one whose thoughts and deeds were always active in behalf of its welfare."

Resolved,—"That a copy of this resolution be sent to Miss Mary E. Baylis on behalf of the family of our late friend."

Mr. E. G. O'Connor, who has been treasurer of the Hospital since its organization in 1894, resigned the office, and Mr. John T. Hagar was elected his successor. A vote of thanks was passed to Mr. O'Connor in recognition of his past services.

"RADNOR"

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homoeopathic Medical College, writes: "Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value."