

should be employed, and the os plugged by the leg or breech of the foetus; after this is done the case may be left to nature, with gentle assistance, as in footling and breech cases. 6. If the os be small, and we have neither forceps or dilating bags, then combined version should be resorted to, leaving the rest to nature, gently assisted. 7. If during the above manœuvres, sharp bleeding should come on, it is best to turn by the combined method in order to plug by breech. 8. When hæmorrhage occurs before the end of seventh month, version by the combined method, no force following is the best plan.

THE VALUE OF BEEF-TEA AS A NUTRIENT.

This is an age of iconoclasm, not only in the spiritual world but also in medicine. The man who, a few years ago, would have had the temerity to question the value of beef tea as a food, would have been looked upon as a fit subject for an insane asylum, by a majority of the profession. And indeed it is by no means certain that even yet there does not exist in the minds of not a few medical men, the idea that the ever-popular and ubiquitous beef-tea is the sheet anchor in those diseases attended by failing strength and imperfect powers of nutrition. To say that the medical profession as a whole is educated up to the point of believing beef-tea to be almost useless as a food, would be, we fear, to take too optimistic a view of the scientific attainments of that profession. While this belief obtains in the minds of some medical men, it is almost universal with the laity, and the good neighbor who makes and carries to the patient a bottle containing the strength of two pounds of beefsteak, is firmly convinced that if the sufferer does not gain strength from that decoction, he will not from anything else, and that whether acting in the capacity of neighbor or nurse, she has done all that can be done in the way of alimentation. How few people but look surprised—and something more—when the physician tells them that their much-loved and always trusted beef-tea is a delusion, as to its alleged properties as a food. Indeed that idol is not so easily thrown down, and the physician's *ipse dixit*, notwithstanding, the worshippers will still offer it a willing and not half-hearted service, not infrequently

to the detriment of the patient and to the serious interference with the physician's plan of treatment. For if beef-tea be smuggled in to a patient and he is buoyed up by frequent libations to this goddess, early in fevers and other wasting diseases, he is simply placed in the position of one who uses up his capital before the financial crisis comes, and when the dread day is at hand, he has no bullion to meet the run on his bank. The beef-tea has assuredly made him feel better at the time, as indeed whiskey or brandy would have done with less ulterior harm, but has wasted his force by unlocking it and rendering it potential, without adding anything appreciable in quantity, or at all commensurate with the amount needlessly squandered by the exhibition of the *stimulant*, unwisely given in the belief that it is a food or force producer.

Patients and their friends cannot be expected to understand this matter, but it is the duty of every practising physician to make himself acquainted with the true value of this much vaunted and entirely over-estimated remedy, and by a clear understanding of the place it really occupies, to be able to so impress his clientèle, that a new order of things may be introduced in this matter. We must educate our patients in a great many directions, and we believe that in none is there more need for a hearty belief by the people at large, than in the inutility of beef-tea as a *food*.

It would render this article too long to give the chemistry of this compound and to demonstrate the facts stated above, but in our next issue we shall undertake to do so, in order that our readers may have a reason for the faith that is in them, if those who still hold out for beef-tea will be convinced.

TREATMENT OF ASTHMA.

Within a recent period we have noticed in our exchanges many articles on the treatment of asthma. As to the remedies recommended for this disease, there is no end. With no intention of deprecating the value of several old and well-tried remedies, we shall now only refer to agents which have recently forced themselves to the foreground. Of these perhaps citrate of caffeine stands first. The dose is 1 to 5 grains dissolved in warm water. It does not appear to be