

potatoes or other objectionable vegetables, in moderate quantity is a perfectly digestible fish, notwithstanding all that has been written to the contrary.\* An occasional warm bath is to be recommended, and some such laxative as a seidlitz powder may be prescribed along with the diet I have indicated. Moderate exercise only should be taken."

The plan of treatment which Dr. Turnbull and James Downie have found so beneficial is one not altogether unknown, though the rationale may be more difficult to explain. Thus Dr. Mitchell Bruce says,† "A copious supply of water increases nutrition up to a certain point, especially the deposit of fat, and is therefore extensively employed in hydro-therapeutics." And again Dr. Thomas King Chambers remarks,\* "Where heart disease is complicated with obesity, especially if the fat is accumulated in the chest, the enforcement of a dry diet is still further to be viewed as imperative, inasmuch as it contributes powerfully to the reduction of the hypertrophied adipose tissue." In all cases a most important point would seem to be the separation of the ingestion of solids and of liquids in regard to time. Thus any liquid should be taken in the interval between meals, and not at the time of or along with solid food. The observation of a dry diet contributes greatly to the comfort of obese patients, and, as has been seen, is in itself a curative.

**EPSOM SALTS IN THE TREATMENT OF ACUTE DYSENTERY.**—Powdered ipecac is the remedy which is most frequently used in the treatment of acute dysentery, and in India large doses of it are considered the best method of attacking the disease. There are, however, objections to be raised against the administration of large doses of ipecac in this disease. Its influence is depressing, and this action is promoted by the nausea and vomiting, and, further, the vomiting may become uncontrollable. The disease is one which is accompanied by much nervous depression, which it is important not to increase.

After observing a number of cases in which there were marked depressing effects from

ipecacuanha, Dr. A. W. Leahy began treating cases of acute dysentery with a saturated solution of sulphate of magnesium, following a recommendation of Bartholow's, who regards the administration of sulphate of magnesium as the most efficient treatment of this disease, particularly in the acute stage. Dr. Leahy gives a table of nearly one hundred cases treated at Hyderabad among the poorer class of patients, the vitality of many of whom was at an exceedingly low ebb when they came under treatment. Out of ninety-five, three died; two out of these three cases were stated to have been in a moribund condition at the time of their admission to the hospital. It appears that, on an average, two day's treatment with Epsom salts is required to produce disappearance of dysenteric symptoms. The treatment subsequent to the production of this condition consists of an astringent mixture, with opium. The method of administration is to take a sufficient quantity of sulphate of magnesium to saturate seven fluid-ounces of water, and to this saturated solution add one ounce of diluted sulphuric acid. The dose of this is a tablespoonful every hour or two in a wineglassful of water until it operates. Sulphate of morphine may be combined with it, or starch enemata with laudanum may be employed. Dr. Leahy claims that in the earlier stages of dysentery this saturated solution of Epsom salts acts like a charm; fever, if present, disappears; mucus and blood are wanting in the stools, which become copious, feculent, and bilious; the tenesmus ceases; the patient's anxiety diminishes; the skin acts well, and sleep follows the administration of the first few doses. It is especially in acute cases that sulphate of magnesium is so valuable; the more chronic the case becomes, the less apparent are the advantages of this method of treatment. Dr. Leahy has ordinarily given a drachm of this saturated solution with ten drops of dilute sulphuric acid every hour or two until its effects became evidenced in the feculent character of the stools and their freedom from blood and mucus, or until the temperature has fallen, and the pain and tenesmus have ceased. When the stools have become normal in color and appearance, and the patient only passes two or three in the twenty-four hours, an ordinary astringent mixture of acid with laudanum or tincture of

\*Even Dr. Burney Yeo, in formulating some rules of dietary in obesity, which correspond on the whole pretty closely with those laid down by Dr. Turnbull, says, "Eels, salmon, mackerel, are best avoided."—*Food in Health and Disease*. Cassels & Co., 1880.  
†*Materia Medica and Therapeutics*. Sixth edition, 1888 p. 151.