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HOT WATER IN OBESITY.

Great numbers of remedies have been suggested for reducing the amount of the adipose tissue of the body, but most of them are so unpleasant and entail so much self-denial that they are seldom persevered in for any great length of time. The causes of obesity are numerous and may be found mentioned in the text-books; suffice it to say that some of them are due to modes of living over which the individual has or ought to have control, while others depend upon some peculiar condition of the system, often inherited, which is favorable to the deposition of fat in the tissues over and above the requirements of the economy. It is no uncommon sight to see young men and women under thirty accumulating year after year enormous quantities of adipose tissue, which interferes with their locomotion and makes life a burden. Those persons are apt to be attacked at times by what might be termed acute indigestion, due probably to excess of acid in the small intestines. It is this very excess of acid which in some cases leads to the deposition of fat, inasmuch as the fatty matters in the food, instead of being split up by the pancreatic and hepatic secretions into glycerin and fatty acids is formed into an emulsion, and in that shape absorbed into the blood. The two first-named groups are easily oxidized and thus eliminated from the system, while the emulsion is not nearly so amenable to chemical changes and is deposited in the tissues in the form of fat. Within the last couple of months a gentleman of Vancouver, who tilted the scales at 270 pounds, has been experimenting on the effects of hot water in reducing obesity on his own person, and with very great success, for in about seven weeks he has lost thirty-one pounds, and he declares he never felt better in his life. He is quite enthusiastic with the system, and is urging all his fat friends to follow his example and drink hot water. He takes four pints daily of water as hot as it can be drunk. The first three pints are taken an hour and a half before each meal, and the last one a

half an hour before bed-time. The diet consists of lean meat at each meal together with bread and butter *ad lib.*, and though the variety here is not great, it can be continued for weeks without much inconvenience. When the decrease in weight has reached the desired point, the food may be taken in greater variety, and if the hot water drinking is continued the poise will remain stationary. It should be stated that no fluids should be taken with the meals, and with the exception of the four pints of hot water daily all drinking is interdicted.

Now, which is the most active factor in this treatment—the hot water or the restricted diet? There is no doubt that the limited amount of fluids allowed has something to do with the falling off in weight, and the nitrogenous food prevents the excessive formation of fat. Water-logged tissues weigh heavy, and several pounds might be thus accounted for after the body has been comparatively desiccated. It may therefore be said that the effect is the result of the restricted diet with the limited water supply and the consequent falling off in fat production. Whatever is the cause, there is no doubt of the practical results in the case of the gentleman whose experiments we are discussing, and if any of the readers of the JOURNAL are afflicted in the same way, we would advise them to follow in the footsteps of the burly Vancouver druggist.

CASES IN PRACTICE.

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The following is a report of the cases of abdominal surgery that have come within the sphere of the writer during the last five months. The list includes one vaginal hysterectomy, one removal of appendages (single) for pyosalpinx, one for prolapsed and cystic ovaries, and two for fibroids, with two cases of appendicitic abscess. Considering the advanced stage of the disease in some of the cases, it is gratifying to report recovery in each instance, and also intensely satisfactory to those engaged in alleviating human suffering, to be able to command such a valuable life-saving service as that which abdominal surgery has given us. Yet, while we appreciate the precision to which surgery has attained, and rejoice in its conquests, who amongst us cannot with regret consider the retro-