

LIQUID PRESERVATIVE FOR MILK, BUTTER, ETC.

Formaldehyde suitably diluted is by far the best general preservative for foods, and is most probably harmless. The powders used for this purpose are generally nothing but boric acid, or sometimes a mixture of boric acid and borax with salt added.—Phar. Jour.

SANMETTO THE STANDARD PREPARATION FOR GENITO-URINARY DISEASES.

For some years I have been a very warm admirer of Sanmetto, and have found its action marked and well defined in the cases wherein I have used it. In cases of prostratitis, with loss of virile power in elderly men I find its action superb. In chronic specific urethritis, cystitis and all irritable conditions of the urinary tract I find Sanmetto very efficacious. I do not hesitate to recommend it as a standard preparation in cases where the action of pure santal and saw-palmetto is indicated.

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THE SALT HABIT.

The use of salt as a condiment is so general and so universally believed in as necessary, that we rarely hear a word against its excessive use, but there is multitude of persons who eat far too much salt—eat it on everything, on meat, fish, potatoes, melons, in butter, on tomatoes, turnips and squash, in bread and on a host of foods too numerous to mention. To so great an extent is it used that no food is relished which has not a salty taste, and this hides more or less the real taste, which is often very delicate. Now, the amount of salt required in the system is comparatively small, and if the diet has been rightly compounded very little is necessary.

Some go so far as to discard its use altogether but whether this is wise or not we will not here consider. What are some of the evils of the excessive use of salt? The effect is to paralyze the nerves of taste, or pervert them so they cannot enjoy a thing which has not a salty flavor, and in addition there is a

direct tax on both the skin and the kidneys in removing it from the blood. Whether the skin is harmed by this tax we do not know. Possibly it is not greatly injured, yet we know that few people possess a healthy skin; but it is now pretty well settled that an excessive use of salt does overtax the kidneys in its removal and that cases of derangement and disease of these organs is due to this use. It takes only a little time to learn to enjoy many kinds of food without salt, and we advise our readers and others to look into this matter and to try and diminish the excessive use of this condiment. We believe they will be better for it.—Clinic.

CHEWING GUM AND DIGESTION.

The constant titillation of the salivary organs kept up by chewing this stuff not only causes a steady drain of saliva, which is most wasteful, but, what is more serious still, in consequence of the frequently repeated stimulation to which these organs are thus exposed, they fail to respond to the normal excitation which ought to rouse them to action when food is taken. A constant dribble of salivary secretion is substituted for the healthy flow which should occur only at meal-times. The glands fail to respond to any stimulant less potent than the peppermint, aniseed, or other constituents found in chewing-gum; and the more insipid foods, such as bread and other starchy compounds, pass into stomach unchanged. This is disturbing to digestion at its very commencement, and it is extremely probable that the indigestion for starchy substances, which is so commonly met with at the present day, is largely due to the waste of saliva caused by smoking and by the constant chewing of various substances, which is going on all around. The chewing of gum is thus not only a nasty habit, but is provocative of ill-health. Unfortunately when "chewing-gum" is sold in the form of a sweetmeat it may cause still more serious consequences, being apt to be swallowed by children, who, like their first parents, when they see that it is apparently good for food and pleasant to the eyes, are undeterred by the superscription "not to be eaten."