

soon found that thus to seek for health by way of the *materia medica* was, like the first inhabitants of Arcadia, to chase the sun, which, when they had reached the hill on which it seemed to rest, was still beheld at the same distance from them. It is not intended to cast a reflection upon those estimable and skillful physicians to be found to-day in almost every community, who are quick to recognize symptoms, adroit in lessening pain, and with whom the saving of life is a common incident. But many, perhaps it is safe to say most physicians, do little to encourage the ailing to rely upon their own exertions for relief, rather than upon medicines, which at best can afford but a temporary respite from suffering and disease.—*Writer in Scientific American.*

**GELATINE IN FOODS.**—The use of gelatine in ice cream, *charlotte russe*, and other foods is becoming almost universal. It is employed in cases where eggs were formerly used. The nutritive value of pure gelatine has been shown to be very low in the scale of foods. The beef gelatine of the markets that is used by bakers is far from being pure gelatine. It frequently has a very disagreeable fetid odor, and has evidently begun to decompose during the process of manufacture. After thorough drying, putrefaction does not take place as long as it remains dry. Suppose, however, that a gelatine which has thus begun to decompose during the drying process, containing perhaps the putrefactive germs in the dried state, be dissolved in water, and kept in this condition for a few hours in hot weather previous to being used, the result would be rapid putrefaction. This putrefaction would be checked by the freezing into ice cream, but the bacteria causing it are not killed by the low temperature. As soon as the cream is melted or eaten they resume their activity in the body, and may cause sickness. Several cases of sickness have recently come under my personal observation, apparently from such a cause.... It is a well known fact that gelatine is an excellent medium in which to cultivate various kinds of micro-organisms, and if the conclusions here mentioned be correct,

it seems that gelatine should be used with great care in connection with food preparation. When used carelessly it may do a great deal of harm, as the above cases show. I wish to impress those who use it with the importance of guarding against its dangers. Gelatine should not be allowed to remain in solution for many hours before using, especially in hot weather. As gelatine is not an essential food, and as in the experiments of the French Gelatine Commission, it was found that soup or jelly made from bones would not support the life of dogs, although the raw bones would, the propriety of adding it to foods may be called in question. When used at all, only the best varieties should be allowed, and such as are free from putrefactive odor. Gelatine is added to oleomargarine by some manufacturers for the purpose of making it hold more water. It is claimed that by its use this compound may be made to hold as much as twenty per cent. of its weight of water.—Report by Dr. Bartley in the *Anti-adulteration Journal*.

**ADULTERATION OF CHOCOLATE.**—It is no secret that chocolate is one of the most commonly adulterated articles of trade. The many small producers, and the unscrupulous among the larger manufacturers, who make a practice of adulterating the article, have increased their illegitimate profits for years at the expense of the health of the consumers. A very small quantity of the cacao bean imparts a natural taste and perfume to the fraudulent mixtures, and conceals the introduction into the paste flour of such ingredients as ground corn and beans, coffee grounds, tallow (which imparts the necessary oily matter) and the pulp of peanuts from which the oil has been expressed. It is almost impossible to distinguish between the fraudulent mixtures and the genuine goods in the appearance of the tablets, but in the cup the inferiority of the adulterated article is readily discernible. Pure chocolate breaks regularly, leaving a smooth surface. It is of a slightly yellowish tinge, and the particles show crystalline formation. It is oily and possesses the full aromatic flavor of cocoa, and when cooked with water or milk becomes only