

Chicago News.

THE graduating exercises of the Illinois College of Pharmacy (Pharmaceutical Department Northwestern University) for the term of '90 and '91, were held in the Grand Opera House, Chicago, Tuesday, Feb. 24. Twenty-nine, out of a class of forty-two, were granted diplomas. Eight students could not graduate with the class because under age or deficient in experience.

The degrees were conferred by the President of the University, Dr. Rogers, who, in his address to the class, said that pharmacy is rapidly advancing to the dignity of a profession, notwithstanding its mercantile side, and cited in evidence the circumstance that so many of the great universities are establishing departments of pharmacy. He believed that colleges of pharmacy were as much entitled to recognition by the universities as the colleges of law and medicine, and was glad to welcome the young gentlemen before him to the privileges of alumni of the university which he had the honor to represent. He urged upon the graduates the importance of broadening out their education by reading the best English literature (not the newspapers) of the day and of the past, and of keeping abreast of the progress of science, and, in short, of making themselves worthy of their degree.

President Rogers was followed by Dr. McPherson, whose address emphasized the importance of strict integrity in their business transactions, of always bearing in mind the ethics of their profession, and of never swerving in their loyalty to their Alma Mater. He closed with a humorous reference to the relation between the professions of medicine, divinity and pharmacy, the pharmacists, said he, assists the physician in the cure of his patient, while the clergyman assists in the covering up of his mistakes.

After announcing the honor men, Prof. Uldberg pronounced a little benediction and assured the members of the class that if all the good things of the world were bestowed upon them in the abundance he wished, they would never have cause to complain of his weights and measures.

The class was banquetted by the alumni association at the Wellington, Prof. Quine officiating as toast master. Speeches by President Rogers, Prof. Oldberg, Dr. N. S. Davis, Dean of the Medical Department (Chicago Medical College); Hon. Henry Booth, Dean of the Law School; Dr. J. S. Marshall, Dean of the Dental College; Will H. Lowe, class of '89; Louis E. Bonn, '89; Cary Hopkins, '88; J. H. Taylor, '89, and last by Prof. Quine, who treated the guests to a humorous dissertation which convulsed even such sedate old gentlemen as Dr. Davis and Judge Booth with laughter.

The warm sunshine and the gentle zephyr may melt the glacier which has bid defiance to the howling tempest; so the voice of kindness will touch the heart which no severity could subdue.

The Kola Nut of Africa.

BY P. L. SIMONDS, F. L. S.

THIS seed or fruit, known under a variety of names in different parts of Africa, as kola, gourou, ombene, mangone, kokkorokon and matrassa, has only within a few years come into important notice as a food stimulant. Twenty or thirty years ago, it was incidentally described by Dr. Daniel and Prof. Atfield, in the *Pharmaceutical Journal*, but its extensive employment in Africa was comparatively little known. Although its use as a stimulant, in the place of coffee, tea, mate and cocoa by other people, had been very general, almost from time immemorial among the various tribes of Equatorial Africa, the product was little known in Europe.

The opening up of Central Africa and the increase of trade on the West Coast has demonstrated its importance as a local article of commerce, and its chemical advantages have become duly appreciated. There are, however, two distinct products; one, the true kola nut, the product of *Sterculia acuminata*, popularly known as the female kola, and the false, or bitter kola, designated as the male kola. The true kola tree grows spontaneously over the range of Western Africa comprised between 10° of N. latitude to the 5° S. latitude. This tree, to which attention has of late years been prominently directed by the authorities of Kew, has been introduced from time to time into India, Ceylon, Seychelles, Mauritius, and Cochin China in the East; Zanzibar and Sydney, and in French Guiana, British Guiana, Guadeloupe, Dominica and Jamaica in the Western Hemisphere.

Incidental mention of this nut has been already made in this *Journal*—1880, pp. 6 and 7; 1883, p. 27; 1884, p. 166, and 1886, p. 391. The tree commences to bear at 4 or 5 years, but it is not until 10 years that it is in full fruit, when it will produce on an average 120 pounds of seed twice yearly. Flowering in June the pods will ripen in October and November, and a second crop will be yielded in May and June following. The fruits as they ripen have a yellowish-brown color, and, as the central suture opens exposes both red and white seeds. The women remove the seeds, which are most appreciated and valued when they are fresh and moist. To preserve them, they are placed in baskets, in layers, with the leaves of *Sterculia cordifolia*, which are kept damp. If they are kept, or to be transported any distance, the nuts are washed and fresh-moistened leaves added every month. The packages, weighing about 1 cwt., are sent to the Gambia, Gona and other districts. When the nuts become dry, they are reduced to powder, and taken in this state by the caravans to the interior. They frequently arrive, however, in a fresh state at Sokoto and Kouka, in the Soudan, and at Timbuctoo.

Not only are the kola nuts consumed in Africa, but they are also exported to Brazil for the use of the negroes there.

The seeds of the *Sterculia Chica* and *S. lasiantha* are also eaten in Brazil.

Sierra Leone is the principal market for these nuts. Ten years ago, about 750,000 pounds of kola nuts were imported there, and 600,000 pounds to the Gambia.

The unerring instinct of man, even in uncivilized countries, has led him to select from the many thousand plants presented to him by Nature, just four or five, which, from their alkaloid active principle, theine, seem to be a necessary rather than a luxury of life. These nuts contain more theine (viz., 2.31) than most of the other dietetic products in use. The properties of the nut are said to be two-fold. In the first place, it enhances to many palates the flavor of food eaten afterwards; secondly, it possesses the more important function of staying the cravings of hunger, and enabling those indulging in it to endure prolonged labor without fatigue. Being bitter, they are used as a stomachic and a tonic.

It is beneficial in periodical and chronic headaches, in heart complaints and diarrhoea; and, mixed with cocoa, it has been found a sustaining and stimulating adjunct in exhaustive and wasting diseases. It is said to clarify beer and spirits, and, like the clearing nut (*Strychnos potatorum*), to render drinkable foul water. It is even spoken of as a cure for drunkenness, from the amount of theine it contains. Probably other species of kola or *sterculia* may furnish seeds equally used if they contain caffeine.

The false kola nut has been named *Garcinia Kola* by Dr. Heckel, but is not yet well defined, although it resembles the Eastern *Garcinia Morella*. These seeds are employed like the true kola nuts, although they have not the same properties, being destitute of the alkaloid. They are contained in a large berry, like an apple, to the number of three or four; oval, cuneiform. They are chewed generally on the West Coast, and have a bitter flavor, like green coffee. They are said to be an effectual remedy for cold in the head, a few seeds being chewed in the course of the day.—*American Journal of Pharmacy*.

Grains of Gold.

If you have great talents, industry will strengthen them; if moderate abilities, industry will supply the deficiency.

Let your recreation be manly, moderate and lawful; the use of recreation is to strengthen your labors and sweeten your rest.

Good is slow; it climbs. Evil is swift; it descends. Why should we marvel that it makes great progress in a short time?

Always do as the sun does—look at the bright side of everything; it is just as cheap, and three times as good for digestion.

Business neglected, is business lost.

He has hard work who has nothing to do.