

Koumiss.

D. H. DAVIES.

Papers upon this subject have from time to time appeared in the *Journal*, but it is curious to note how careful most of the authors have been to evade giving particulars regarding the difficulties that have to be surmounted in the manufacture of aerated milk preparations.

The original Koumiss is the Russian, made from mare's milk, which is used for the obvious reason that it is less rich in casein and fatty matter than cow's milk, and therefore far more easy of digestion.

Mare's milk contains approximately 1.70 per cent. of casein, and 1.40 per cent. of fatty matter, whereas cow's milk contains 4.55 of casein and 3.70 of fatty matter.

I think I am correct in stating that cow's milk is universally used in this country, and it answers the purpose admirably in most instances, but a better preparation is obtained by diluting with water to reduce the percentage of casein, etc.

Mare's milk contains 8.75 of milk sugar, cow's milk only 5.35; it is therefore necessary to add some of this to our preparation. The following formula answers very well. Take of

Fresh milk		12 ozs.
Water		4 ozs.
Brown sugar		2½ drs.
Compressed yeast		24 grs.
Milk sugar		3 drs.

Dissolve the milk sugar in the water, add to the milk, rub the yeast and brown down in a mortar with a little of the mixture, then strain into the other portion. Strong bottles are very essential, champagne bottles being frequently used, and the corks should fit very tightly; in fact it is almost necessary to use a bottling machine for the purpose, and once the cork is properly fixed it should be wired down. Many failures have resulted because the corks did not fit properly, the result being that the carbonic acid gas escaped as formed and left a worthless preparation. It is further necessary to keep the preparation at a moderate temperature, and to ensure the article being properly finished the bottles are to be gently shaken each day for about ten minutes to prevent the clotting of the casein. It is as well to take the precaution of rolling a cloth round the bottle during the shaking process, as the amount of gas generated is great, and should the bottle be of thin glass or contain a flaw it may give way. Some few days elapse before the fermentation passes into the acid stage, and when this has taken place the preparation is much thicker. It is now in the proper condition for allaying sickness, being retained by the stomach when almost everything else is rejected.

Malted Koumiss can be made as follows:—

Extract of malt		1½ ozs.
Compressed yeast		20 grs.
Brown sugar		10 grs.
Milk, to champagne pint.		

Enonymised Koumiss is a suitable preparation for use in some cases of derangement of the liver in which food is rejected and an hepatic stimulant is required, combined with a slight sedative. To prepare this add fluid extract of euonymin, 3 drachms, to every 16 ounces of the diluted milk, then proceed as with ordinary koumiss.

Coca Koumiss could be made by the addition of cocaine hydrochlor. to the milk, and would be specially adaptable in cancer of the stomach.

Aerated whey, which is a very refreshing drink in cases of fever and much used in some parts of Germany, could also be manufactured on the same principle as koumiss.

Peptonized Koumiss:—The easiest way of getting a satisfactory preparation is by the adoption of the following formula:—

Papaine		6 grs.
Milk, to champagne pint.		
Compressed yeast		20 grs.
Brown sugar		3 drs.

This does not keep very long.

Meat and Malt Koumiss would constitute a serviceable preparation in consumption.

Chemists dealing in these preparations should impress upon the minds of their customers, the necessity of keeping the bottles in a cool place, and the advisability of using either champagne or soda water taps, so that the bulk of the gas may not escape with the first draught.—*Pharm. Journal*.

A Barefaced Fraud.

The following, clipped from the columns of the *Toronto Globe*, Oct. 29th, is of sufficient importance to newspaper readers to warrant its reproduction in these columns:

To the Editor of the Globe:

SIR,—I am sure you will agree with me when I say that something ought to be done to stop the barefaced swindling (no milder name will do) which is going on in certain directions in our midst, and I have no reason to doubt that my experience in this city is the experience of others in many parts of Canada. I have read so much of the great success of Dr. Williams' Pink Pills for Pale People that I determined to give them a trial for nervous troubles. I accordingly went to a drug store to procure a supply. On asking the druggist for the pills he took down a glass jar and proceeded to take out the quantity. "But," said I, "Dr. Williams' Pink Pills are not sold in bulk, and that cannot be them." "O, yes, it is," said the dealer: "we always get them in bulk and sell them that way." I had read the caution of the proprietors to the effect that these pills were never sold in bulk, and thinking they should know best, I declined taking them, and and left the store. My next experience was no more fortunate. Again pills pink in color to imitate the genuine, were offered me. When I remonstrated this dealer admitted the pills were not supplied him by the Dr. Williams' Co., but declared that they were just the same. And yet, for the sake of a little more profit he would have imposed them on me for the genuine Pink Pills had I been less cautious. As I left the store, I thought the repeated warning against imitations given by the Williams Co. must be the result of bitter experience on their part. But I did not expect I would meet with three dishonest dealers (do you think the term too strong?) in succession. My next experience proved the third dealer little better than the other two. When I asked for Dr. Williams' Pink Pills he said he had them, and then produced a package which I saw at a glance bore another name, and which he insisted were just as good. I declined taking them, and turned to leave the store, when the druggist offered to give me the genuine pills. But I did not feel that I ought to patronize a man who would have imposed something else on me had I been less guarded, and declined buying. I almost despaired getting the genuine Pink Pills unless I sent to head quarters; but on my visit to the fourth drug store I was more successful, and was at once handed the genuine Dr. Williams' Pink Pills. No doubt, Mr. Editor, my experience is that of many others, and no doubt hundreds less cautious are constantly being deceived. I think the newspapers ought to do something towards protecting their readers from frauds of this kind. We frequently read of reporters doing clever detective work, etc., visiting churches in the garb of the lowly, and then writing up their reception. Here is a new field for them. Let some clever reporter travel the length and breadth of this city in humble guise, and see how many dealers are honest enough to give him what he asks for without trying to impose a substitute upon him.

I trust, Mr. Editor, you will give this a place in your columns, as it may serve to prevent some one else from being cheated.

A LADY READER.

Toronto, Oct. 27.

Think for Yourself.

Columbus, who added a new world to commerce, would never have immortalized his name if he had not thought for himself. Every discoverer in nature, science or art accomplished his purpose almost unaided and alone.

Think for yourself, for when the mind is actively employed, its powers are strengthened by the exercise. He who learns to think, to reason and to judge soon becomes intelligent, and his opportunities are greatly enlarged. Never be contented with the beaten track of others. Think for yourself and you will develop strong individuality and self-reliance. —*Ex.*