

has found large numbers of living germs, some of a harmful nature, in freshly-prepared hypodermic solutions of strychnine sulphate, morphine hydrochlorate, atropine sulphate, eserine, etc. Sterilization by heat did not affect the therapeutic value of strychnine and quinine, but partly checked the action of morphine and atropine. Eserine and atropine solutions are said to be best prepared with a solution of corrosive sublimate (1 in 1000), which renders them aseptic without modifying their therapeutic properties. It is suggested that all such solutions should be renewed every fourteen days.

HOME MADE BEEF POWDER.—Dr. Wm. R. Huggard, *Davos. Platz. Switz.*, gives the following method of preparing this useful article: Most, if not all, of the beef powders in the market smell and taste of the chemist's shop, and are not readily taken by an invalid whose palate requires to be coaxed. A happy idea struck me several months ago that beef powder might without difficulty be prepared fresh and on a small scale by any ordinary cook. The experiment was made, and the result was satisfactory beyond expectation. Beef powder made at home is appetizing, has a delicate aroma and flavor, and can be taken with pleasure by invalids who turn with aversion from ordinary food. If a little pepsin be taken at the same time, it is digested even when the ordinary peptonized foods are not retained. The mode of preparation is simple. Lean beef is cut into small pieces; these are put into boiling fat, dripping, or butter for a couple of minutes until the surface is browned. They are then removed from the fat and placed on a strainer for a few moments. Afterwards they are placed in a mincing machine. The resulting mince is placed in a slow oven and dried. The drying process may take from five to twenty-four hours, or even longer, according to the heat employed. When thoroughly dried, the meat is quite crisp, and can be ground in a coffee mill that has not been used for any other purpose. In the drying process the meat loses a trifle more than four-fifths of its weight. This beef powder can be taken in various ways; with hot water or soup, with mashed potatoes, with bread and butter in a sandwich, or with a little pepsin in a starch water. I have given this home-made beef powder with such excellent effect in several cases where there

was much difficulty with food that I think my professional brethren may also find it useful.

IN THE TREATMENT OF LITHÆMIA, according to Dr. Da Costa, *N.Y. Med. Record*, the main factor is regulation of the diet. The food ought to be mainly vegetable. Green vegetables (especially asparagus), fresh fruits, stale or toasted bread, white meat of poultry and fish, should constitute the chief items. An excess of carbohydrates, especially sugar, should be avoided. The only drink to be allowed is water, and sufficient quantities should be taken to flush the kidneys. Mineral waters may be ordered to accomplish the same purpose. Alcohol should be positively excluded. Exercise in the open air is also an important part of the treatment. But little drug treatment is required. Saline laxatives are very useful. A combination of lithium carbonate (2 gr.), with extract of nux vomica ($\frac{1}{6}$ gr.), given after meals is of special value. In attacks of lithæmic migraine a few doses of a mineral acid, it is claimed, will often cause the symptoms to disappear. Other authorities advise a diametrically opposite diet to that cited above.

PERMANENT MOUNTS OF URINARY DEPOSITS.—Von Frisch states, *Atlanta Med. and Surg. Jour.*, that by the following method he is able to mount and preserve, microscopically, specimens of urinary deposits which have kept well for three years. The medium he employs is a glycerin jelly of one part of gelatin, four parts of glycerin, and two parts of distilled water. A drop of the deposit is placed on the glass cover and partially dried, a drop of the gelatin solution is placed on a warm slide, and the cover glass with the deposit carefully placed over it. The method is equally available for crystalline or organized sediments; for the latter, however, the author recommends that the gelatin should be colored with fuschin, when the organized elements are gradually stained by the dye.

ELECTRICAL TREATMENT OF OBESITY.—*Brit. Med. Jour.* Imbert de la Touche has obtained favorable results from electrical treatment in certain cases of obesity in which the symptom had developed as part of a general disorder of nutrition, or neurasthenic state in women. Regulation