

connected with the universities in order to enable medical students to obtain more comprehensive knowledge of insanity, psychiatry and neurology, also to help remove the stigma which usually attached to mental cases and institutions in which they are looked after.

The association's vote of thanks was supported by J. Noble, chairman of the board of education, who contended that the need is for more intensive physical training as opposed to mental training in our schools. The natural way to prevent insanity, he said, is by work, and in our schools that rule is entirely neglected, and the young students are made to sit still with nothing to do.

MEDICAL PREPARATIONS

THE THERAPEUTIC VALUE OF "OVALTINE"

It is now generally accepted as a result of considerable research that protein, fat and carbohydrate are regarded as essential elements of food, and to satisfactorily repair waste and supply energy are best presented in approximately the following proportion:

Protein	Fat	Carbohydrate
17.51 per cent.	8.31 per cent.	74.18 per cent.

"Ovaltine"—a combination of diastasic Malt Extract, Milk, Eggs and a Cocoa Flavoring—is a natural tonic food preparation, presenting a high concentration of these nutritive substances. Excluding moisture, mineral salts, etc., and taking the three proximate principles alone as they occur in "Ovaltine", calculating them out in relative percentage proportion of each other, we get:

Protein	Fat	Carbohydrate
15.5 per cent.	8.7 per cent.	75.8 per cent.

These practical figures accord sufficiently closely to the theoretical conclusions of advanced research to justify the claim that in "Ovaltine" itself all the elements necessary for the maintenance of life are present in just and adequate proportions.

"Ovaltine" contains its carbohydrate entirely in the form of readily absorbed and assimilated malt and milk sugars,—the proteins have undergone that initial change by the action of the malt diastase which materially assists in their subsequent digestion, while the fat reproduces in the beverage the natural fine emulsion of the milk in its manufacture.

These facts readily show why "Ovaltine" is capable of absorption with the minimum functional strain, without causing digestive or intestinal disturbances. Its value is augmented by definite therapeutic properties, and is of service to the practitioner in many directions.