

above plan to satisfy the longings of an invalid for buttermilk, and it is to that circumstance that this article owes its origin. The season being winter buttermilk was unobtainable. The milk was coagulated by being put in a warm place. It was agitated by a revolving egg-beater until it was light and frothy. Sour milk thus treated tastes exactly like fresh buttermilk. In view of the fact that buttermilk is hard to get at certain seasons, the value of the proposed substitute becomes apparent.

The first process milk undergoes in the stomach is the coagulation of the casein. In sour milk this is already accomplished, and that too in a more satisfactory manner. Sweet cow's milk coagulates in the stomach in the form of semi-solid cakes, which many stomachs are unable to reduce to a proper state of subdivision. In sour milk on the contrary, the curds are loose and flakey, much resembling the curdling of human milk, which may be seen in the vomit of the over-fed infant at its mother's breast. The digestion of sour milk is made still more easy by the process of churning, by which the flakey curds are reduced to a state of fine subdivision.

Long experience has demonstrated the superior digestibility of buttermilk, and this inquiry simply furnishes the reasons. Buttermilk is a true milk peptonoid, that is the fashionable word of the day,—milk already partly digested. The range of its application is therefore wide and but little restriction need be observed in its use. It is good food and drink for young and old, sick and well. Being food it ought not, as many do, be taken between meals. This practice accounts largely for the common belief that buttermilk disagrees with many persons. Being an agreeable drink, it is often too freely used. Sick persons who partake of little or nothing else, may partake much oftener, and more freely. Although containing about the same quantity of nutrition as sweet milk, yet patients appear to be able to consume with ease at least double the quantity of buttermilk.

Buttermilk has at least three therapeutic properties more or less marked. It is a decided laxative to the bowels, and this fact should be borne in mind in the treatment of typhoid. This affords a hint for its use in habitual constipation. Buttermilk is a diuretic and may be prescribed with advantage in some kidney troubles. Owing to its

acidity, combined with its laxative properties, it is believed to exercise a gentle impression on the liver. It is well adapted to many of the cases where it is customary to recommend lime-water and milk. It is invaluable in the treatment of diabetes, either exclusively or alternating with skim milk. In some cases of gastric ulcer and cancer of the stomach it is the only food that can be retained.

#### QUEBEC MEDICAL ELECTION.

The triennial meeting of the College of Physicians and Surgeons, Que., was held in Quebec on the 11th ult., under the Presidency of Dr. R. P. Howard of Montreal; Drs. A. G. Belleau and F. W. Campbell, acting as secretaries. Among those present were Drs. R. P. Howard, L. Larue, A. G. Belleau, C. Verge, Z. Gravel, A. Larochelle, J. Th  berge, G. B. Lafleur, W. Lamontagne, F. W. Campbell, J. L. Leprohon, H. Sauv  , W. Osler, G. Ross, T. A. Rodger, J. A. Ross, E. P. Lachapelle, D. B. Desaulniers, T. Fortier, G. Lachance, R. Latraverse, C. E. Lemieux, sr., J. A. Sewell, G. O. Beaudry, J. Lanctot, N. H. Ladouceur, A. Robitaille, A. Marois, J. Langlois, V. P. Lavall  e, E. P. Chevreuil, M. Guay, G. H. Dufresne, W. Marsden, J. P. Lavoie, A. Gavreau, L. Catellier, G. Bolduc, E. Gervais, C. Gingras, A. Dion, N. Lacerte, J. E. Ladriere, J. B. Bolduc, E. A. De St. George, C. S. Parke, S. Gauthier, J. B. Gibson, J. A. S. Brunelle, D. A. Hart, F. E. Roy, J. Marmette, A. Morissette, M. A. Falardeau, S. Bolduc, E. Duquet, E. Belleau, E. Badeau, J. B. Lamarche, J. M. Turcot, G. Turcot, E. Turcot, R. F. Rinfret, A. Jackson, F. R. Rinfret, F. D. Gilbert, P. Wells, A. Watters, W. Verge, G. Mazurette, J. Marceau, P. A. Shea, M. J. Ahern, F. J. Austin, H. Russell, V. St. Germain, L. Beauchesne, M. Fiset, A. Hamel, E. Morin, A. Vall  e, C. Cot  , A. Poliquin, F. Gendron, N. Lavoie.

The minutes of the last triennial meeting were read and approved. The treasurer, Dr. Lachapelle, presented his report which was adopted. M. Lamirande, the public prosecutor, also presented his report from which it appears that 44 actions were entered against persons practising medicine without license. Thirty-five of these were decided in favor of the College, nine were unfavorable, and five are *sub judice*. An animated discussion followed