

The odour, on fresh fracture, is powerful and pleasant, not unlike a lemon lollipop. The Arabic name is habak hadeë; I know of no Indian name. It seems to be considered a kind of bysabole (or bdellium).

From Makulla and Aden another kind of myrrh is received, the Arabian myrrh of the 'Pharmacographia.' The trade name of this drug in Bombay is meetiga; it is mostly sold in India as true myrrh, for which it might easily be mistaken by any one not specially acquainted with drugs. I am assured by the dealers that no true myrrh is ever received from Arabia.

Indian bdellium, as far as I have been able to ascertain, comes chiefly from the Deccan. In general form and appearance it somewhat resembles the African drug, the pieces often having portions of papery bark attached to them; but the colour is different, being greenish, and the odour though similar, is more faint. Its value is one third less than that of African bdellium.

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### "CHIA," A NEW DIETETIC AND MEDICINAL PRODUCT.\*

Dr. J. T. Rothrock, the well-known botanist, furnishes the following article to the *Botanical Bulletin*:

During the past summer my attention was called, whilst in Southern California, to a mealy preparation in popular use among the Indians, Mexicans, and prospectors. On inquiry, I found it was called "Chia." Further examination proved that it was furnished by the seeds of *Salvia columbariæ*, Benth. The seeds are collected, roasted, and ground, in the native way, between two stones. This puts it in the condition in which I first saw it. It is used as a food by mixing it with water and enough sugar to suit the taste. It soon develops into a copious mucilaginous mass, several times the original bulk. The taste is somewhat suggestive of linseed meal. One soon acquires a fondness for it, and eats it rather in the way of a luxury than with any reference to the fact that it is exceedingly nutritious besides. It is in great demand among the knowing ones who have a desert to cross, or who expect to encounter a scarcity of water, and what there is, of bad quality. By preparing it so thin that it can be used as a drink, it seems to assuage the thirst, to improve the taste of the water, and, in addition, to lessen the quantity of water taken, which in hot countries is often so excessive as to cause serious illness. As a remedy it is invaluable, from its demulcent properties, in cases of gastro-intestinal disorders. It also holds a place among domestic remedies, for the same purpose

\*Phila. Med. and Surg. Reporter.