

by the system; for the epithelial cells of the digestive tract appear to exercise something of a selective power of absorption. Cooked meat and its extractives have practically no value. The researches of Richet and Héricourt have done much to place zomotherapy on a scientific basis. To be effective, alimentation by raw meat and meat-juices must be systematic and continued, and not introduced as a mere variation in dietary to suit the passing fancy of the patient. The form of its exhibition and dosage must be regulated in the same way as we are accustomed to regulate other remedies. Absolutely fresh raw meat, freed from extraneous gristle and fat, when reduced to a pulp by passage through a mincing-machine, should be taken two or three times a day in amount varying from one-quarter to one-half pound. The flesh of hare and wild rabbits and fresh venison are also to be recommended. Lamb, veal, goose, and duck flesh are better than ordinary beef and mutton. Nitrogen retention, digestive lymphocytosis, and hæmoglobin formation, are alike increased by such treatment. Digestion becomes rapidly improved, gastro-intestinal discomfort is notably reduced, and the stools improve in character.

To overcome any preliminary distaste for raw flesh, it is well to accustom the patient by the use of oysters and raw eggs to the enjoyment of raw products. A polony sausage (prepared from raw meats four parts, cooked oddments of chicken, ham, etc., three parts, and breadcrumbs one part, finely mixed and reduced to a paste by the addition of milk and suitable seasoning) can next be tried. Once patients overcome the preliminary distaste to raw products, they eat the raw flesh with avidity and real relish. It may here be remarked that native proteids are capable of absorption without undergoing material change or conversion into albuminoses or peptones.

There can be no doubt that the serum albumin and lactalbumin of raw milk contain immunizing and protective substances similar to those found in fresh and uncooked meat-juices. The physiologic requirement that all constituents of milk must be digested before they can be absorbed into the system does not preclude the entrance into the circulation of the living ferments present in fresh, unboiled milk. Clinical experience shows that the process of absorption is more delayed and the quantity required for nourishment larger in the case of boiled, sterilized, and pasteurized milk than when milk is used in its natural state. This is because the cellular elements of milk, with the exception of the fat corpuscles, are all living cells, which retain their vitality for a considerable