

KEEP THE STOMACH CLEAN, AS WELL AS THE SKIN.

SOME persons are very particular in regard to cleanness of the skin of the body who are not at all particular in regard to the cleanness of that continuation of the integument, the mucous membrane, which covers the inner parts of the organism—the whole digestive canal from the lips throughout. In order to keep this inner skin clean, it requires attention, just as much as does the outer skin. And this brings us directly to the subject of diet. It is as wonderful as it is disgusting to think of the promiscuous concoctions which some people take into their stomach, and which do not, cannot digest, but on the other hand, ferment and putrefy, not only befouling the whole alimentary canal, but giving rise to poisons both gaseous and fluid which pervade and poison the entire organism. Just think of the various ingredients in the different courses of an average "first class" dinner, or even of an average "good" breakfast. And think of these all chewed up together and in a solution of tea, coffee or cocoa, and perhaps of wine or beer. There are but few who would not much dislike to have such a mixture touch the outer skin. This is not a pleasant subject to think of. But it is less unpleasant than a violent head ache, a "bilious attack," or a severe fit of illness—a fever or an inflammation, which the poisoned body is not able to repel or resist. Worse than this, the indiscriminate eating goes on from day to day, from month to month and year to year, and often with a large measure of constipation, and this digestive track is never washed out, never once bathed in clean water in any way approximating that in which the skin is commonly bathed.

Sir Andrew Clark, the eminent London physician, is convinced from careful investigation that the cause of impoverished blood and chlorosis (the anæmic, "green sickness") so common in young girls, is disorders of digestion and poisoning by the absorption of fecal matter from the intestines. And it is easy for any one to understand that the excess of the indis-

criminate mixed food, so universally eaten, fermenting and putrefying (for it cannot be all digested) in the stomach and bowels cannot fail to be very injurious to the health. We believe indeed that this unclean condition of these parts is one of the most fruitful causes of disease and premature death in what would otherwise be healthy people.

Is it not high time that in this civilized age more attention were given by the average cleanly disposed human being to the cleanness of this inner skin?

To be sure this inner tract cannot be washed or sponged out as we bathe the outer surface. But vastly more discrimination and delicacy might easily and should be exercised in regard to the quality and quantity of the food consumed, and the utmost regularity in regard to the bowels should be secured. Abundance of water, hot or cold as suits best, should be drunk at one period, or more, of the day; as on going to bed or rising in the morning. This not only helps to cleanse the stomach and bowels, but the whole internal economy. Most excellent effects have resulted in cases of indigestion by repeatedly washing out the stomach, with a stomach tube and syringe; and this is now a constant practice with some physicians, even in the case of young infants.

TO AVOID some of the dangers of labor to which many mothers are liable, Dr. Prochownick (in Brit. Med. Jour.) controls the diet during gestation. Three successful cases are given of pregnancy with contracted pelvis in which the women were carried to labor at full term and the children saved. The principle of the dietary is the diminution of the quantity of fat ingested by the woman and stored away by either mother or fœtus. The diet consists for example, for breakfast, of a small cup of coffee with about one ounce of bread dried in the oven; for dinner, meat, egg, or fish, with but little sauce, some green vegetable, salad, cheese, &c. The prohibited articles are chiefly water, soup, beer, sugar, and potatoes. What a vast amount of troubles to which mankind are subject may be prevented by proper diet.