

DIET AND HEALTH.— Especial interest attaches to Dr. Salisbury's food experiments. The half-dozen sturdy fellows whom he put on a diet of baked beans and coffee exclusively all showed symptoms of locomotor ataxia, or progressive paralysis, on the tenth day, and by the sixteenth day not one of them could walk straight without support; all had chronic diarrhoea, heart palpitation, and oppressed breathing.

Four hearty, well men were put on oatmeal porridge—seasoned with butter, pepper, and salt—with a pint of coffee containing sugar and milk at each meal. Constipation, flatulence, headache, and dizziness were afflicting them all on the eighth day. In two days more these conditions had become violent; exertion produced heart palpitation, and they were full of wandering pains, with prickling in feet and hands.

These disorders grew more intense and painful—with neuralgia induced in three cases—until from the twenty-third to the twenty-fifth day, when diarrhoea set in, and the record is full of such entries as "Eyes wild, hearing impaired, head confused, memory poor, legs and feet numb, quite deaf and listless, heart palpitates and very irregular," up to the thirtieth day, when it was deemed imprudent and unsafe to carry the experiments further, and in four days more, by a meat diet and hot water, the men were restored to normal health. It may be well to observe here that in all cases men experimented on were as thoroughly and quickly cured of their abnormal conditions by those means.

Violent chronic diarrhoea, such as often prevails in armies and is known as "camp diarrhoea," was produced in three hearty, strong men by feeding them exclusively upon army biscuit in from nineteen to twenty-one days—a spell of constipation preceding—and microscopic examination proved that they were literally filled with yeast germs. Each had marked symptoms of locomotor ataxia, and partly lost the use of his lower limbs.

Bread, rice, wheaten grits, hominy, sago, tapioca, and potatoes were each fed to four or six men at a time for periods of from forty to forty-five days before serious diseases and symptoms were produced. Green peas and string

beans ranked next in point of alimentary qualities. Green corn, turnips, beets, and squash quickly produced unpleasant and grave derangements, but of all vegetables asparagus was found most injurious when lived upon alone. Seven days is about as long as it would be safe to subsist upon this plant, owing to the effect upon the kidneys.

Patients have lived exclusively on beef and mutton for from three to four years. Still, if one sticks to them too long they are liable to become monotonous, and may cause "meat dyspepsia," which is dangerous. People who live exclusively on vegetable food, as the Hindoos, are enabled to do so by inherited organic tendencies. Their stomachs are of little or no use to them. The pyloric valve, being permanently paralyzed, remains open, so that vegetable matter passes directly into the proper field of its digestion—*The Pharmaceutical Journal of Australasia*.

NOTES ON QUININE IDIOSYNCRASIES.—Considering the millions of doses of quinine taken every year, the number of cases in which it produces effects that would not be anticipated is very small. Many years ago I had under my care a patient in whom twelve grains of the sulphate of the alkaloid produced complete amaurosis, and, as the young lady happened to have a blind sister, extraordinary agitation in the family. Being of doubtful temperament, I formed at first the impression that the amaurosis was simply a coincident hysterical manifestation; but on repeating the quinine the blindness developed with the other symptoms of mild cinchonism, and disappeared *pari passu* with them. Recently, having occasion to prescribe quinine to Miss—, aged about 25, I was told by her that she had been poisoned by this substance twice in Europe, but it was agreed between us that she should take one two-grain pill; which she did about five o'clock in the afternoon. About six o'clock she was taken with a burning pain in the hands, which spread over the whole arm and finally to the surface of the body, until she was tingling and burning everywhere. About half-past six a severe pain in the stomach set in, followed shortly by vomiting. A few minutes later she fainted, remaining unconscious for five minutes. I saw her about 6.45; at that time her