

called to see Mr. C. W., an inspector of locomotives, aged 48, married, no children. Patient was supposed to be suffering from, and had for some time been treated for, inflammation of the stomach. I at once suspected diabetes and questioning, elicited the following symptoms of the disease: Great thirst, rapid emaciation, weakness of legs, and the passage during twenty-four hours of sixteen pints of urine. Patient had been failing in flesh and strength for about six months prior to my first visit to him. Upon examination of the urine I found the specific gravity to be 1060, and containing a large quantity of sugar. I immediately placed the patient upon Lambert's Lithiated Hydrangea, with instructions to take it in teaspoonful doses every four hours. The diet was restricted to gluten flour, meat, fish, poultry, eggs, spinach, cabbage and string beans, milk and fish bouillon. (The latter is an article the value of which I have learned from the natives, and I prize it highly as a food in cases of debility, notably in typhoid and in infantile diseases. It is simply the liquor or water in which fish—preferably whitefish—have been boiled.) It may be seasoned to suit the taste.

Under this treatment the patient's improvement was satisfactory and very rapid. I made frequent examinations of the urine, which gradually decreased in quantity and in specific gravity, while the quantity of sugar it contained quickly lessened, until, at the end of the third week, it was nearly normal, and patient returned to his work, which was upon the locomotive most of the time. Here he was exposed to the temptation of the dining car bill of fare, to which temptation he occasionally yielded, always suffering for his indiscretion and as often relieved by a return to the prescribed medicine, and a strict attention to the diabetic diet. At this writing he is as fat and strong as ever, but is still using the gluten flour, etc., and occasionally taking the Lithiated Hydrangea.

## THE INFLUENCE OF CERTAIN MODERN DRUGS ON NUTRI- TION.

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In this age of rapid multiplication of therapeutic agents, physiological experiment in order to keep pace with their discovery must necessarily at first be limited to a study of their more important therapeutic and toxic properties. Sooner or later, however, such experimentation must be supplemented, in the case of those drugs shown by clinical experience to be worthy of a permanent place, by a study of their influence on the nutrition of the body. Given three hypnotics of equal sleep-producing power, the intelligent practitioner will naturally prefer to use the one causing the least disturbance to the system. The drug which habitually retards digestion and unnecessarily excites the metabolic activity of the body, or produces a disturbance in the secretory functions is to be avoided when the same good effects can be obtained by another drug of equal therapeutic power without its deleterious action.

Naturally, in many cases some ill effects must be borne with for the sake of the special end in view. It is the duty, however, of physiological science to furnish full data regarding the action of a drug, so that the results liable to follow its administration may be fully understood.

Long continued experiments have been carried on in the writer's laboratory during the past year or two with urethane, paraldehyde, antipyrin and antifebrin. All of these well known drugs have been more or less experimented with by other workers and many results recorded. A single isolated experiment, however, on a lower animal or a human being, especially with reference to the influence of a drug on nutrition, is not enough to determine its normal action. Personal idiosyncrasies in constitution, variations in the condition of the subject experimented on, variations in diet, all are liable to modify materially the results obtained. Further, it is to be always borne in mind that a drug, antipyretics especially, may produce an effect