

in a state of pathological irritation, the result might be beneficial to the morbid tissue. He conceived that the bacteria-killing power of blood-serum might be thus brought to bear in a very direct way on local accumulations of micro-organisms, or that, by a combination of methods, drugs which otherwise with difficulty reach their destination might be poured out at the exact points desired. The dose of cantharidin which appears to produce no disagreeable effect on normal organs—the kidneys being of course first considered—is 0.2 mg. He prepares a fluid containing this amount per cc. as follows: 0.2 gr. cantharidin and 0.2 gr. caustic potash are heated in 20 cc. water over a water-bath and filtered—the solution is made up to one litre, so that each cubic centimetre contains 0.2 milligramme of the active substance. Three times this dose can be administered without fear of any evil effects, but it is safe to begin with $\frac{1}{16}$ and not to go beyond $\frac{4}{16}$ of a milligramme.

Liebreich made a good deal of his disclosing at once the nature of his remedy to his colleagues, and of the certainty of having a pure substance to deal with.

The latter is certainly the direction in which the Koch tuberculin will have to be improved, so as to admit of more accurate dosage.

Professor Naunyn, of Strassburg, concludes a report on the otherwise unfavorable use of the Koch lymph in incipient phthisis, by observing that whoever has seen a case of lupus react to it cannot doubt that it attacks tubercular processes in a very special way. He observes that possibly several active substances are present in the lymph as furnished, and that the isolation of that to which the undoubtedly favorable results of the lymph are to be attributed may remove all danger. At least, he concludes, whoever is capable, at present, of impartially reviewing the effect of the lymph, and of picturing to himself the future which it suggests, cannot fail to recognize it as a scientific discovery of the highest importance.

I have sent to Dr. Macallum as much cantharadin as will be necessary for any experiment which your colleagues may desire to make, and shall let you hear soon of a third remedy which Prof. Ewald told me had been proposed.

Selections.

NOTES ON THE SUCCESSFUL TREATMENT OF OBESITY.

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The *raison d'être* of this brochure requires a word of explanation, since I make no claim to any special acquaintance with the measures best suited for the reduction of *embonpoint* either in men or women. My friend of more than twenty years' standing, Dr. Turnbull, of Coldstream, had invited me to spend a couple of days under his most hospitable roof. I had not failed to observe for some time past that there was a distinct process of shrinkage in bulk going on in Dr. Turnbull, and had indeed watched the diminution with no small degree of anxiety. When, however, I quoted Sir Douglas MacLagan's well-known lines—

"Guidman, are thae some borrowed claes,
An' are your ain awantin' ?
Or ha'e ye fa'n awa frae these ?
Is this the wark o' Bantin' ?"

Dr. Turnbull assured me that there was no ground for concern on his account. He had tried Mr. Banting's plan in former years, but it did not suit him. He certainly did get thinner, but his health, his spirits, and his enjoyment of existence on the convex surface of this little planet all failed, and he felt himself, and his friends feared even more strongly, that if the procedure were to be persisted in for any time, his premature departure into the unknown was inevitable. He had now, he informed me, fallen on a much more thorough method, one which, while it was steadily decreasing his weight, was at the same time rendering him more active, and increasing his zest for life. He told me that many of those who had seen the improvement had urged him to publish the details of the system which had done so much for him, but he had an invincible objection to appear in print. He offered, notwithstanding, to supply me with notes of the plan, if I would prepare them for insertion in the *Edinburgh Medical Journal*. As will be seen from what follows, given almost in Dr. Turnbull's own language, another besides himself has already benefitted