

The effervescing liquid is to be drunk at meals, mixed with claret, and the foregoing dose is to last for at least three meals—being taken at the two principal meals of the day customary in Paris. No change of diet is necessary.—*N. Y. Med. Record.*

### WHEN IS THE PROPER TIME TO GIVE MEDICINES.

Prof. G. Sée made some practical remarks at his clinic to-day that are quite different in some respects from the teachings of the books, and also from custom; but, as they are the results of his nearly forty years' experience in hospitals, they can be followed with certainty. "When is the exact moment to give drugs so that the system will best accept them? There are a few that may be given any time you like, but these are the exception."

*Cod-Liver Oil.*—"What causes absorption of this oil? The action of the pancreatic and hepatic secretions. Given fasting, it will most likely cause vomiting, as the juices are not present; for secretion only commences when there is something in the stomach. Children take it well, and the reason is that in them the sense of taste is imperfect. It must be given, then, so that it will pass quickly on to where it can meet the pancreatic juice: so give it *at meals, just after taking soup*; and it can also, curious to say, be well digested without any 'returns,' if taken the last thing at night on going to bed. Cod liver oil contains fatty acids, more so than any other oil, and absorption proceeds better with it, as an emulsion is not so much needed as in other oils."

*Emetics.*—"When the intention is to have only mucus vomited, give these fasting; but in indigestion, etc., exhibit *after eating*, so that there will be something to vomit."

*Purgatives.*—"Here there must be a division. Carlsbad, Hunyadi János, and such like purgative waters should be given at once on rising, and always in *hot water*, to precipitate the elements; if given cold they are often vomited. Magnesia salts, on the other hand, require time, and should be taken at night. Next we come to purgatives that *must never be given fasting*: these are the drastics, such as jalap,

aloes, etc." (Here Dr. Sée tells a funny story of his young days, when patients were few and far between, and he got one to whom he ordered a compound aloes pill, with other things, and ordered it to be taken before each meal, with a result that the unfortunate patient had a vomiting-fit each time, and sent at once for the doctor's bill and requested him not to call any more.) "These, then, should be given 'in the middle of a meal;' don't say *during*, for, like *before* a meal, many people want to know the exact moment, and don't understand if you mean an hour before meals or at meals: so be very precise."

*Minerals Waters.*—Dr. Sée condemns the usual custom of putting these into the wine which is drunk at table, and he says they spoil both the wine and the digestion. He calls attention to the fact that at Vichy, and all the mineral water stations, the water is always given fasting and some time before a meal. The object being to increase the secretion of the gastric juice, they must be given before meals,—and not just before, but *at least half an hour before*. Vichy, administered in this way, gives better results than when it is used to turn red wine into a sort of ink.

*Bitters, cinchona wines, etc.,* are what are called tonics, on account of the tannin that exists in them: these and acids should be taken *just at dessert*, when the meal is almost over; certainly never before meals.

*Iron.*—It will precipitate the gastric juice taken before meals, therefore take it when there is something in the stomach to prevent this. It is not known how it gets into the circulation, because it is not seen to go out. In any case, give it *with meals*.

*Pepsine.*—In supposing that there is some virtue in pepsine, which has not been proved, it should be given just at the end of a meal to assist the digestion of it.—*Med. Times.*

Dr. Grawitz, assistant to Prof. Virchow, states that trichina spiralis has been found in as many as one-third of the cases of so-called muscular rheumatism, which have been examined *post-mortem*.—*South-Western Medical Gazette.*