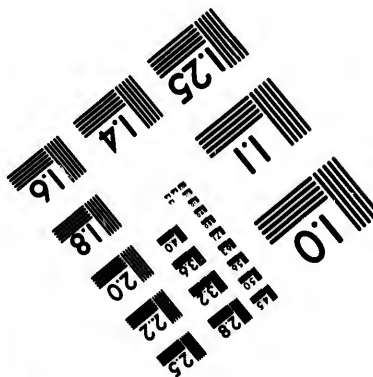
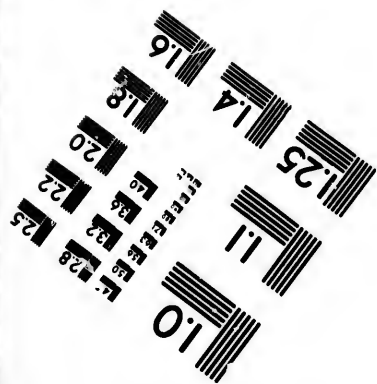
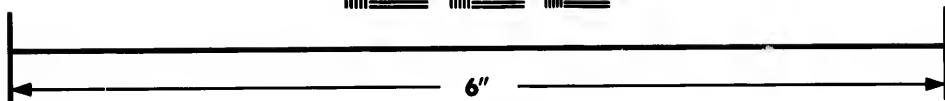
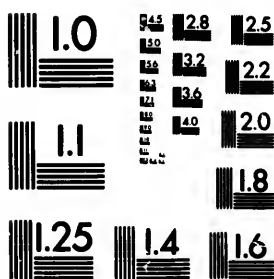


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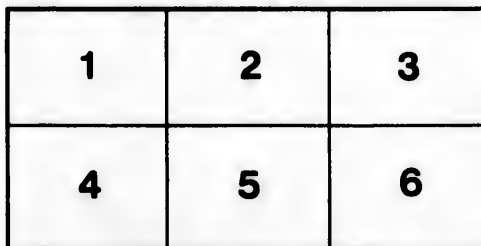
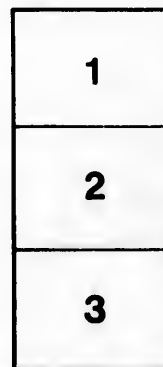
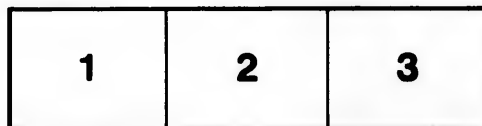
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Oaklands Jersey Dairy
Koumiss.

K O U M I S S

has been known to and used by the inhabitants of certain parts of Russia for

MORE THAN A CENTURY.

Koumiss as made by the Nomad Tribes of Southern and South-eastern Russia was manufactured from Mares' milk. Of late years

COWS' MILK

has been substituted for that of Mares in the manufacture of Koumiss in many parts of Europe and on this Continent.

Mares' milk differs from Cows' milk in containing more milk-sugar and less caseine. By increasing the milk-sugar and decreasing the caseine in Cows' milk, it possesses almost the same chemical composition as Mares' milk. Dr. E. F. Brush, of Mount Vernon, N. Y., gives an analysis of Koumyss made from Cows' milk two days old as follows:—Alcohol 1.23 per cent.; Fat 0.52; Sugar 1.77; Lactic Acid 0.63; Caseine 3.08; Salt 0.63; Carbonic Acid ?; (whole quantity of solids 7.67.) All the Sugar is not changed at this time but later on is changed into Carbonic Acid and Alcohol. Koumyss 5 months old analyzed as follows:—Alcohol 3.23; Fat 1.01; Carbonic Acid 1.86; Sugar 0.00; Lactic Acid 2.92; Caseine and Salts 1.21; (whole quantity of solids 5.14.)

As far back as 1784 Dr. John Griev, a Scotch Surgeon in the Russian Army addressed a communication to the Royal Society of England on the subject of "Koumiss," in which he remarks: "From the time I had heard of "Koumiss" I had conceived an opinion of its importance in the cure of certain diseases, I judged that a preparation of Milk which would

**NOT BE CURDLED BY THE JUICES OF THE STOMACH,
WHILE AT THE SAME TIME IT POSSESSED
ALL ITS NUTRITIVE QUALITIES**

with the superaddition of a fermented spirit might be of essential service in all those disorders where the

BODY IS DEFECTIVE IN NOURISHMENT OR STRENGTH."

In 1858 an establishment was started at Samara (on the River Volga), for the treatment of

Consumption and Other Wasting Diseases

by the use of Koumiss.

The success attending this one led the Minister of War for Russia in 1870 to open a

REGULAR KOUMISS ESTABLISHMENT

at Samara for the treatment of sick Soldiers. This establishment is capable of accommodating 120 patients, and after

15 YEARS TRIAL IT IS STILL IN EXISTENCE.

In 1881 more than 1,500 patients were annually treated in the several Koumiss establishments near Samara. Dr. Kozloff, Director General of the Medical Department of the Russian Army, furnished Dr. George L. Carrick, (Extraordinary Member of the Royal Society of Edinburgh; formerly Asst. Physician to the Leith Hospital; Resident Chemical Asst. at Brompton Hospital, for Consumption and Diseases of the Chest), with a record of the number of patients treated for several years at the Military Koumiss establishment.

These are published by Dr. Carrick, in his work on "Koumiss" as follows:—

CASES TREATED IN 1874.

DISEASE.	No. of Cases.	Cured.	Impro-ved.	No Im-prove-ment.
Chronic Pulmonary Catarrh.....	127	105	17	5
Chronic Pneumonia (Phthisis)	34	5	17	12
Tuberculosis.....	3	2	1	..
Anæmia.....	24	20	3	1
Scurvy.....	1	..	1	..
Pleurisy and Emphysema.....	11	6	4	1
Chronic Gastric Catarrh.....	2	2
TOTALS.....	202	140	43	19

The average gain in weight was 8 lbs; while 18 patients of the 202 gained as much as from 18 lbs. to 27 lbs.

CASES TREATED IN 1875.

DISEASE.	No. of Cases.	Cured	Slight Imp't.	No Ch-anges.	Impr'd Con-siderly
Chronic Bronchial Catarrh	124	84	6	8	26
Chronic Pneumonia	32	9	5	6	12
Chronic Pleurisy	7	4	1	1	1
Tuberculosis	30	6	4	14	6
Chronic Gastric and Intestinal Catarrh.	12	8	..	1	3.
Anæmia	28	23	..	1	4
Scurvy	2	1
TOTALS	234	135	16	31	52

Of the 234 patients, 198 gained from 1 to 27 lbs., 11 did not increase in weight. **The average gain in weight of these 198 was 6½ lbs. each.**

CASES TREATED IN 1876.

DISEASE.	No. of Cases.	Cured.	Great Imp't	Slight Imp't.	No Change
Chronic Bronchial Catarrh	100	68	19	9	4
Chronic Pneumonia (Phthisis)	41	14	14	9	4
Chronic Pleurisy	8	6	1	1	..
Tubercular Phthisis	7	1	1	3	2
Chronic Gastric and Intestinal Catarrh.	2	..	1	1	..
Anæmia	11	9	1	1	..
Scurvy	3	3
TOTALS	172	101	37	24	10

The average gain in weight was 8½ lbs. per patient.

CASES TREATED IN 1877 and 1879.

DISEASE.	No. of Cases.	Cured.	Slight Imp't.	No Imp't.	Death.
Chronic Pulmonary Catarrh.....	160	96	30	33	1
Chronic Pneumonia.	96	22	59	15	..
Tuberculosis.....	21	..	15	6	..
Anæmia.....	32	20	8	4	..
Scurvy.....	3	1	2
Pleurisy and Emphysema.....	6	..	5	..	1
Chronic Gastric Catarrh....	15	11	2	2	..
TOTALS.....	333	150	121	60	2

No change in the weight of the patients for 1877 and 1879 is given.

The Physician who sent the report for 1875 to the War Office in St. Petersburg, says: "The beneficial action of Koumiss upon some patients was observed towards the end of the first week of treatment. The Invalids looked brighter, bolder, happier, the complexion improved, the pale lips assumed a scarlet tinge, the appetite increased rapidly, the muscles grew stronger, and the body gained in weight, the spirits rose with the improved state of the body."

The sum total of the tables above quoted show that during 6 years 993 Privates and Officers underwent the "Koumiss Cure," in the Government of Samara; of the 993 cases 551 were cured, 314 improved, while in 128 cases there was no change or a falling off or death. 886 of these 993 invalids suffered from affections of the lungs or respiratory tract. In 660 cases where the correct weight was taken the

AVERAGE GAIN WAS 8½ LBS. EACH

at the end of the cure. But few drank of the Koumiss for more than 6 weeks.

Dr. George L. Carrick says:—"I have myself come across twenty-five cases of

PHTHISIS PULMONALIS

treated by "Koumiss" with the histories of which I am acquainted from the period of the commencement of their illness to within a few months of the time of writing this work. I have carefully examined the chest on one or more occasions of every person referred to in the table * * * I am able to state in nearly every instance whether the individual is at present dead or alive, and if alive, as to the state of his or her general health.

Table of 25 Cases of Pulmonary Consumptives treated with "Koumiss" including the Results of the Treatment.

PATIENTS NUMBER AND INITIAL.	Diagnosis Pulmonary Consumption in	Number of years since the Patient began the Koumiss Cure.	No. of times the Patient visited the Steppas and underwent the Koumiss Cure.	Gain in weight in lbs. Avordupois	RESULT.
I.—Mr. S. Y.	2nd Stage.	17	2	17 and 18	Perfect Recovery.
II.—Mr. S.	2nd "	5	2	16 and 15	Death.
III.—Mr. J. R.	2nd "	5	2	12 and 10	Great Improvement.
IV.—Dr. L.	2nd "	7	4	13 and 8	"
V.—Dr. B.	2nd "	16	5	12 and 17	Perfect Recovery.
VI.—Miss I.	2nd "	3	3	7 and 17	Death.
VII.—Mr. R.	2nd "	7	6	15 and 10	Recovery.
VIII.—Mr. Z. Y. ..	2nd "	7	5	14 and 12	Perfect Recovery.
IX.—Mr. U.	2nd "	11	3	9 and 10	Great Improvement.
X.—Miss G.	1st "	6	4	Considerable.	Recovery.
XI.—Miss V.	1st "	10	2	10	Death.
XII.—Mr. V.	1st "	11	2	14	Perfect Recovery.
XIII.—Miss S.	2nd "	8	1	11	Death.
XIV.—Mr. L. S.	3rd "	2	3	9	Death.
XV.—Mr. O.	2nd "	4	2	23½ and 15	Recovery.
XVI.—Mr. M.	2nd "	11	2	Great gain.	Perfect Recovery.
XVII.—Miss A.	3rd "	2	2	7½	Death.
XVIII.—Mr. Y.	2nd "	9	1	Gained.	Perfect Recovery.
XIX.—Mrs. T.	3rd "	1	1	8	Death.
XX.—Mr. P.	2nd "	5	1	14½	Perfect Recovery.
XXI.—Mr. T.	2nd "	3	2	14½	Death.
XXII.—Mr. K. T. ...	3rd "	8	1	13½	Recovery.
XXIII.—Mrs. A.	2nd "	1	1	14½	Death.
XXIV.—Mr. V.	3rd "	1	1	Loss.	Death.
XXV.—Mr. N.	3rd "	1	1	Loss.	Death.

the average of the life of the 11 who perished of

CONSUMPTION IS NO LESS THAN 3 $\frac{1}{4}$ YEARS.

Invalids Nos. XIX and XXIII fairly improved during the summer months while they drank the Koumiss, but on returning to their homes in the winter and having ceased taking it, they died. Nos. II, VI, VII, XI, XIII, XIV and XXI (seven in all), were greatly improved, improved in weight, prolonged their lives considerably, but eventually perished with the disease. Nos. XXIV and XXV hardly drank any Koumiss, did not improve in the least, and died in the "Steppes." While 11 out of 25 Consumptive Patients died within a period varying from 1 to 10 years, there are 14 still alive; and of these 14—13 have been living 5 years and upwards. Of the 13 living, there are 5 who were attacked with Phthisis as far back as 10 to 17 years. **Average life of the whole twenty-five cases is 6 $\frac{1}{3}$ years, (including the 14 above who may live for many years.)** The average

GAIN IN WEIGHT WAS 11 $\frac{7}{8}$ LBS. EACH.

Dr. Carrick says: "I should certainly consider him a Sanguine Physician who, when consulted by the first twenty-five cases of Consumptive Patients that entered his study, would state his belief not only in the probability but in the possibility that seventeen of them would be alive that day five years, seven of them that day eight years, and five of them that day eleven years, with no reason why these latter should not live even a still longer span of life. Yet this is what the table fully and fairly sets out of the 25 patients treated by Koumiss, does."

Dr. Carrick also gives an account of the 14 persons embraced in his table of 25 (adding 4 other persons, Professors, Ovsyannikof's, Lesharts and Manasseins and Count R. of St Petersburg), who are

ALIVE AND FEELING STRONG

at that time. Showing the length of time since consumption attacked them, he says:—

	2 were first attacked with the disease	2 years ago.
1 was	" " " " "	18 " "
1 "	" " " " "	17 " "
1 "	" " " " "	16 " "
2 were	" " " " "	11 " "
1 was	" " " " "	10 " "
1 "	" " " " "	9 " "
1 "	" " " " "	8 " "
3 were	" " " " "	7 " "
1 was	" " " " "	6 " "
3 were	" " " " "	5 " "
1 was	" " " " "	4 " "

"All of these 18 continue their usual avocation, some are engaged in laborious professions. The greater majority of these invalids were not cases of a chronic form of pulmonary consumption, that might have done well without the Koumiss cure, but they were

"ALL VERY NEAR DEATH'S DOOR."

"Moreover they were not selected cases."

Dr. George L. Carrick says: "Not a single medical authority practically acquainted with Koumiss has failed to give it full praise as the

BEST KNOWN REMEDY IN CONSUMPTION AND ALL WASTING MALADIES."

"Stahlberg compares the results of Koumiss treatment in consumption with those that have been achieved by

COD LIVER OIL,

or even through the Southern Climate of Maderia and gives the

PREFERENCE TO KOUMISS.

The tendency to consumption which often depends on accidental depressing causes, is most successfully combatted with Koumiss, since it so

**RAPIDLY RESTORES THE LOST WEIGHT
AND STRENGTH.**

In the treatment of consumptives Koumiss takes the first place, not in virtue of any specified action, but thanks to its nutritious character and power of

**LESSENING THE SECRETION OF THE
MUCOUS MEMBRANE."**

(Zimssen on General Therapeutics, Vol. I page 367.)

It is only fair to state that most of the above cases were treated by Koumiss, made out of Mares' Milk, but the Koumiss made out of Cows' Milk, we have already shown has the same chemical composition, and that Koumiss as manufactured out of Cows' Milk is equally beneficial has been amply demonstrated.

Dr. Jagulski considers "Cows' Milk an equally good raw material, if not better than Mares' Milk for the preparation of Koumyss," (British Medical Journal, February 21st, 1874.)

Dr. Landorosky regards the

**"RICHNESS OF COWS' MILK AS ADVANTAGEOUS (AS
COMPARED WITH MARES' MILK,) TO THE SICK
WHO ABSORB A LARGE QUANTITY OF
NUTRITIVE MATERIAL."**

Dr. Polubensky who suffered from phthisis resorted to Koumiss (made of Cows' Milk) with the most marked benefit to himself says: "its qualities closely resemble those of fermented Mares' Milk", and again, "my observations on sick patients who used

FERMENTED COWS' MILK,

have led me to the conclusion, firstly, that it is

MUCH EASIER OF DIGESTION THAN MILK.

Secondly that its physiological action on the body is the same as Koumiss" (Mares' Milk.)

Koumiss has been very extensively used by Physicians in England and the United States, with most marked results in cases of

DYSPEPSIA, INDIGESTION AND ALL FORMS OF DEFECTIVE NUTRITION.

That well known authority Dr. Roberts Bartholow, in his work on Therapeutics says "The milk cure is especially adapted to the treatment of obstinate stomach affections. It has succeeded admirably in the treatment of Dyspepsia, Gastric Catarrh, Gastralgia, Gastric Ulcer, and has produced marked amelioration in cases of scirrhus of the stomach. In chronic intestinal indigestion, &c., &c., it has proved very efficacious."

Dr. Bartholow describes the difficulty the patient finds in continuing the milk diet, as it begins to pall on the appetite the mouth becomes pasty and the tongue is coated with a thick whitish fur, constipation occurs, there is a diminution in the weight of the body.

Dr. Bartholow further states that "caseine is that constituent of milk which is most likely to disagree with infants."

Koumiss contains all the elements which contribute to make Cows' milk so valuable a remedy for the diseases above specified, but it has the greater advantage of being much more

READILY DIGESTED AND ASSIMILATED BY THE STOMACH.

It does not pall on the appetite, on the contrary consumers become very fond of it. Its acidity is light and pleasant to the palate, producing no irritation of the mucous membrane of the mouth or fauces, and evidence has been already adduced showing the great gain in weight of those partaking of it. Borkoff "is positively convinced that Koumiss is easily digested, owing to the presence of carbonic acid, lactic acid and alcohol, and that this is the reason why it is so much easier to practice a Koumiss diet than a milk diet."

"IT REFRESHES, EXHILARATES AND SLIGHTLY ALLAYS IRRITATION OF THE STOMACH

and partly removes the repugnance with which individuals, enfeebled by disease, regard even the very idea of food."

"It has been proved by Bichet that the amount of acid in the stomach during digestion, is always about the same, so that the more acid the food contains the less gastric juice will be turned out, at any rate the less acid will the juice contain. The work of the stomach is relieved in taking Koumiss by part of the lactine being converted into lactic acid outside of the body, but a portion of the caseine has been absorbed by the whey in the making of the Koumiss, and is thus more easily reached and acted upon by the gastric juice."

Polubensky believes "that the soluble constituents are at once absorbed in the stomach: the fat and albumen are, after a very short contact with the digestive juices, rapidly absorbed in the bowels and with scarcely any residue—Dr. Stange, Ziemssen, page 360."

"Koumiss being so nutritious and easily digested soon effects a restoration of the tissues, and its advantage over all other dietetic remedies consists in the fact of its containing over and above the ordinary nutritive materials, alcohol, which aids digestion, carbonic acid gas which relieves the irritability of the stomach, and salts acting mildly on the intestinal canals, so that Koumiss is at once

A FOOD AND A DIGESTIVE."—DR. STANGE.

"It never overloads or lies heavily on the stomach, and can be taken at any time and in any quantity, without exciting oppression at the Gastric region."—Dr. Geo. L. Carrick.

"The activity of the Kidneys and Skin, especially the former, is greatly increased."—Dr. Geo. L. Carrick.

"The most remarkable fact is that while large quantities of Koumiss are easily digested half the quantity of water or

**ANY OTHER DRINK WOULD BE FELT
INCONVENIENT."—DR. W. F. DAAL.**

It is of special value in diseases where a diet rich but easily digested and which taxes the digestive organs is indicated":—Daal.

"Koumiss strengthens the system and stimulates in several ways":—Dr. Stange.

"Indeed in extremely

IRRITABLE STATES OF THE STOMACH

strong Koumiss in small quantities seems to be the only food that can be borne".—Dr. Geo. L. Carrick.

"After a week's course of Koumiss the tongue become cleaner" :—Dr. Stange.

Mrs. M.P. aged 48, suffered from dyspepsia for over 8 years, the ingestion of the simplest article of diet being frequently followed by vomiting, griping and purging. She was reduced to a mere skeleton, and was barely able to move. Koumiss, even in smallest doses, had no effect on the diarrhoea, although it arrested the vomiting. Alum was added to the fermented milk (Koumiss). In a week the diarrhoea ceased entirely : in a month the patient was able to eat everything, including raw cucumbers, water melons, musk melons, &c. Formerly she was unable to digest anything but toast and beef tea, and even that frequently disagreed with her" :—Dr. Geo. L. Carrick.

"Koumiss exerts its greatest influence on the general nutrition, and it has long been known to induce a surprising degree of stoutness in persons previously spare, and in some consumptives."—Zeimssen Therapeutics, page 361.

"Herzenstein, in common with all other writers on the subject looks on Koumiss as a highly nutritious substance,

THE EASY DIGESTION

of which, combined with a stimulating and then calming action makes it one of the most effective of foods."

" Even a feeble and

DISEASED STOMACH

will digest large quantities of Koumiss; the tongue becomes clean, heart-burn ceases, the appetite increases and the patient is able to

DIGEST ANY KIND OF FOOD.

The appetite becomes specially great in persons who have previously suffered from indigestion and in consumptives."—Zeimssen Therapeutics, page 384.

"The weight increases in proportion to the duration of the treatment, and the number of bottles drunk; the age of the patient too has some influence, for the older he is the greater the gain."—Dr. Stange.

CHOLERA INFANTUM.

Dr. A. M. Campbell in the American Journal of Obstetrics, October 1880, says: "In a severe case of choleric diarrhœa we derive but little aid from medication, the primary cause of the disorder being the food put into the child's stomach. These cases occur almost exclusively among fed children. Our aim is chiefly directed to find something on which the infant

CAN BE NOURISHED

and which will not increase the trouble already existing. In Kumyss we have

A FOOD WHICH CHILDREN

with high temperature not only take kindly

BUT CRAVE,

its slightly acid taste being grateful to their parched tongues. It is an absolutely non-putrefactive food, is free from sugar, and

IS RARELY REJECTED EVEN BY THE MOST IRRITABLE STOMACH."

"Although I do not claim that Kumyss is a panacea for every case of choleric diarrhœa, I can say that we have in it a valuable aid, with which to treat this most formidable complaint. Its use in the early stages will aid in arresting the disease, by supplying nourishment, which the infant can retain and which will be readily absorbed. I can say for it that

IT HAS NEVER FAILED ME

in any case of cholera infantum, except some in which well-marked brain symptoms already existed before it was administered, to

such a degree as to preclude the possibility of a recovery. Even in these cases it is an advantage, for we are giving a food which will not be vomited, and which will satisfy thirst."

"Dr. Senitschenko, Kasan, reports (*Petersburg Med. Woch.*,) that he has derived great benefit from the use of Koumiss prepared from the milk of the cow. The infants were from three weeks to one year nine months old, and suffered from Dyspepsia, Diarrhoea or Cholera Infantum. He began with a teaspoonful every quarter of an hour and after six hours increased this to a tablespoonful. The children soon became accustomed to it, and under its use soon improved and the frequent vomiting ceasing did not suffer from such constant thirst, while sleep became better."—*Medical Times and Gazette.*

FOR CHILDREN.

"In administering Koumiss the gas should be first expelled by pouring the contents of a bottle from one pitcher to another. Begin with small doses, gradually increasing the amount."—*Obstetrical Journal.*

TYPHOID.

"Feeling that the treatment of Typhoid diseases consisted essentially in nutrition and stimulation, Sambrschitsky determined to try the effect of Koumiss in an apparently hopeless case. The patient was at the twelfth day of the disease in high fever and unconscious. The stools were liquid and offensive, the features sunken, pulse threadlike and very frequent and muscular twitchings and decubitus completed the picture. The patient now received at short intervals spoonfuls of Koumiss, and as soon as the following day a reaction could be perceived. He rapidly improved from this time, and encouraged by this happy result Sambrschitsky treated several other cases with Koumiss, all of which recovered." :—Dr. Stange in Ziemssen, Handbook of General Therapeutics—Page 354.

GASTRIC CATARRH.

Dr. Stange, Registrar in the Clinic of Professor Eichwald, says: "The writer saw two cases of Gastric Catarrh caused by abuse of

Alcohol and Copaiba rapidly cured by Koumiss. Equally successful was the treatment in obstinate constipation following Typhoid and dysentery. In both cases ulcers of the bowels were diagnosed which had previously resisted all possible remedy." Ziemssen Therapeutics.

ALBUMINURIA.

(BRIGHT'S DISEASE.)

"Dr. Landousky used Koumiss with excellent result in three cases of Bright's Disease."—*Journal de Therapeutique, 1874.*

"Dr. Carter Wigg resorted to Koumiss in case of Albuminuria with Anasarca and Heart Disease with great benefit to the patient."—*Lancet 1875, Vol. 1, page 72.*

Dr. Jagulske was successful in treating 2 cases of acute Nephritis with Koumiss.

"Koumiss ought to be a useful diet in diabetes." Dr. Geo. W. Balfour, *Edinburgh Medical Journal.*

Dr. Roberts Bartholow in his work on Therapeutics says: "Koumiss differs from whey, in containing the nutritive constituents of milk, and from milk itself, in the important respect that it is in addition an effervescing alcoholic fluid."

"Koumiss possessed great value in the treatment of phthisis, chronic bronchitis, the low stage of fevers, the stage of convalescence from acute diseases".

That well known and highly esteemed institution The Aylesbury Dairy Company of London, England, who prepare a Koumiss made of cows' milk, speak in the very highest terms of its qualities in cases of Insomnia nervousness, typhoid, scarlet fever, erysipelas, dropsy, albuminuria, lung diseases, dyspepsia, indigestion, debility, bronchitis, consumption, &c., and in a pamphlet issued by them on Koumiss, they produce certificates and letters from patrons in all parts of England, who have used and been greatly benefited by Koumiss, bearing out in the most ample manner all the claims made for it.

We quote a few of the cases copied by them from the Medical Journals.

"Dr. A. H. Doby, speaks in the following terms of Koumiss in Gastric affections. (Clinical Brief.)

"There is no doubt of the uniformly good results attending "the use of Koumiss, not only as an article of diet in health, but "in the majority of gastric affections it certainly has a large range "and is not confined to any age, acting as well in the gastric "disturbances of the infant, due to impaired nutrition in the atonic "condition of the stomach, in the age which is not generally benefited by the usual stomachic tonics, having a remarkable effect "in alcoholic gastritis and particularly in all cases where a general "depression exists, phthisis, convalescence from fevers, &c."—*The Weekly Medical Review*, Chicago.

"In the greenish discharges we have reason to attribute the cause to indigestion of sugar, and it follows that both sugar and sugar containing food should be entirely eliminated from the dietary in such cases. As a diet Koumiss is said to be unexcelled. The original source of this article is Tartary where it is prepared from Mares' Milk ; it may, however, be made of almost as good a quality from the milk of the cow. In it the sugar has undergone that change which the stomach, in these cases of intestinal trouble referred to, fails to accomplish."—*The Therapeutic Gazette*.

Meeting of the British Medical Association at Cork.

AUGUST, 1879.

"When milk and all other food is rejected by the stomach, "Koumiss is even relished, and from the diuretic effects of "Koumiss, it is especially available in cases of acute nephritis, "hæmaturia, &c., affording hope even in several desperate cases, "in which the use of Koumiss has been effectual in saving life. "In small-pox, scarlet and typhoid fevers, where similar conditions "exist, equally beneficial results have been obtained. The great "diuretic power of Koumiss, together with its easy digestibility, "and nourishing properties, render it available and useful even in "the most hopeless cases."—*British Medical Journal*.

LUTON, AUGUST 5th, 1878.

"SIR :—On the 6th January, B. D——, aged 29 years, presented himself at my consulting rooms with all the symptoms of "diabetes. He was rapidly losing flesh and strength. Having "not long before this read an account of some cases in the *Lancet* "that were benefited by Koumiss, I determined to give it a trial, "and ordered an ounce five or six times a day."

"From this date to the 31st of March the improvement was "remarkable."

"He increased in weight. The inordinate thirst, which was "at first a marked feature, disappeared, and he has been at work "for some weeks, and said he has not felt so well and strong for "more than twelve months."

"So confident am I that the improvement was due to the "action of the Koumiss, that I shall employ it with confidence "should a case of this kind come under my care again. The "Koumiss was not employed to the exclusion of every other article "of diet. He was allowed a non-sugar-forming diet."

"I saw the man last in May, and he was then at work feeling "fairly well, and the urine had not increased in quality."

D. THOMSON, M. D.

The Lancet, August 17th, 1878.

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British Medical Journal, February 22nd, 1879.

By James Thomson, M. D., Leamington.

"Koumiss was introduced about eight years ago, and has "been used with great benefit in many cases. Often the sufferer "from wasting diseases is the subject of dyspepsia, the patient "dreads the meal time ; he is exhausted with hunger, and yet he "fears to eat ; and, when at last he is forced to take food, he suffers misery perhaps for hours afterwards. In phthisical cases, "the patient appears not to have the power to take sufficient food, "and to make up for the loss of material by expectoration. In "the marasmus of infants, there is the same starvation and emaciation. It is in these cases that I have seen great improvements "after the use of Koumiss. Under its use the improvement is

"rapid and permanent, and it can be taken by almost all patients without difficulty, and in most cases with great relish. I have several times heard a patient say that a glass of Koumiss was more supporting than a glass of old port wine."

"I have heard the same evidence of the value of Koumiss in these wasting diseases, from medical friends to whom I had spoken in terms of recommendation."

SHORNCLIFFE, FEBRUARY 9th, 1882.

"I have much pleasure in testifying to the admirable efficacy of Koumiss in the treatment of nausea; it has been retained when all other food was rejected.

J. S. FORRESTER,

Surgeon, Army Medical Department.

The following appears among the Testimonials of the Aylesbury Dairy Company:—

RAMSBURY, HUNGERFORD, BERKS, NOV. 11th, 1881.

"I believe your Koumiss to be, from my experience of it, a very valuable addition to our restorative resources in cases of **persistent vomiting and loathing of food of any kind.** The case for which I recently telegraphed for some Koumiss, which you so promptly supplied by first train, was one in which there had been persistent loathing of food, with immediate vomiting after the administration of the smallest quantity of any kind of food or medicine for over a fortnight before he came under my care, and which resulted from alcoholic excess. **The patient retained and liked the Koumiss from the very first,** drinking it fresh from the bottle, before it had liberated its carbonic acid, which I consider an important point. With frequent administration of Koumiss, assisted by nutrient enemata, my patient rallied steadily and has continued to make satisfactory progress, and now takes his ordinary food as well as usual."

SHEPHERD'S BUSH, W., January 27th, 1882.

"Your Koumiss certainly saved baby's life when only four months old. You may be interested to learn that she could not take a drop of Milk in any form for three months, and was almost dead from want of nourishment when I tried the Koumiss. She had three small bottles, and was then able to take Milk like ordinary children. Koumiss seemed to be the only thing that would remain on her stomach and the only thing she could really digest while in such a condition. I have recommended it to every one I know and hope it will be still better known before long."

"A preparation from genuine cows' Milk, called Koumiss, has now for some time attracted my attention. At first I was sceptical as to the benefits which were said to result from its consumption, but a somewhat extended experience has thoroughly convinced me of its great value. In cases where nutrition fails, when strength and weight are being lost, the virtue of the Koumiss soon becomes evident; the appetite improves, and the patient experiences a considerable increase of constitutional power. In cancerous destructions and other diseases of the large intestine, I have found Koumiss of eminent utility, and can thoroughly recommend it to my professional brethren."

WM. ALLINGHAM,

*Surgeon to St. Mark's Hospital for Fistula and other diseases of the Rectum ;
Consulting Surgeon to the British Orphan Asylum, &c., &c.*

"I had a patient whose case was very critical, and at the instance of my then assistant Koumiss was given to her. The lady was a very thin, weak, and anæmic subject, just confined with twins at full term. *General paralysis* followed; her low, muttering speech could not be understood. *Beef-tea, Milk, and stimulants were rejected*, and her prostration became extreme. About a week after her delivery, and when seemingly dying, sparkling Koumiss was given to her in small quantities at frequent intervals. Its good effects soon became manifest. The dry skin became moist; the bowels which had not acted for many days were naturally relieved; and the paralysis showed gradual improve-

"ment. In this case I believe life was saved by the Koumiss. A member of my own family is now taking it with marked benefit. She has been long suffering from *nervous debility*; no appetite, "sleepiness, sudden heats and flushes, and her assimilative power "feeble in the extreme. The usual medicines, with many weeks' residence at the seaside, produced no good results. The Koumiss "treatment is bringing about a complete change, and I hope soon "to see her restored to her usual health."

"In my judgment and experience Koumiss is destined to take "a high place as one of our best therapeutic remedies."

J. WALLIS MASON.

Lancet, December 19th, 1874.

"The remarks of Dr. Lowther in the Journal of January 19th, "and the cases mentioned by him will illustrate the value of Koumiss "as a remedial agent, and as a form of nourishment almost certain "to be assimilated in what otherwise might be considered to be, "perhaps, hopeless cases. In phthisis, in the early stages, where "capriciousness of appetite or disinclination for any food is a promi- "nent symptom, as also in the laryngeal from the disease, we possess "in Koumiss an agreeable and efficacious form of nurishment. In "cancer of the stomach or rectum, in vomiting of pregnancy, in "mesenteric disease, in affections of the throat, accompanied by "dysphagia, in gastric catarrh or gastric ulceration, Koumiss will "be found valuable as a remedy and as a food. Some patients may "consider that it is a somewhat expensive medicine; but, if it be "explained that it is also food, and that it is certainly cheaper than "wine, this objection is readily overcome."

LLEWELLEN THOMAS, M. D.,

*Surgeon to the Central London Throat and Ear Hospital;
to the Royal Academy of Music, &c., &c.*

British Medical Journal, February 9th, 1878.

WHY KOUMISS IS IN SO MANY CASES MORE ADVANTAGEOUS THAN MILK.

We have previously quoted from Bartholow to show the difficulty so often experienced in continuing a milk diet for any length of time and the difficulty of digesting it.

Let us now consider the causes :

The ingredients of milk consist of (1.) Water ; (2.) Fat or Cream ; (3.) Lactine or Milk Sugar ; (4.) certain Salts ; (5.) Caseine.

The caseine is the most nutritious part of the milk, but it is the most difficult part to digest. Cheese is made from caseine by adding rennet to the milk, causing the curd to separate and coagulate into a solid mass. This is then pressed and dried.

“When Milk is taken in its natural state the gastric juice of the stomach has precisely the same effect upon it as rennet, and the first process of digestion is the curdling of the milk and the coagulation of the caseine.”

“It is the caseine in milk when in this state that is difficult of digestion by some persons and under some circumstances.”

By the sugar of milk being converted into lactic acid in the preparation of Koumiss the

CURD IS ALREADY DIGESTED

by its own fermentation, which becomes more complete the older the Koumiss.

The lactic acid thus formed acts upon the caseine in the milk just as the gastric juice of the stomach acts when milk is partaken of.

In place of the stomach being called upon to perform the act of digestion when Koumiss is partaken of, the caseine (the most nutritious part of the milk,) having been largely digested by the

lactic acid produced in fermentation, "is in a form easily assimilated, and the digestive powers are taxed to scarcely any extent." In fact, the process of fermentation has nearly completed all the work of digestion before it enters the stomach, which would otherwise have to be performed by the digestive organs, or, as Dr. Geo. L. Carrick says :—"When the caseine is first precipitated by lactic acid, whether produced by spontaneous coagulation of the milk, or as the result of more rapid artificial souring, milk becomes the most digestible of foods, the gastric juice in fact is simply relieved of part of its work, which work is performed for it in a more efficacious manner **outside of the body by lactic acid.**"

In Zeimssen Therapeutics it is stated that in the complex effects following the use of Koumiss each of its several constituents plays a part :—

The Alcohol depresses the temperature, favors the storing up of fat in the body and predisposes to sleep.

The Milk Sugar favors general nutrition and storing up of fat.

The Lactic Acid has a cooling effect and diminishes the frequency of the pulse.

The Caseine replaces the waste of the organic tissues.

The Carbonic Acid increases the frequency and force of the heart's action.

"OAKLANDS KOUMISS."

In the preparation of Koumiss the utmost cleanliness is absolutely necessary, and the perfect health of the cows is imperatively necessary for the production of a wholesome Koumiss.

The Oaklands Herd of Jerseys being kept as a breeding herd, the greatest care is exercised to maintain the cows in perfect health, and perfect cleanliness is maintained in the Stables and the Dairy.

They drink nothing but pure spring water, given them in troughs through which the water flows continuously ; the food is of the most wholesome and nutritious character ; the cows are curried daily, summer and winter ; and every udder is carefully bathed before each milking. We think we can rely upon the reputation the Oaklands Jersey Dairy has acquired for the superior merit of its products and scrupulous cleanliness as a guarantee that nothing will be lacking in the way of the most careful supervision in the preparation of our Koumiss. The senior proprietor of the Oaklands Herd, personally inquired into the merits of Koumiss before deciding to engage in its manufacture. He knows of many cases of personal friends who having given Koumiss a thorough trial in critical and tedious sickness, attribute their recovery to the use of Koumiss (made out of cows' milk.) In cases where the "Oaklands Koumiss" has been partaken of, the beneficial results are not only most encouraging but suprising, and we confidently recommend its trial, believing it will accomplish all that is claimed for it, if its use is persisted in.

It is recommended that in the beginning small doses from a half to a tumblerfull at a time, twice a day, be taken and increased to 3 or 4 bottles daily as the taste for Koumiss is acquired. New Koumiss is also recommended at the beginning.

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For Sale in Toronto by the

OAKLANDS JERSEY DAIRY,

131 YONGE STREET, TORONTO.

—Outside of Toronto by—

OAKLANDS JERSEY DAIRY, Hamilton.

P. O. DRAWER 13.

AUGUST, 1885.

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