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A CLINICAL REVIEW OF THE VALUE OF
KUMYSGEN.

By JOHN V. SHOEMAKER, A.M., M.D.

Kumysgen possesses a number of advantages which will, as a rule, cause it to be preferred to the bottled liquid as formerly sent out. It is a powder, and is therefore readily transported; the beverage can be made from the powder in a minute or two by the addition of water and shaking for a minute; the casein of the powder is in a finer and, consequently, more digestible state. As a corollary from the last statement, the liquid made from the powder is generally preferred by the invalid.

Kumysgen exercises a stimulating influence upon the peptic glands and the appetite improves under its use. It promotes the action of the kidneys, and in the colder season of the year has a diuretic effect. In Summer it favors diaphoresis. Kumysgen has a tonic action upon the muscular system in general, and the heart in particular. The pulse becomes stronger and more frequent, and the respiratory acts are deepened as the result of taking Kumysgen. It increases the proportion of fibrin and hæmoglobin in the blood, and causes a gain in flesh and weight.

From its combination of nutrient and stimulant properties, Kumysgen is a very valuable addition to our dietetic and therapeutical resources. It is grateful to the stomach and allays vomiting; it is easily digested and absorbed; it is a reconstituent in conditions of prostration, whether due to loss of blood, to exhausting discharges, to chronic pathological processes or infections, or to febrile conditions. This succinct statement opens to view a wide field of utility. In my ensuing remarks I shall, merely by way of illustration, refer to certain cases in which I made use of Kumysgen with decided satisfaction to myself and advantage to my patients.

Mrs. P. was a lady, 25 years of age, who had been married three years, and within that time had borne two vigorous children. Although of originally sound constitution, she was of a delicate nervous organization, and for some time past had not possessed much strength. Her youngest child was six months of age. Her supply of milk had not been very abundant, but had seemed, nevertheless, adequate to the nutrition of the babe, who presented an exceptionally healthy appearance. The infant was very evidently flourishing, not only at the expense, but also to the detriment of the mother. The woman was pale, her lips and mucous membrane of the mouth were destitute of healthy color, her face had a drooping expression, her gait was feeble, her shoulders rounded, and all her muscles lax. She had become quite nervous, was easily annoyed or alarmed, ate little, slept poorly, and had bad dreams. Of late she had begun to suffer from facial neuralgia.

This was evidently a case of anæmia due to lactation. The impoverished condition of the blood had, in turn, given rise to neuralgia. The patient was, in fact, drifting into that condition in which tuberculosis so readily develops. Iron, in one of its most assimilable and palatable forms (lævulose ferride), was given her, together with small doses of quinine in capsules, and she was directed to consume as much Kumysgen as her stomach would tolerate, at intervals of about three hours. Improvement was soon manifest. The Kumysgen proved acceptable from the beginning, and very evidently had much to do with the marked and rapid amendment. The pain disappeared, after awhile the appetite grew better, and the patient was not obliged to rely so completely upon the Kumysgen; her nerves and muscles regained tone, sleep became more sound and refreshing, color began to come back to her lips and cheeks. Another gratifying feature of the case was that, coincident with conspicuous improvement in her general condition, her supply of

milk was increased. The Kumysgen seemed to act as a direct galactagogue.

In another case anæmia was consequent upon menorrhagia, which, in its turn, depended upon fungous endometritis. Here, again, I witnessed a very satisfactory action of Kumysgen, in connection with iron and appropriate local treatment. I was soon able to dispense with the iron, and relied entirely upon the nutrient. Hæmorrhage having ceased, red corpuscles were rapidly generated, and in the course of three months the patient was in blooming health. I may mention, in this connection, that I have often found kumysgen produce a very good result in those cases of irregular menstruation in young unmarried women, due to depressed nutrition. There is a certain degree of anæmia, the subjects do not all very conspicuously, are able to go about, but never know when to expect their periods. This uneasiness alone is a source of much annoyance to women, and, doubtless, the mental disturbance aggravates the physical condition. Kumysgen is of avail in such cases. As nutrition is advanced, the genital system shares the improvement, and the catamenia gradually becomes regular. In amenorrhœa due to deficient vitality Kumysgen is a serviceable remedy.

In chlorosis the administration of Kumysgen is scarcely less beneficial than in anæmia. Laache has demonstrated that in the latter affection, though the number of red cells is markedly reduced, yet each corpuscle contains its normal proportion of hæmoglobin. In chlorosis, however, though the number of corpuscles is but slightly diminished, yet the hæmoglobin is disproportionately reduced. From this discovery we should anticipate more rapid benefit in anæmia. Practically, however, I have found that the improvement in digestive capacity and in assimilation effected by Kumysgen is of material assistance in the treatment of chlorosis.

In various forms of toxæmia Kumysgen answers an excellent purpose. A case of chronic malarial intoxication happily exemplified its action. A lad, 19 years of age, had, four months previously, suffered from quotidian intermittent, and had never thoroughly recovered. At irregular intervals he had flushes of fever. He had lost flesh, his complexion was of a yellowish tinge, his lips and gums were pale, his tongue was dirty, his bowels were irregular,—sometimes loose and again confined. He was very short of breath, his pulse was 114, there were glandular enlargements in the neck and axillæ, his appetite and digestion were poor, he did not sleep well, and suffered from pain originating in the spleen and shooting into the back. He had found that solid food was apt to create flatulence. He was placed upon a liberal allowance of Kumysgen, which he relished, and which gave rise to no uneasiness. Upon this diet, enforced by the exhibition of iron and arsenious acid, the patient soon began to recover. A few drops of

laudatum were occasionally given, on account of diarrhœa. At the end of ten days he was sleeping well, the pain had left him, he could walk up-stairs without losing breath, his pulse was stronger and less frequent. When first seen he was scarcely able to walk. At the end of two weeks he could take a moderate walk, had gained flesh, and began to crave solid food. It was indisputable that the Kumysgen had been a factor of decided importance in his rapid improvement.

Subacute rheumatism is often accompanied by very marked gastro-intestinal disturbance. The tongue is heavily coated with a dirty fur, the appetite fails, the stomach is irritable, the liver inactive, vomiting is easily excited, and the bowels are irregular. Two instances, out of many coming under my observation, may suffice to illustrate the useful part which Kumysgen is capable of performing in such cases. A short, stout, dark-complected, and athletic man was perfectly well until eight weeks before consulting the writer, when he had an attack of muscular rheumatism, accompanied by some fever. After recovery he seemed entirely well for a few weeks, when he began to be troubled with muscular pains in the abdomen, side, and back. There was no continued fever, but he was apt to feel feverish at night. The skin was rather dry. His tongue was covered with a yellowish-white fur. His bowels were open, sometimes acting twice daily. His appetite was poor and digestion imperfectly accomplished. He suffered from a good deal of flatulence after eating. His abdomen was distended so as to give him decided discomfort. Whereas he had formerly been able to sleep "like a top" for eight or nine hours, he would, at the time of his visit, frequently lie awake for hours. His urine was dark-colored, and burned as it passed. He occasionally had pain in the limbs and sometimes also in the knee-joint.

In addition to the medical treatment adopted this man was placed at first upon an exclusive regimen of Kumysgen. The pains began to disappear, the beverage was acceptable to the stomach, and the troublesome flatulence soon vanished. The tongue cleaned, and, after persisting in this liquid diet for about a week, a pretty sharp appetite made its appearance, and the man began to clamor for solid food. The urine had, by this time, become limpid. The diet was cautiously enlarged, as it was found that his digestive capacity had increased.

Another case was that of a young girl, 17 years of age. For five days before consultation she had suffered from painful swelling, involving the ankles and dorsal surfaces of the feet. At about the same time she had pains of a sharp, darting character, accompanied by some swelling in the wrists, elbows, and finger-joints. Her appetite had failed, and her tongue was coated. In this case, likewise, a temporary resort to a Kumysgen diet was of unmistakable assistance as regards the condition of the alimentary canal. Many

other similar cases occur to my mind. One is that of a tall and exceptionally strong man of about 40 years of age, who had become so crippled with subacute articular and muscular rheumatism that he walked like a man of sixty. His tongue was extremely dirty, his breath had an offensive smell, and he was troubled with flatulence and colic, while his bowels were alternately relaxed and confined. In another, the subject was an esteemed colleague who, after struggling in vain to keep about, was compelled, from weakness and pain, to go to bed. His wrists, knees, and ankles were painful, though not much swollen. He loathed the thought or sight of food; he had occasional attacks of vomiting or retching, and I have seldom seen a dirtier tongue than he exhibited. Kumysgen allayed the marked gastric irritability, and was the only article which, for several days, his stomach had been able to retain.

I have also found this aliment of advantage in the management of gout. In the treatment of this disease much good results from a judicious regulation of the diet. It is desirable that the supply of animal food be greatly restricted, as the liver is unable to effect a complete transformation of peptones into the albumens of the blood. On the other hand, nutrition will fail unless a sufficient quantity of albumen is assimilated. Kumysgen is specially fitted to fulfill this indication. It may be given together with starchy and oleaginous foods and the more digestible vegetables. When a marked disturbance of digestion, attended by nausea and vomiting, announces that an acute paroxysm is impending, kumysgen is of service in alleviating the gastric symptoms, while it can have no deleterious effect in aggravating the attack. In fine, if we have the co-operation of the patient, the number, the severity, and the duration of fits of acute gout can be very favorably influenced.

In diseases of the alimentary tract Kumysgen is peculiarly efficacious. I have adverted to its power of soothing an irritable stomach. In most forms of vomiting it is a very excellent remedy. The sickness of the stomach which attends the outbreak of any severe fever, as scarlatina, bilious remittent, small-pox, typhoid fever, etc., is allayed by this remedy, which is, furthermore, of service in ministering to the nutrition of the patient.

The vomiting and the painful retching of acute alcoholism are effectively relieved by Kumysgen. It is also of service in the vomiting of pregnancy. I may refer to the case of a young married woman, 22 years of age, pregnant for the first time. For two weeks she had been sick at her stomach, vomiting often, and rejecting nearly everything of which she partook. She had been gradually getting worse, and finally was unable to rise from bed. During the preceding night she had awakened to vomit upon four separate occasions, and during the day she had again vomited sev-

eral times. When her stomach was empty she retched violently; the retching exhausted her strength and left the abdominal muscles very tender. During the acts of retching bile regurgitated into the stomach, and was ejected. Small portions of Kumysgen were administered, and this proved to be the first aliment retained for two weeks. It did not give rise to vomiting; on the contrary, it allayed the gastric irritability. After a few days the Kumysgen, at once a remedy and a food, could be taken in larger quantities, the woman rose from her bed, was able to overlook her house, and to take exercise in the open air. The Kumysgen was not able to completely suppress the nausea, which recurred occasionally during the first three months. I am convinced that this regimen saved the patient much suffering and debility, as the case was rather severe. No medicinal measures whatever were employed. Amid the numerous remedies which it is sometimes necessary to try in this distressing manifestation we should never forget the double advantage which Kumysgen possesses. While alleviating the symptom, it at the same time introduces aliment into the exhausted system.

There are many forms of dyspepsia in which Kumysgen is useful. We often meet with cases in which, without any evidences of gastro-intestinal catarrh, and, perhaps, with the preservation of a fairly good appetite, the digestive functions are so depressed that it is difficult to detect the prime source of the disorder, or to determine what class of foods are most obnoxious. Flatulence, nausea, and colic are more or less constant, and seem independent of the kind and quantity of food taken. In such cases I have found Kumysgen very beneficial. It is a good practice to begin the treatment with a restricted regimen, prohibiting all other kinds of food. When the urgent symptoms have subsided, the patient may be allowed to cautiously and gradually return to a mixed diet.

In gastric and gastro-intestinal catarrh the efficacy of Kumysgen is equally signal.

Kumysgen has been found useful in cholera infantum and the chronic diarrhoea of adults.

Chronic bronchial affections are benefited by the administration of Kumysgen, which is of service by causing deeper respiratory acts and promoting both general and local nutrition. It has been used with advantage in the chronic bronchitis of old people, in vesicular emphysema, and in bronchiectasis. Asthmatic patients are sometimes improved by the use of this remedy. Nutrition is promoted in neurasthenia by the administration of this agent.

A merchant, aged 34 years, who for six months had experienced a curious sensation in the head, which he likened to "compression." At times he suffered from sick-headache. His memory had failed as regards readiness; it cost him a distinct effort to recollect occurrences. He found that he was unable to add columns of figures as

quickly as he formerly could. He had, however, been able to superintend a considerable business, and had never made any important mistake. He was a man of temperate habits, was married and the father of four children, and had never had any form of venereal disease. There was no organic trouble, but by unremitting attention to a monotonous business the functional activity of the brain-cells had become to some extent impaired. Under the mild stimulus of Kumysgen, together with a relaxation of his business energy, he was not long in making a complete recovery.

A married lady, 31 years of age, had, within a year, been twice attacked with what was termed "nervous prostration." When she consulted the writer some of her former symptoms had returned. The chief complaint was of a peculiar sensation, as if drops of cold water were trickling down her body from the neck. She suffered considerably from neuralgic pain, which extended from the cardiac region to the shoulder, and sometimes down the arm. She often felt as if her head were being squeezed in a vise. Her eyes were weak, so that she could not read very long at a time. There was not much appetite. There was no palpitation of the heart, globus hystericus, or uterine trouble. The patient had been troubled with insomnia, but was better in that respect.

The use of Kumysgen in this case had a conspicuous effect in promoting nutrition. At the end of a few weeks the appetite had returned, the patient began to gain flesh, and the nervous ailments gradually vanished.

This agent is of especial value in the management of tuberculosis. In the pulmonary form of the disease it maintains nutrition and delays breaking down of consolidated areas. After cavities have formed I have frequently found it of more service than any form of aliment. I firmly believe that many lives might be prolonged by an open-air life in a suitable climate and a liberal use of Kumysgen. I have prescribed it for many patients, some of whom were able to go away from home in the winter, while others were compelled by circumstances to remain at home. The history of one case, in which it was especially efficacious, may be sketched. A young woman, 24 years of age, had never menstruated since the birth of her second child, about a year previous to the time when she was first seen. She had suffered from sharp pain in the head, back, and right iliac region. The pain was aggravated at regularly recurrent periods, corresponding to what might have been catamenial epochs. She had lost appetite, flesh, and strength. Digestion was imperfect. She was subject to attacks of palpitation of the heart after eating or upon walking. Physical examination revealed the presence of consolidation at the right apex.

This was a favorable case for the administra-

tion of Kumysgen, as the disease was in the first stage only, and deposit was not extensive. On the other hand, the decided failure of vigor and the indigestion were evidences that degeneration would soon take place. The patient was placed upon a liberal allowance of Kumysgen, and for several months, during which she was under frequent observation, the progress of the disease was undoubtedly checked. There was even a little improvement as regards muscular strength. The patient was able to walk with more firmness and for a greater distance. The amendment continued, and, at a subsequent time, when she had passed from under the care of the writer, she was reported as enjoying moderately good health.

In a second case which may be cited the value of Kumysgen was still more conspicuously displayed. A man, 30 years of age, had had a sore throat for two weeks and had lost his voice. He was feverish and had a cough which was worse in the morning. The sputum was thick and tenacious, and the effort to expel it had, during a few preceding days, occasioned nausea and vomiting. He had no appetite and had become quite weakened. He had no night-sweats and never spat or vomited blood. The man had an irritable heart, his respiration was a little rapid, there was prolonged expiration, and percussion revealed consolidation at the left apex. Under the use of Kumysgen the irritability of the stomach lessened, the cough abated, the appetite improved, digestive power increased, the voice returned, and in three months he considered himself as cured. The physical signs remained unaltered. This man spent most of his time in the open air.

In tuberculosis involving less vital organs I have witnessed extremely gratifying results. In lupus vulgaris, scrofuloderma, chronic abscesses, caries, necrosis, pyelitis, and tuberculous joint disease it is not too much to say that, in the absence of any idiosyncrasy on the part of the patient, Kumysgen ought to form a portion of the treatment. Many patients will contentedly drink Kumysgen day in and day out, satisfied that they are receiving benefit. Others will desire a change from time to time, and in such instances the Kumysgen may be diminished in quantity, or even suspended for awhile, and broths, milk, soup, or even eggs and solid food substituted. The great point in favor of Kumysgen is that it is so easily digested.

I place great reliance upon this nutrient, also, in catarrhal pneumonia. In pyelitis, when attacks of pain, hectic fever, headache, insomnia, and vomiting occur, it answers a valuable purpose, being generally better borne than milk. For the same reason, it maintains as long as possible the nutrition of the heart in cases of dilatation.

Kumysgen is particularly appropriate to the treatment of carcinoma. Malignant disease of

the stomach, liver, womb, or rectum receives, I might say, more benefit from the administration of this food than from any other article of diet. When the tumor is amenable to operation, and is removed early, Kumysgen will promote nutrition and, therefore, have a tendency to prevent recurrence. This is especially true of epithelioma of the lip and mammary cancer. In sarcoma, where recurrence is not so invariable, the prospects are all the more favorable. In Addison's disease, exophthalmic goitre, Bright's disease, and late syphilis this remedy is of great worth. It is of avail, likewise, in phagedæna. It supports the system during prolonged suppuration.

Kumysgen is a serviceable remedy in many acute infectious processes. In diphtheria it is one of the most valuable nutrients at our command. It is a welcome addition to our resources in typhoid fever, in which it is well borne from the beginning to the end of the disease. In those cases of typhoid in which convalescence is

slow, or in which a relapse unfortunately occurs, I know of no other remedy which will prove more useful. I have quoted one case in which it gave marked relief in an attack of intestinal irritation subsequent to complete recovery. I may instance, in addition, that of a man, 32 years of age, who suffered from a very mild attack, but in whom, nevertheless, convalescence was very slow. He remained weak, his appetite did not return, he developed a cough, and the prognosis appeared very grave. A resort to Kumysgen seemed just what was needed to turn the scale. It was given him in as large amounts as he could digest, and soon after he began to take it signs of improvement were manifested. Eventually, he entirely recovered his health.

The nervous depression so characteristic of influenza is relieved by the use of this remedy. I have derived good results from its employment in cases of remittent fever, croupous pneumonia, acute rheumatism, and dysentery.

FROM THE NEW YORK MEDICAL JOURNAL, OCTOBER, 1, 1892.

KUMYSGEN.

BY WILLIAM DAVIS, M.D.

ST. PAUL, MINN.

THERE is a growing tendency on the part of the most enlightened members of the medical profession to pay more and more attention to the matter of diet in certain diseases, and to rely less and less upon the use of drugs. Even twenty years ago, when the Prince of Wales passed through a severe attack of typhoid fever, it was the boast of the principal physician in attendance—the late Sir William Gull, I think—that the prince received but two or three doses of medicine during the whole course of the disease, reliance being had upon proper feeding and hygienic measures. Nor is this supplanting of medicine by diet to be looked upon as an evidence that the healing art is declining; there are not a few diseases where food becomes medicine and outranks all other medicines in importance. For instance, in the diarrhoeal diseases of children, what can astringents, opiates, or antiseptics do to relieve the inflamed and irritable digestive tract compared to a bland food whose digestion and assimilation calls for the least possible exercise of the digestive powers?

Among the many artificially prepared foods to be found in the market at the present time there

is one, but recently introduced, that deserves to be brought particularly before the attention of the medical profession. I refer to Carrick's kumyss powder, or Kumysgen, as it is called. As its name shows, its preparation was suggested by the great popularity of kumyss as ordinarily made from milk, and experience warrants the contention of its inventor that it has all the advantages of kumyss and more besides.

The difficulty with the digestion of milk by weak stomachs lies in the effort required to break up the curd which is at once formed by the action of the gastric juice. In the preparation of Kumysgen, this is overcome by mechanical means, and the curd is finely subdivided and mixed with the whey in such a manner as to form a smooth liquid, or, pharmaceutically speaking, mixture. But the chief difficulty with kumyss is that its preparation is something of an art, and, as it will not keep, it must be made frequently. Now, in Kumysgen this difficulty is entirely overcome. The curd having been dried and concentrated by evaporation of its water, its fine separation is easily accomplished, and in the powdered form in which it is prepared it readily makes a solution

whose particles are much finer than in kumyss, while at the same time it is possible greatly to increase the nutritive power of the drink prepared.

Kumysgen is thus seen to be a food designed particularly for feeding when the powers of digestion and assimilation are at their feeblest, in those cases where, as the result of acute or chronic disease, the digestive organs give out altogether and the physician is obliged to exhaust every resource in order to nourish his patient. These patients often utterly refuse to take milk, which is usually the mainstay under such circumstances. Beef tea is a bubble that has long ago been pricked; even when prepared in the most scientific manner, its nutritive powers are very feeble; the various preparations of meat quickly tire; here is a gap which Kumysgen stands ready to fill, for under these circumstances it is an ideal food, as it is at once of high nutritive value, of easy digestion and assimilation, and, by the presence of carbonic-acid gas, grateful to the most delicate and sensitive stomach.

To go from the general to the particular, I will describe a recent experience with Kumysgen that put this production to the severest test.

During the summer of 1892 a young lady had an attack of acute gastro-enteritis, which, from neglect or imprudence in its management, resulted in an irritable condition of the stomach and intestine such as I have seldom seen in adults, although it is not uncommon in infants after this disease. Everything that this patient took into her stomach—even a few swallows of water—would be followed by colicky pains, and in most cases after an interval of from ten minutes to half an hour by a movement of the bowels. All kinds of food were tried, but all produced the same effect, even predigested milk proving no better than the other things taken, while plain milk as well as certain other articles of food invariably provoked nausea, besides setting up the intestinal irritation. Kumyss as ordinarily made behaved but little better than other preparations of milk.

In this distressing and difficult situation Kumysgen has acted like a charm. The very first dose was perfectly well borne, not only by the stomach but also by the intestines, producing neither nausea, colic, nor defecation. After finding that it agreed well, I administered it a glassful at a time, repeated every three hours,

giving nothing else for the first thirty-six hours, then adding milk to the Kumysgen, then giving crackers with each glass, and so adding one thing after another to the bill of fare, getting the patient gradually back to a diet that included quite a variety of articles of plain food. I had previously proved the powerlessness of drugs to control the peristaltic action, even six grains of opium administered in the course of two hours failing to keep the bowels quiet, while large doses of bismuth, chalk mixture, catechu, sulpho-carbonate of zinc, and other astringent and anti-septic drugs had been of no avail.

Another affection in which I have found Kumysgen a great boon is the vomiting of pregnancy; it has been my experience that milk is not well borne in this situation, and although even milk and Seltzer or milk and Apollinaris water often fails to agree, I have found Kumysgen highly satisfactory. No doubt its effervescence is a great help, but that this alone is not enough is shown by the frequent failure of milk mixed with an aerated water.

Again, for nursing women Kumysgen is an admirable addition to the diet, for the purpose of maintaining the flow of milk with as little expense to the system of the mother as possible. It is particularly valuable for those women with whom cow's milk does not agree, for it is certain not to offend the digestive organs, and is fairly palatable.* I am confident that there is a great field of usefulness for this preparation.

I have not yet had an opportunity to try Kumysgen in typhoid fever, as that disease has been unusually rare in this part of the country during the last two years, but, from my experience with the article in the cases described, I look forward with confidence to using it successfully in typhoid. As I look back upon cases of this disease where milk has not been well borne, and as a consequence I have been at my wits' end to support the patient's strength, I think what a blessing Kumysgen would have been, and I shall certainly grapple with typhoid with more confidence in the future, knowing that I have at hand a preparation so admirably suited to sustain the sufferer in his struggle with the malady.

Dr. Davis used Kumysgen in the above cases before we had greatly improved it in palatability. Everyone now pronounces it palatable and a delicious drink.

FROM THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, CHICAGO, OCT. 15, 1892.

A SHORT EXTRACT FROM A PAPER ON

KUMYSGEN.

Read in the Section of Physiology and Dietetics, at the Forty-third annual meeting of the American Medical Association, held at Detroit, Mich., June, 1892.

BY J. MOUNT BLEYER, M.D.

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Some of the therapeutical applications, both as a special addition to foods and as a reconstructive, which I have made with Kumysgen. We know that there are diets suited to every age, to every climate, to every species of work, physical and mental; there are diets by which diseases may be prevented and cured; diets beneficial to some constitutions and injurious to others; diets which make the skin glossy, the frame vigorous and the spirit joyous; others which mar the face with wrinkles, speckle the face with eruptions, and make the form sallow, lean and prematurely old.

When by successive researches, the science of diet, feeding and administration of proper reconstructives to patients, is better understood, without doubt a school of physicians will arise, discarding all drugs and treating disease by forbidding certain foods and by surfeiting with others, if indeed at the present time there is not, in the highest representatives of medicine, the nucleus of the future school of dietetics already formed.

Invalids! What thoughts does that word call into being; what pictures do the imagination construct? The whole world seems full of invalids; beings whose life is a burden to them, who would give their wealth to be relieved of their wretchedness, who would barter their knowledge and fame for the careless life of the healthy man.

We meet them in a dreary procession, here and across the continent of Europe, scattered up and down the sunny shores of the Mediterranean, steaming across the sea in pursuit of rest, camping on lonely spots to cheat their pain, all up and down the world, among the haunts of men, life taking its sad tinge from their heritage of weakness.

There are invalids who are such because they do not have enough food; there are those who are such because they have too much food; there are invalids who have made themselves such by improper diet; and there are invalids who are invalids because they will not eat proper food.

There is no doubt that improper food is often the cause of our ills and certain maladies—that much abused member of our body, the stomach, is often answerable for ill-temper, discontent, fretfulness, caprice and ennui, and yet if we listen to its admonitions, and heed its teachings, we should enjoy more peace and find more happiness in our lives.

From my experience of several years' employ-

ment of this system in my practice, I do not consider that by this means we reduce the albuminoids too much. I can commend this modified form of vegetarian system, though its adoption must not be undertaken too suddenly, and must be done under the supervision of a physician.

When prescribing such a diet, I supply the albuminoids by using Kumysgen or kumyss and lean meats of all kinds, etc. The Kumysgen I allow my patients to partake of as much as they desire to drink.

We know that most professional people, whom we are called upon to treat for affections of the nose, throat, etc., are accustomed to high living. We therefore often find in this class of people old cases of dyspepsia, as well as an atonic state of the small and large intestines resulting therefrom, and I find that such cases are readily relieved by Kumysgen, with a modified diet. I have had patients whose digestion had for years been accompanied by extreme uneasiness or pain, and who are obliged to confine themselves to the simplest articles of food, which only half nourish their bodies. Soon after being placed on Kumysgen and a proper diet, the distressing symptoms disappear, their stomach after a time regaining the power of digesting almost all foods.

In cases of scrofula, syphilis and anæmia, where the blood is impoverished or poisoned or the tissues are undergoing rapid waste, there is nothing known that gives so much satisfaction as Kumysgen, combined with the remedies in use for the treatment of these affections. The combination of iron and Kumysgen gave me excellent results.

It was found that in all such cases, Kumysgen produced no specific action, but was simply the most digestible food that could be employed, with the view of improving the quality of the blood, and the nutrition of the body.

In the many operations which we are called upon to perform about the mouth, throat, etc., I know of no better food that serves to keep the body above par during the healing process than Kumysgen given "ad libitum." I find Kumysgen of special service after the operation of intubation of the larynx. In these cases, I am in the habit, where swallowing is interfered with, of feeding by a stomach tube, and the only food that I found thus far suitable, was Kumysgen. I would feed the patients on it from three to four times daily, giving the quantity indicated by the age.

In two cases of cancer of the œsophagus, the

nutrition of the body was extremely low when the cases came into my hands for treatment, on account of a lack of nutritious food. These cases having the cancerous growth so situated, I intubed the œsophagus and through the opening thus made kept up the nourishment of these patients by Kumysgen and a generous diet. Large quantities of Kumysgen were administered in this way. Their life, beyond doubt, was prolonged for eight months, besides relieving them from the agonies of starvation, which is the usual end in such cases. I will cite one more important case from my record book, showing the importance of Kumysgen as a reconstructive.

"A child two years old was suffering from a syphilitic tumor at the base of the interior of the epiglottis; the tumor involved the vault of the larynx, which necessitated a dangerous operation

at that age. I intubed the child, and by means of the stomach pump fed it on Kumysgen for three months, until the action of the remedies employed for the treatment of this tumor resulted in diminishing its size. The child recovered without much loss of weight."

Many other similar cases thus treated with Kumysgen I could cite, and I would advise you all to give this valuable food a thorough trial.

In conclusion I would say, that I have substituted kumys, made from Kumysgen, in all cases where I formerly employed liquid kumys, and find it much superior in many respects, both in regard to convenience of handling and in the results obtained. It is uniform in composition, and I find most patients will take it readily, which is not the case with the liquid kumys.

EXTRACT FROM AN ARTICLE ON

ARTIFICIAL FEEDING OF INFANTS,

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"PREPARED FOODS."

Many prepared foods are offered to the medical practitioner, each claiming special advantages.

As the physician is usually unable to personally examine these foods, to determine their composition, he must rely more or less on the statements of the manufacturers, and test such foods by actual practice.

In using prepared foods very great care should be taken at the outset to see that they are in good condition, that no deterioration has taken place through infection with the germs of putrefaction or of disease. We can only be certain in this respect of those foods that are delivered to us in hermetically sealed packages; the contents of which, when milk has been used, having been sterilized before packing. There is little doubt but that much harm has been done by the use of partially spoiled foods.

It has been quite positively settled that an infant under seven months old cannot digest starchy food. The salivary glands are not yet properly developed, and the secretion of Ptyalin, the ferment of the saliva which acts on starch, does not exist until after the above age. It would naturally seem then that an all milk food would be the only one to use. As far as I am aware Reed & Carnrick's Lacto-Preparata is the only food of this kind offered to the Medical Profession or public, and from what I know of its composition, its preparation and the results obtained by its use I am justified in saying that it is a most excellent substitute for mother's milk, and is the safest to use during epidemics of Typhoid Fever, Cholera Infantum and Asiatic Cholera. The milk is run through centrifugal machines which not only remove the cream, that constituent which would cause deterioration of the product on keeping, but which also remove all foreign particles, thoroughly cleansing the milk, so to speak.

The cream later on is partly replaced with purified cocoa butter which has been found by experiment to be as digestible as milk-fat and of equal nutritive value; moreover it does not spoil.

The mixture of milk and cocoa butter is now made alkaline with lime water, then sterilized, evaporated to dryness, ground and packed in hermetically sealed sterilized cans.

The same firm produce another food, adapted to the use of older infants and of invalids, called Carnrick's Soluble Food. It is prepared similar to the Lacto-Preparata, but contains about one-half ($\frac{1}{2}$) its bulk of dextrinized flour.

There is only one word of caution that must be given concerning the artificial feeding of infants; it is this: Watch carefully the condition of the child; if its flesh becomes flabby and it does not seem to thrive as it ought, try the effect of small doses of a reliable emulsion of Cod Liver Oil. It is possible that the system needs a little more fat than it is getting in its food. No prepared food, as far as I know, contains as much fat as the one recommended in this paper, but it is impossible to prepare a palatable food that will keep and which will not be open to more serious objections than a slight deficiency in fat.

SAMPLES OF BOTH INFANT FOODS SENT FOR TRIAL ON REQUEST.

