

digested food, and the relief which generally follows the expulsion of such material is often very great, for reasons which can now be easily understood.

It is interesting to observe that, in this method of relief, Nature is really carrying out the principle of blood-letting, which was so freely practised for hundreds of years, but which has unfortunately been so greatly neglected in recent times. It is true that bleeding used to be resorted to, on a rule-of-thumb method, largely in ignorance of the effects it produced, or of the results which were sought to be gained; and that, therefore, the measure was certainly abused. But Nature shows in the example quoted that blood-letting is based upon very great principles; and in fact both physiology and common-sense teach us that a blood-vessel overfilled with blood and a circulation embarrassed at the most important part of its tract by some physical obstruction, require the removal of some of the fluid in the blood-vessels.

Coming back, now, to the consequences of Heart Disease, the next organs to be affected are the Kidneys; and in their case the overloading of their vessels results in the same exudation of their contents, and therefore the passage of a fluid containing a considerable quantity of albumen, together with the ordinary constituents of the urine. This fact should be carefully remembered, because in a large number of cases, as all nurses are aware, the presence of albumen in the urine denotes the existence of actual disease of the kidneys; but in cases of congestion, inasmuch as the condition may be merely temporary, the presence of albumen may be merely a passing occurrence; and a sign, therefore, which generally bears the gravest signification, may be of no practical consequence at all—being merely due to Nature's attempt to relieve the overloaded vessels. In congestion due to Heart Disease, the case is of course generally grave because the cause is persistent and not temporary; the obstruction to the circulation and therefore the block in the blood vessels of the kidneys having indeed, as a rule, a tendency to get worse instead of getting better. And it must always be remembered that in long-standing or advanced cases, the congestion of any organ results in actual changes, not only in function but in the tissues—or, in other words, the occurrence of actual disease.

(To be continued).

Medical Matters.

MILK PREPARATIONS.



ONE of the greatest causes of infant mortality is known to be improper diet, but it is a strange fact that it is only within the last quarter of a century that measures have been actively taken to prevent the enormous fatality caused by the administration of such foods. It has been always recognised that milk is the natural and only healthy food, but the argument was not carried to its logical conclusion until analysis had pointed out the essential differences which exist between human milk and that of the cow. Then it was understood why cow's milk, however pure, so frequently disagrees with new-born children, and the greatest advance was made when a leading dairy firm commenced to make a food to which the name of "Humanised Milk" was given, and which was made to approach as closely as possible to the chemical constitution of human milk. Constant improvements have been made in the preparation, but all are based upon the essential principle mentioned.

The various articles produced by the Milk Preparations Company at Brentwood, and all of which have been introduced on the ground that milk is the best diet for invalids as well as for infants, are now receiving careful trial from medical men, and therefore deserve the attention of nurses. The company in question treat the milk directly it is drawn from the cow, and, in consequence, the probability of the fluid becoming infected by microbes is reduced to a minimum—a fact upon which too much importance cannot be laid. The company have wisely adopted a special type of bottle for their preparations; it is made of clear white glass, so that the condition of the contents can always be seen, and it is so stoppered that all air is hermetically excluded, while the absence of any metal in contact with the milk is a most important provision. With such advantages, it is not to be wondered at that the preparations of this company are obtaining much professional approval; and the Humanized Milk has proved both by analysis and in practical usefulness to be a most valuable article in the diet of infants. A Malted milk is a valuable addition to the

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