

"This Discourse swells to a greater Bulk than I intended," so with some regret I lay aside this worn record of bygone times, the little book so old as to be almost as good as new.

E. MARGARET FOX.

Practical Points.

Dental Regeneration. A naval surgeon writing to one of the medical journals on the connection between physical degeneration observes that the teeth of

Negroes, Malays, Chinese, and Japanese are vastly superior to those of the ordinary European or American. The European and American are, of course, he says, handicapped by the obsession of civilisation; but in spite of this the masses are less careful to cleanse their mouths after eating than are the Orientals and Negroes. In addition to careful cleansing of the mouth these uncultured people are almost constantly chewing sugar-cane, betel-nut, or other detergent; and it is the first of these, sugar-cane, that he considers a remedy by means of which dental caries might be very much diminished. All that is required is to implant in the British palate the taste for sugar-cane, which, "besides being of benefit to the teeth and musculature of the jaws, might also obviate the occasional bad results of eating the many coloured strocities sold as sweets." It is an interesting proposition, though one is not quite sure what the naval surgeon means by the obsession of civilisation, but it is very doubtful if the practice of cane-chewing would arrest the decline of the teeth of the civilised races. It is at least as probable that the decay of teeth is the result of physical degeneration as that it is the cause of it. In the vicious reactions of teeth on digestion and of digestion on teeth no one can say quite where the trouble begins.

Scurvy in Infants. Dr. William F. Cheney, in an article in the *Medical News*, says that there are three things to be done for the relief of this condition: discontinue the proprietary food; substitute for it fresh milk diluted with water or oatmeal water; give fresh orange-juice, one or two teaspoonfuls three times a day; give freshly-squeezed beef-juice, the same amount, three times a day. Give no drugs.

Don't Cross Your Knees. A medical authority has recently uttered a warning against the habit of sitting with one knee crossed over the other, a pose which is nowadays almost as common among women as among men. This apparently harmless habit, it seems, is likely to cause sciatica, lameness, chronic numbness, ascending paralysis, cramps, varicose veins and other evils. The reason is simple. The back of the knee, it is explained, as well as the front of the elbow and wrist, the groin, and the armpit, contains nerves and blood-vessels which are less adequately protected than in other parts of the body. The space behind the knee contains two large nerves, a large artery, and numerous veins and lymphatic glands. It is the pressure on these nerves and vessels which is apt to give rise to the various troubles against which we are warned.

New Test of Eggs. Considering the difficulty of obtaining really fresh eggs in hospitals, and how important a part they take in dietary for the

sick, the new method of testing them will be of interest to Matrons and Home Sisters. It is based upon the fact that the air chamber in the flat end of the egg increases with age. If the egg is placed in a saturated solution of common salt it will show an increasing inclination to float with the long axis vertical. A scale is attached to the vessel containing the salt solution, so that the inclination of the floating egg toward the horizontal can be measured. In this way the age of the egg can be determined almost to a day. A fresh egg lies in a horizontal position at the bottom of the vessel; an egg from three to five days old shows an elevation of the flat end, so that its long axis forms an angle of 20°. With an egg eight days old the angle increases to 45°; with an egg fourteen days old to 60°, and with one three weeks old to 75°, while an egg a month old floats vertically upon the pointed end.

The Digestibility of Peas Prepared with Hard Water. The *Interstate Medical Journal* says:—"It has long been known that water rich in lime or magnesium salts (so-called 'hard' water) is unsuitable for the boiling of certain foods, such as vegetables, tea, coffee, &c. The cause of this observation has been sought in an investigation undertaken in Professor Rubner's laboratory with special regard to peas. It was found that when prepared with hard water small, hard fragments of the vegetable were formed which were insoluble in the digestive fluids, and which appeared unaltered in the stools. They not only escaped utilisation in the economy, but, on account of the earthy albuminates and earthy soaps they contained, acted as irritants, producing flatulence, and colic with diarrhoea."

Nurses for Liners.

Miss Kate Penn, who has taken so much interest in the question of providing trained nurses for invalids on board ship, writes:—

"Reports are going about that the proposed scheme, 'Nurses for liners irrespective of the stewardess,' has fallen through, so I am writing to let you know the scheme is far from being 'dead,' but that, in the present depressed state of the shipping trade, it is no use asking shipowners to do anything; but everyone who has to do with ships other than own them is fully convinced of the absolute necessity of nurses on board ship for all tropical voyages, and sooner or later the public will have them. I may also add that numerous letters, inquiries and congratulations have been sent to me from all parts of the world, and, up to the present, 140 trained lady nurses have offered their services.

"Later on, I shall hope to be able to inform you that the movement is again on the tapis. Thanking you for the interest you have always shown in this matter."

The Liverpool School of Tropical Medicine proposes to despatch a second yellow fever expedition to the Amazon in view of the necessity of investigating still further this malady, which continues to be responsible for so many deaths. The expedition will probably start at the end of the year.

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