

Practical Points.

Feeding the Cow. Dr. C. L. Case, of Ramona, Cal., has been reading articles on infant feeding, and expresses surprise that none refer to feeding the cow to secure suitable milk. He writes to *American Medicine*: "This is the plan I follow: A healthy cow is selected with a calf as nearly as possible the age of the baby, older rather than younger if a choice is necessary. The cow is given dry feed, plenty of hay and bran, and no green feed for the first two months, and, above all, no bitter weeds. To begin with, I order two ounces of boiled milk, two ounces of boiled water, one ounce of lime-water, five grains of white sugar, and one grain of salt every two hours, to be put into an eight-ounce graduated nursing bottle with no tubes. I gradually increase the milk about one-half ounce each month for each feeding. I also increase the sugar and salt in proportion with the milk, but the other ingredients I leave the same in quantity for about nine months, when the child usually passes from under my care and begins to eat with the family. The intervals between feedings are to be increased fifteen minutes each month up to six months, and night feeding done away with as much as the child will allow."

Grape-Juice and the Typhoid Bacillus. In a recent weekly report of the Chicago Board of Health it is stated that a study of the action of fruit juices upon the typhoid bacillus has brought out the interesting fact that while lime-juice, apple-juice, and the juice of the grape-fruit all had a more or less inhibiting effect on the growth or vitality of these bacilli, bottled grape-juice gave the most conclusive results. Cultures of the typhoid and the colon bacilli were used to infect both distilled water and water from the laboratory tap in a strength of about ten million bacilli to a cubic centimetre. Bottled grape-juice was then added in proportions varying from 1 to 5 per cent. Examinations made at one-minute intervals showed that some brands had killed the germs at the end of the first minute, the effect being almost instantaneous. The advantage of bottled grape-juice, it is said, is that the quantity required—1 per cent.—does not affect the flavour of the water or disturb digestion, as lemon-juice does with some individuals. The freshly-extracted juice of the grape prepared in the laboratory had no effect on the bacilli, even in a proportion as high as 100 per cent.

Lemon-juice and Typhoid Fever. The energetic Health Commissioner of Chicago proclaims his continued trust in the bacillicidal virtues of lemon-juice. In the latest bulletin at hand of the Department of Health he says: "Further laboratory study of the action of lemon-juice on the typhoid germs confirms the results previously announced. The investigation has been extended to its action on the colon bacillus—first cousin of the typhoid, and the cause of diarrhoeal and dysenteric diseases, which carry off many more victims every year than does typhoid fever at its worst. It is found that the juice from different specimens of fruit varies greatly in destructive power, and the proportion stated—one teaspoonful to half a glass of water—is none too much. The action of the acid is instantaneous."

Cold a Germ Disease. Dr. Walsh, in the *Medical News*, says a very striking indication that cold is due to microbial invasion is to be found in the fact that the process is nearly always accompanied by fever. This is due to an absorption of toxic materials into the circulation which disturb the heat-regulating mechanism. A distinct period of incubation can be traced, and the efficient cause of the illness is commonly farther off than the patient imagines. The treatment advised when fever and chilliness occur is the use of calomel and hot drinks, especially cream-of-tartar lemonade, which acts as a diuretic as well as a laxative. A diaphoretic at the beginning of the affection will always give the patient comfort, and may unload the system of enough depressed toxic material to enable it to react and bring about the abortion of a cold.

Tea and Coffee Intoxication. Dr. King contends that poisoning by tea and coffee is relatively frequent, and that it is often overlooked. He cites the physiological action of caffeine and thein. Individuals who suffer from these forms of chronic intoxication show the following symptoms: Mental and physical lassitude, sleeplessness, headache or neuralgia, loss of appetite and dyspeptic manifestations, constipation in tea-drinkers and some disturbance of the heart's action. He remarked that irregular heart action is one of the most constant features, and is almost pathognomonic of this condition. He reports two cases of this inebriation.

Value of Breathing Exercises. Dr. Hoffman (*Therapeutische Monatshefte*) urges systematic expiration as the best prophylactic or curative treatment for emphysema. The emphysematous patient in his desire for air does not take time for expiration, because of the rapidly following inspiration, and his respiratory force gradually becomes weaker and weaker; therefore, before the disease is advanced, too far, and whilst the breathing apparatus still retains its strength, the patient should for a quarter to half an hour every day practise deep exhalation. In case of insufficient expirations, a rhythmical pressure on the thorax may be employed to alleviate the condition. The abdominal viscera are affected in an important manner by deep respirations, due to the movement of the diaphragm and the abdominal muscles; it affects the liver, and to a less degree the other movable organs, subjecting them as it were to an internal massage. The resulting pressure also acts on the veins, promoting venous return. The intestines are also activated; thus deep breathing is of value to those suffering from habitual constipation. In cases of syncope it is an excellent remedy. In threatened sea-sickness it improves the cerebral circulation; it also facilitates the return flow of blood from the abdominal organs, and has a marked psychic effect on the patient.

To Preserve Needles. Keep them in a saturated solution of washing soda. Carbolic oils and watery solutions dull all cutting instruments, and in alcohol they will soon rust. Albolene has an unpleasant oiliness, but is otherwise good. Calcium chloride in absolute alcohol is efficacious, but expensive. We believe many nurses will be glad to know of this simple method, as it is not easy to keep needles in satisfactory condition.

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