

OUR PRIZE COMPETITION.

MENTION ANY METHODS WITH WHICH YOU ARE ACQUAINTED FOR MAKING DOSES OF DISAGREEABLE DRUGS AS PALATABLE AS POSSIBLE.

We have pleasure in awarding the prize this week to Miss B. L. Cheesman, Royal Southern Hospital, Liverpool.

PRIZE PAPER.

Pills.—The oldest form of administering drugs in a palatable manner is the pill or bolus, ex. pil. rufus or red pill.

The drug may be coated with either keratin, chalk and gum, sugar, gelatine, or varnish; also gold or silver leaf.

Tablets and Tabloids.—Another method is the tablet or tabloid. In these the drug is compressed and mixed with gelatin, gum acacia or tragacanth, and can be flavoured with chocolate, sugar, violet, or rose.

Lozenges, Pastils, and Jujubes.—Lozenges, pastils, and jujubes having glyco-gelatin as a basis are principally flavoured with fruits.

Cachets.—The most nauseous drugs can be taken in cachets made of wafer paper. The powder should be placed between two cachets, the edges of which adhere quickly on being moistened. They are easily swallowed with a little water, and quickly dissolve.

Capsules.—Capsules of gelatin are used in the same way, and are easily soluble.

Emulsion.—A very pleasant form of taking cod liver oil is in an emulsion made up of tincture of benzoin, alcohol, essence of bitter almonds, and elixir of saccharin. Children especially are very fond of it. Other drugs, too, are frequently given in the form of emulsion.

Essences.—Some patients experience great difficulty in swallowing pills, capsules, etc. In this case we disguise the drug with some strong flavouring. The principal ones used in dispensing are orange, lemon, peppermint, aniseed, and cinnamon; orange wine is frequently administered with quinine.

Elixirs.—The drugs are made palatable with alcohol and syrup, and most of them are flavoured with orange peel.

Oil.—Castor oil is taken quite easily and perfectly disguised in a little brandy, lemon juice, orange juice, or beer; it can also be taken in an equal part of boiling milk, well stirred.

To remove any disagreeable oily flavour a pinch of salt or crust of bread is beneficial.

Sundry Methods.—Lump sugar is useful for taking camphor and eucalyptus. Croton oil

can be given in this way, but it is more often administered in butter.

The most difficult patients to make attractive doses for are children. However, powders may be disguised taken in jam, in raisin skins, or even in bread and butter in the form of a sandwich.

Linctus.—Treacle, also of historical fame, is alluded to by Dickens as largely used in the administration of brimstone. It is still much used for linctus, as well as honey.

There are daily new methods for making drugs more palatable. Some are the craze for a short time, and quickly die out. In this, as in most other things, it is a case of "every dog has its day."

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss E. Stanton and Miss E. Marshall (London), Miss Gladys Tatham (Roe-hampton Vale), Miss McKenzie (Glasgow).

Miss E. Marshall writes:—

Aloes is made palatable by adding liquorice.

Bark is disguised by adding a little bitter orange and glycerine, or peppermint and tincture of orange.

Opium, add a little essence of cloves, cinnamon, or glycerine.

Jalap, add essence of ginger.

Quinine, add tincture of orange peel to cover the bitterness.

Cascara, add orange, coriander, liquorice, peppermint, and magnesia.

Sulphur, add tincture of orange.

Valerian, add a little camphor water. The French preparation called *Neurène* is the active principle of valerian. It is made absolutely tasteless and odourless, and is a useful nerve tonic.

Sarsaparilla, add liquorice.

Rhubarb, add carbonate of soda and ginger.

Miss Gladys Tatham has found that for every kind of unpleasant medicine it will be found useful for the mouth to be washed out with plain water just before the dose is given. Medicines always taste worse if taken when the mouth is dry. Should there be dry crusts or "sordes" on the mouth these should be gently cleaned off with lemon juice and glycerine on a piece of lint.

Glycerine, slightly warmed to make it mix well, is excellent for disguising turpentine or other nauseous mixtures.

Hæmatogen and similar blood-containing mixtures are best given in a green or red glass with an aerated water, such as seltzer, followed by an acid drop or tablet.

Sulphuric acid can be taken in a largish quantity of pure cold water, and a drink of

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