



15435

THE JOURNAL  
OF  
LARYNGOLOGY  
AND  
RHINOLOGY;

*AN ANALYTICAL RECORD OF CURRENT LITERATURE RELATING TO  
THE THROAT AND NOSE.*

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**VOL. II.—1888.**

LONDON:  
**R. ANDERSON & CO.,**  
14, COCKSPUR STREET,  
CHANCING CROSS, S.W.

PHILADELPHIA:  
**P. BLAKISTON, SON & CO.,**  
1012, WALNUT STREET.



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# SCIENCE IN DIET.

SEPTEMBER, 1888.

## ERRORS IN INVALID FEEDING.

The three prime foods of the invalid chamber are doubtless cows' milk, gruels, and meat-soups. As ordinarily administered, these have been pronounced a delusion and a snare. The cows' milk curdles, and may thus do no end of damage. The starch is not acted upon by the secretion of the stomach, and may roll about in this organ for hours, aggravating the fever, causing delirium, and giving rise to no end of unpleasant symptoms. The beef-tea, as commonly made, contains, we are told by authorities, mainly the salts and stimulating principles of the meat.

### MILK.

It is constantly pointed out that cows' milk differs from human milk in that the former, when taken into the stomach, forms heavy curds, while the latter only flakes. These curds are often as tough and hard as felt. Upon them the secretion of a disabled stomach may have but little effect. In gastritis, gastric ulcer, and dyspepsia, and in intestinal ulceration, diarrhoea, and peritonitis, these curds have occasioned dire results. In typhoid fever, with the large intestine ulcerated, hæmorrhages have been attributed to them. "I have seen," says Sir William Jenner, "the patient restless, sleepless, or drowsy, his temperature raised several degrees above what it had previously been, vomit a quantity of curd, and at once the restlessness cease, the temperature fall, the skin become moist, and the patient drop into a quiet sleep, and the threatening symptoms vanish with the ejection of the offending material. Or the undigested curds may accumulate in the bowels, inducing flatulent distension and pain in the abdomen, restlessness, and increased febrile disturbance. Under these circumstances, I have seen an enema of thin gruel bring away a large vesselful of offensive, sour, undigested curds. Or, again, the undigested curds may themselves irritate the bowels, and produce, keep up, or greatly increase diarrhoea." But it is significant that the domain of infant feeding is where the dangers from plain cows' milk appear most vividly—and yet milk is the only natural food for infants.

Writers on dietetics are constantly referring to the dangers attendant on the administration of plain cows' milk, and pointing out the best methods of overcoming the difficulties. In case of extreme illness, the best plan, without doubt (for it is the safest), is to predigest the milk; the process of predigestion being now readily accomplished, it only being necessary to add a Zymine Peptonising Powder to each pint of milk, which should be kept warm for twenty minutes.

Milk prepared by this process agrees well with the stomach, will not curdle like plain milk, and is far more nutritious, because more assimilable, than the latter. It is certainly a boon to infants and invalids. It is suitable for all ordinary culinary purposes, and is even miscible with lemon-juice. The bland, soothing properties of milk prepared according to the foregoing directions place it foremost in the list of invalid and infant foods. It may be agreeably sweetened with Kepler Extract of Malt, which is sometimes used alone to make milk suitable for the digestion of infants and invalids.

### GRUELS.

Of the two chief digestive ferments in the body that act on starch—the salivary and the pancreatic diastase—neither is often active in febrile diseases. The stomach having no noteworthy action on starch, in such cases gruel may roll about in the organ for hours. Gruels are ordinarily light and pleasant food, and in convalescence may prove of inestimable value; but in severe cases they should certainly be digested before they are given. If to a plate of warm gruel there be added a little Kepler Extract of Malt, the gruel will turn liquid at once, for this Extract liquefies and digests it quickly. When treated in this manner, starchy food becomes admissible. Zymine can also be used to digest starch.

### BEEF-TEA.

Dr. Pavy appears to have been "the first to put in active practice the idea of preparing an artificially digested food." Beef-tea is necessarily made with heat, but heat coagulates the albumen of the meat, though the hot and cold water used dissolves out some salts and stimulating principles. The insoluble albumen which is coagulated by heat is therefore what is thrown away when the tea is strained. One writer says: "If our patients are to be given beef-tea, it should be made in such a manner that the real substance of the meat shall be retained. To do this, all that is necessary is to predigest the meat. This may be done by adding  $\frac{1}{2}$  drachm of Zymine to each  $\frac{1}{4}$  lb. of meat used. By this means, we shall effect what cannot be brought about by any other means except pepsin."

### NOTE.

Milk, Gruels, and Beef-tea are of a delicate flavour, and are most acceptable to patients when prepared with the Fairchild digestive ferments.

Zymine (Fairchild) supplied to the Medical Profession in  $\frac{1}{4}$ -oz. and 1-oz. bottles, at 20s. and 60s. per doz. Retail prices, 2s. and 6s. each. Zymine Peptonising Powders (Fairchild), in boxes containing 1 doz. tubes, at 1s. 6d. per box, to the Profession. Retail price, 2s. Special terms to hospitals.

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