

THE HIND FUND.

The following additional subscriptions have been received and paid to the account of the "Hind Fund" at Messrs. Coutts Bank—

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ALCOHOLIC STIMULANTS IN WORKHOUSES.

SIR.—I would esteem it a favour if some of your correspondents could favour me with information as to the amount expended in alcoholic stimulants in a few of the workhouses, having an average of 400 or 500 (sick) under the care of the medical officer.

The information is wanted in connection with the city parish pothouse, Glasgow; some of the managers of the poor (myself among the number) being of opinion that some investigation is wanted.—I am, sir, yours truly,
371, Duke Street, December 21st, 1892. W. L. MUIR, L.R.C.P.

A DOUBTFUL EXPERIMENT.

SIR.—I have just concluded an experiment which I think may be of service, or may lead to some observations which may be of use in the prevention and cure of disease. I have discontinued the use of flesh meat for nearly two years; but, on October 19th, I left off the use of all animal products, such as milk, butter, cheese, eggs, and honey. My weight was then 9 stones 8 ounces. In a month's time (the time my experiment lasted), my weight was 9 stones 3 pounds 12 ounces, or a gain of 3½ pounds. The change was not pleasant at first, as I gave up the use of salt and pepper as well; my food tasted rawish, and I was soon satisfied; but a week's practice soon made me relish my food, and new salt tastes distasteful. My usual exercise is from ten to fifteen miles a day, and I went on the same as ever, and I seemed none the worse for my change of diet. I even lost my mild bilious feelings which butter and cheese give rise to, and only broke my experiment once, and that was on November 14th, when I had a piece of cake which had an egg in it, but no butter. I calculated I took then a sixteenth of an egg.

My food was, as follows: Breakfast, at 9 A.M., consisted of porridge made from equal parts of oatmeal and wheatmeal. This was followed by a cup of hot water, flavoured with fruit syrup and sweetened with sugar. At the same time, I had some bread fried in refined cotton-seed oil, or vegetable haggis fried in the same, the haggis being composed of oatmeal, wheatmeal, tapioca, mixed herbs, and Spanish onion, rolled in a cloth like a pudding. Dinner was taken at 2 or 3 P.M., and consisted of a thick vegetable soup, eaten with wholemeal bread, or potato and onion pie, savoury pie, vegetarian pie, vegetable stew, stewed rice and tomatoes, etc. This was followed by a bread plum pudding, stewed figs, prunes, or raisins, and bread, or stewed rice and these fruits, etc. Tea meal, at 5.30 P.M., consisted of some fruit syrup and water, or a cup of cocoa. I had with it some bread and jam, stewed fruit, or green stuff, as celery, tomatoes, watercress, etc. Frequently I had only two meals a day, and a cup of cocoa and a biscuit at 8 P.M. The cost of my diet was a little over 6d. a day, and I could easily live for less. The quantity was not more than my usual amount. Now I have again returned to milk, butter, eggs, and cheese, when out visiting; but rarely are they seen on my own table.

I think the diet-cure will be found the philosopher's stone of medicine; by diet we can in a great measure prevent seven-tenths almost of our present diseases; or, if disease has set in, then simple food will allow the patient to recover most quickly. Most of our modern diseases can be traced to dietetic errors; excessive flesh-food, and want of active outdoor exercise and fresh air must be blamed for our diseases. All stomach-complaints, as indigestion, dyspepsia, gastric catarrh, biliousness, congestion of liver, jaundice, gastro-enteritis, hemorrhoids, etc., are due to excess or wrong kinds of food; whilst biliary calculi, urinary calculi, rheumatism, gout, atheroma, Bright's disease, and apoplexy, all point to excess of nitrogenous material, which the system cannot get rid of, and so it remains and produces disease. The kidney being blocked up, more work is thrown on the heart, which then hypertrophies or becomes enlarged, the lungs share in the back-working, and thus the whole system becomes affected. Most of these diseases can be cured, or at least relieved, by a non-flesh diet. Epilepsy is often cured, and always relieved, by such a diet; and even cancer's wasting hand may be partially stopped. Most chronic cases can be relieved by our diet; and I have known some severe cases of general eczema cured by it alone.

The study is well worthy of the study of our scientists; and, if possible, I intend showing by experiment how urinary calculi may be dissolved by diet, and so the operation of lithotripsy and lithotomy be avoided in many cases. The great secret of medicine must be, first, prevention; and, second, where disease already exists, its cure. If anyone would like to try this diet, I shall be glad to forward them a cookery-book containing over ninety recipes, on receipt of two stamps for postage, etc. It contains many dishes suitable for invalids, convalescents, those in delicate health, and others.—Yours truly,
T. R. ALLINSON, L.R.C.P. Ed.

34, Claremont Square, N., December 8th, 1892.

TINEA ON THE EYEBROWS.

SIR.—Can any of your readers give me a hint in the treatment of an obstinate case of tinea on the eyebrows of a young lady? The disease has been treated, she tells me, by several doctors, with varying success, but she has never had more than temporary relief. I have tried most of the ordinary remedies, as described in the text-books, without any apparent benefit.—Yours truly,
M.D. (Edin.).

AMBULANCE-CARRIAGES.

SIR.—It is desired to procure for this town an ambulance-carriage for the purpose of conveying patients to our nearest hospital, which is at a distance of some miles. What are the best carriages for the purpose? What are their relative advantages? Where can they be obtained, and what is the price in each instance?—Yours faithfully,
AMBULANCE.

AN ANNUAL DINNER FOR THE NAVAL MEDICAL SERVICE.

SIR.—I beg to suggest that an annual dinner be held every year in London, in the month of May, of all past and present members of the Royal Naval Medical Service. It would be useful in many ways.—Yours, etc.

ROYAL NAVAL DINNER.

PSORIASIS PALMARIS SYPHILITICA.

SIR.—I have a patient suffering from this skin-affection without any other perceptible indication of constitutional taint. I apply five per cent. of oleate of mercury locally, and internally give one-sixteenth of a grain of iodide of mercury in solution, four times a day. The psoriasis is confined to the left palm, and continues obstinate. I should be much obliged to any of the members of the British Medical Association who will give any suggestions as to treatment; also, I should like their opinion as to prognosis, and to the likelihood of visceral affection coexistent with the cutaneous manifestation.—I am, sir, yours faithfully,
M.B., C.M.

COMMUNICATIONS, LETTERS, etc., have been received from:

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BOOKS, ETC., RECEIVED.

The Book of Health. Edited by Malcolm Morris. London, Paris and New York Cassell and Company.

A Handbook of Hygiene and Sanitary Science. Fifth edition. London J. and A. Churchill, 1893.

The Law Concerning Public Health. By W. R. Smith, assisted by Henry Smith, M.B. London: Sampson Low and Company, 1893.

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