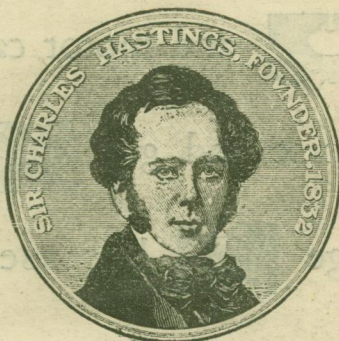


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TOXAEMIAS OF METABOLIC ORIGIN. PROMPT ELIMINATION IMPORTANT.

We have come so generally to think of toxæmia as of bacterial origin that we are apt to forget that the products of bacterial activity are not necessarily any more harmful to us than are the perverted products of the life-processes of our own body-cells.

In perfect health, these by-products are quickly removed from the sites of their production, and eliminated. As a result of various disorders, or of faulty habits in such matters as diet and exercise, however, the transport of this metabolic waste is slowed down, a sort of traffic block is established, and a mild toxæmia, with its characteristic manifestations—headache, malaise, nausea, and so on—results. It is to such a stagnation of the eliminatory current that we may probably attribute many of the unpleasant symptoms

that accompany constipation. Were these symptoms due, as has been commonly assumed, to actual absorption from the intestines, it would be difficult to account for the prompt relief which adequate evacuation usually affords. What seems to happen is that the stimulation of intestinal activity and the removal of alimentary waste relieves the stagnation at all points, and the general excretory process is speeded up. Thus, it is suggested, is to be explained the feeling of well-being that commonly follows the morning draught of ENO'S "Fruit Salt." This well-known effervescent saline owes its reputation to the uniformity of its composition, the care taken to maintain the purity of its contents, its agreeable and refreshing taste, and its acknowledged efficiency.

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