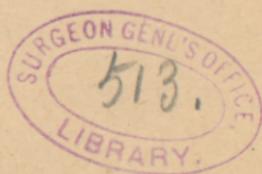
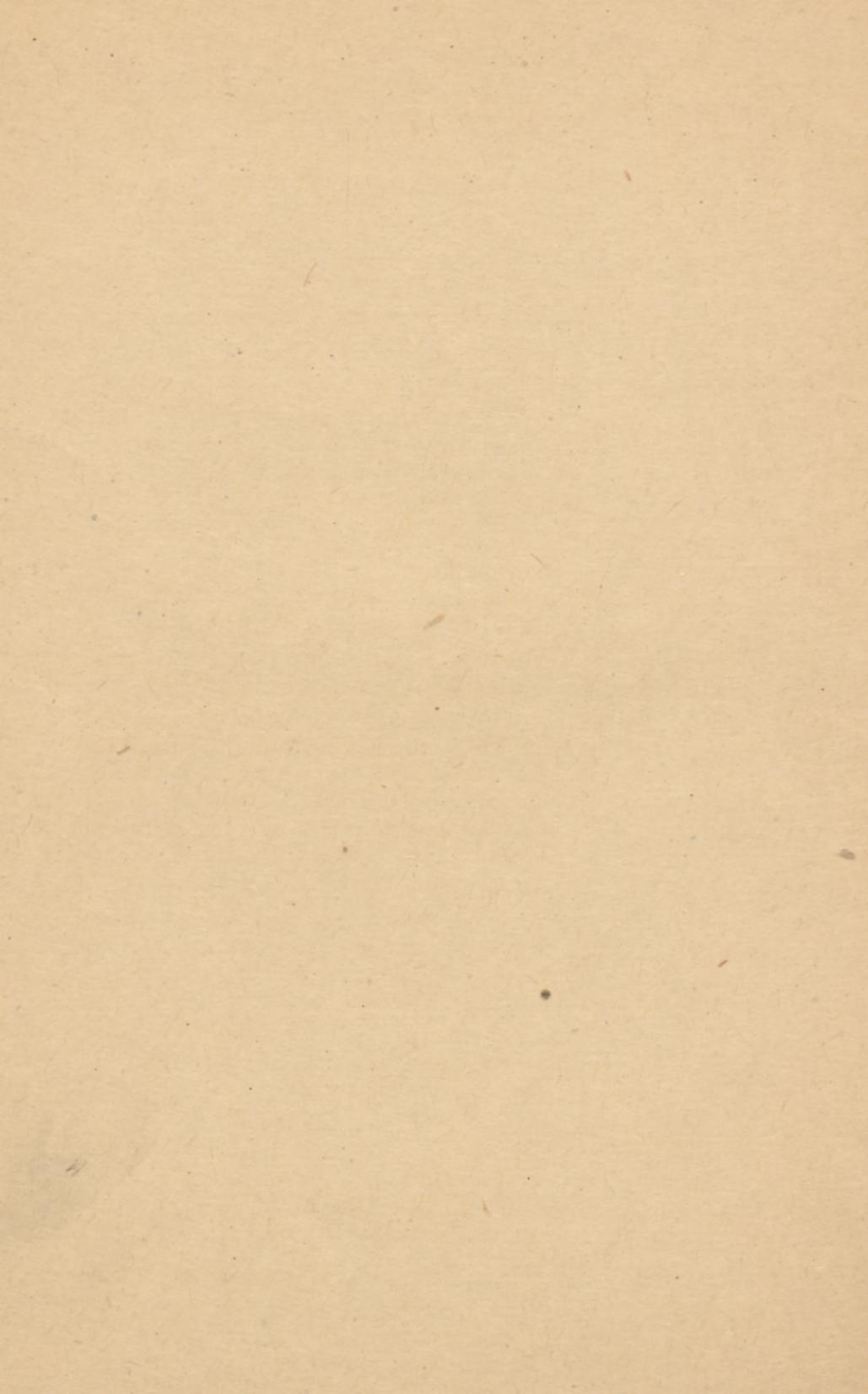


FLINT (A.)

A tonic formula





Flint. (A.)

From the "New York Medical Journal," May 18, 1889.

A TONIC FORMULA.

By AUSTIN FLINT, M.D., LL.D.,

PROFESSOR OF PHYSIOLOGY IN THE BELLEVUE HOSPITAL MEDICAL COLLEGE, NEW YORK;
VISITING PHYSICIAN TO BELLEVUE HOSPITAL.

IN the NEW YORK MEDICAL JOURNAL for July 31, 1886, Professor Allard Memminger, of Charleston, S. C., published a short article on "Bright's Disease of the Kidneys successfully treated with Chloride of Sodium." The salt is given in doses of ten grains three times daily, the doses being increased by ten grains each day until they amount to fifty grains each. It is then diminished to sixty grains in the day and continued. I employed this treatment in a few cases, but did not meet with the full measure of success noted in four cases reported by Professor Memminger, although in some instances there was considerable improvement. The suggestion by Professor Memminger, however, and his theory of the mode of action of the sodium chloride, pointed to a possible deficiency, in certain cases of disease, in the saline constituents of the blood. Under this idea, I prepared a formula in which most of the important inorganic salts of the blood are represented, with an excess of sodium chloride and a small quantity of reduced iron, the various salts, except the sodium chloride, being in about the relative proportion in which they exist in the normal circulating fluid. I first used this preparation in the form of powder, giving ten grains three times daily, after eating. It was afterwards put up in gelatine capsules, each containing five grains, but these absorbed moisture so that they would not keep well in warm and damp weather. The preparation is now, in the form of sugar-coated tablets, all under the name of saline and chalybeate tonic. I usually prescribe two tablets three times daily, after eating. In a few cases, six tablets daily have produced some "fulness" of the head, when I have reduced the dose to one tablet three times daily.



The following is the formula that I finally adopted, the product of which may be put up in capsules :

Saline and Chalybeate Tonic.

Sodii chloridi (C. P.)	ʒ iij ;
Potassii chloridi (C. P.)	gr. ix ;
Potassii sulph. (C. P.)	gr. vj ;
Potassii carb. (Squibb)	gr. iij ;
Sodii carb. (C. P.)	gr. xxxvj ;
Magnes. carb.	gr. iij ;
Calc. phos. præcip	ʒ ss ;
Calc. Carb	gr. iij ;
Ferri redacti (Merck)	gr. xxvij ;
Ferri carb	gr. iij ;

M. In capsules, No. 60.

Sig. : Two capsules three times daily, after eating.

I first used this tonic in a case of simple anæmia in Bellevue Hospital, in July, 1887. In this case the anæmia was profound and the pallor excessive. It had existed for several weeks ; there was loss of appetite, and the patient, a female about thirty years of age, was very weak and unable to leave the bed. A powder of ten grains was given three times daily, and this, with good diet, constituted the only treatment. In forty-eight hours the patient was sitting up, with a fair appetite and improved appearance, notably in color. At my next visit, two days later, she had left the hospital and was greatly improved.

Since the Summer of 1887, I have given the tonic in nearly every case in private practice in which a chalybeate was indicated. In many cases I have not been able to watch the effects of the remedy, and in many I kept no records. In thirty-three cases which I have noted as cases of anæmia, with loss of appetite, etc., I have more or less complete records. In twenty-two cases, I noted very great improvement, in twelve cases improvement not so well marked, and in one case no improvement.

I have also records of five cases of chronic Bright's disease of the kidneys in adults in which the tonic was the only medicinal remedy employed. The following is a brief report of these cases :

CASE I.—Male, intemperate, height five feet seven inches, weight in health two hundred and sixteen pounds, age twenty-eight. He had lost about sixty pounds in weight within nine months, weighing now one hundred and fifty-five pounds. The urine had a specific gravity of 1.012 to 1.015, and was loaded with albumin. There were granular casts in abundance. He was put upon the "tonic," ten grains three times daily, and told to stop drinking. After about six weeks of "moderate" drinking, but constant use of the tonic, he had greatly improved. He then began drinking heavily and stopped the tonic. About a week after this, the urine had a specific gravity of 1.021, there was a very small quantity of albumin, with no casts. He then resumed the tonic and drank less. In three days, he was much improved. The urine had a specific gravity of 1.024, with a faint trace of albumin, and no casts. I saw the patient about five months after the beginning of treatment. He had been taking the tonic regularly for the past three months, but had frequently drunk to excess. He was, however, much improved and had gained seven pounds in weight.

His urine had a specific gravity of 1.022, with no albumin (or the faintest trace), and no casts. About ten weeks after this he had been drinking heavily and had a mild attack of *delirium tremens*. His urine had a specific gravity of 1.010½ with six grains and a half of urea to the ounce. There was no albumin and there were no casts. Under the treatment for alcoholism, he improved rapidly and was out in three days. Within the last year, I have seen the patient casually from time to time, but have not had an opportunity of examining the urine. He looks well and says he is in perfect health, but he still drinks, and sometimes to great excess.

CASE II.—This patient was about fifty years of age, looking in fair health, whose urine I examined in September, 1886, and found a trace of albumin. In February, 1888, I examined the urine and found a specific gravity of 1.012 and a considerable quantity of albumin, but no casts. I then ascertained that for several months he had drunk about a bottle of whisky daily. He was directed to stop drinking and take of the tonic two capsules three times daily. Three weeks after he had taken the tonic regularly, the urine was normal, and had a specific gravity of 1.024. I had reason to think that the patient continued to drink to excess, but I could not keep the case under observation.

CASE III.—The patient was a widow, thirty-eight years of age. About six weeks before she came under observation she noticed that her sight was failing; she could not distinguish faces, and did not go alone in the streets. The urine was abundant, with a specific gravity of 1.011½ and a small quantity of albumin. She had lost considerable flesh within the past two months. There was a mitral systolic with an aortic diastolic murmur, but no enlargement of the heart. There was slight cedema of the feet. She was put upon the use of the tonic, two capsules three times daily. In a week I saw her again. There was no marked change. She complained of want of sleep, and was directed to take five grains of acetanilide at night, and to reduce the tonic to one capsule three times daily. She left the city and went to a village in Ontario for the summer. In January, 1889, eight months after, she wrote for a renewal of the tonic prescription, and said she had been perfectly well until within a few days, but gave no details.

CASE IV.—A clergyman, fifty years of age, of perfectly temperate and regular habits, had become "run-down" from over-work and had lost twenty-three pounds in weight within seven or eight months. Within a few weeks, albumin had been discovered in the urine. On physical examination, I found nothing abnormal except the urine and a reduplication of the first sound of the heart. The urine had a specific gravity of 1.022, with albumin in considerable quantity, and a few hyaline casts of medium size. He was put upon the use of the tonic, two sugar-coated tablets three times daily, after eating. He went to Bermuda, January 20, 1889. On April 1, 1889, he returned from Bermuda, feeling "perfectly well." He brought a report of a number of examinations of his urine, which showed a small quantity of albumin and no casts. On April 1st, the urine had a specific gravity of 1.021 with a moderate quantity of albumin. He had taken the tonic regularly since January 29th.

CASE V.—A widow, fifty-nine years of age, about ten years ago began to lose weight rapidly. Since that time she had lost about twenty pounds. About five years ago she noticed a considerable increase in the quantity of urine, with

excessive thirst. The history was that of a dietetic diabetes, but the disease was recognized only a few days before she came under my care. The urine had a specific gravity of 1.016½, with a large quantity of albumin and six grains and a half of sugar to the ounce. There were no casts, and the quantity of urea was four grains to the ounce. There was slight cedema of the feet.

Under a strict anti-diabetic diet for two days, the sugar disappeared from the urine, the specific gravity was 1.013, and the quantity of albumin was slightly diminished. The quantity of urea was six grains to the ounce. The cedema had disappeared. She was then put upon the use of the tonic, one capsule three times daily.

Four days after, the tonic was increased to two capsules three times daily, and the patient was allowed to have a little bread. The urine contained no sugar, but the quantity of albumin was unchanged.

Nine days after she came under treatment, the urine had a specific gravity of 1.015½, with a faint trace of sugar, and the quantity of urea was six grains and three-quarters to the ounce. The quantity of albumin was very much diminished.

Two days after, the quantity of urine was normal, specific gravity 1.102½, urea six grains and a half to the ounce, albumin in small quantity, a trace of sugar, no casts.

The general diabetic symptoms disappeared on the second day of treatment.

These five cases of albuminuria are reported with reference only to the effects of the "saline and chalybeate tonic." In all cases the tonic seemed to exert an influence on the quantity of albumin in the urine, which was specially marked in Case I.

In the great majority of the cases of anæmia, etc., in which iron was strongly indicated, the tonic seemed to act much more promptly and favorably than the chalybeates usually employed. In a certain number of cases in which patients stated that "they could not take iron in any form" the tonic produced no unpleasant effects.

We manufacture these pills, both plain and sugar-coated. Their extensive use would seem to confirm all the claims made for them by Dr. Flint.

JOHN WYETH & BROTHER,

CHEMISTS,

PHILADELPHIA.

