

THE FABLE OF THE EGG.

A THESIS ON ITS VALUE AS A HEALTH FOOD.

William S. Ely, M. D., of Rochester, N. Y., Gives Some Interesting Particulars of the Use of the Egg as an Aid to Medicine in His Practice.

I offer a note on the free use of eggs as food, in selected cases of acute and chronic disease.

Some four years ago, a neurosthenic patient in a private room, at the Rochester City Hospital, upbraided me, after six weeks of treatment by rest, massage, electricity, and what I then thought, liberal feeding, affirming that she was no stronger than when she first came under my care.

For many years the tolerance of the human stomach for food in certain conditions of acute and chronic disease, had been noted by me. The case briefly outlined, again called attention to the subject, and repeated observations have proven that the stomach and digestive tract in many cases of illness can be systematically trained to receive and assimilate a surprisingly large amount of liquid food, far exceeding that which in health would be tolerated.

Notwithstanding all possible efforts, nausea and vomiting and diarrhoea may often be produced, and the physician may be thwarted in his object. He will then try the white of eggs alone, variously combined, or will suspend them altogether. I have given the whites of forty-eight eggs daily for many days to a patient in the critical stages of Typhoid fever.

Please remember that I am not advocating a fad, specific, or "cure all," nor suggesting any original or untried method, nor urging the indiscriminate administration of an article of diet to your patients. They may be only a small number of physicians present who have not appreciated the nutritive value of the egg liberally administered.

With the numerous lengthy clinical records bearing on the administration of eggs in numbers which may be thought fabulous, I do not purpose to weary you. Briefest reference to a few cases at the present time must suffice.

Mrs. H.—Nerasthenia, aggravated case of long standing, took fifteen eggs and one gallon of milk daily, for six weeks.—Recovery.

Mrs. M.—Similar case, took twenty-four eggs and a gallon of milk and chocolate daily for eight weeks.—Recovery.

Mrs. B.—Wife of an intelligent physician. Extreme neurosthenia; mental depression marked; insanity feared; treatment begun at Rochester City Hospital, 1892. Medicines discarded as worse than useless; eggs milk and chocolate, systematically administered by day and night nurse; improvement slow; patient after ten weeks taken home where the treatment was continued.

Miss V.—Advanced consumption, 1891.—Hectic fever. Taken from bed where she had been confined for months, and placed in a bed in a specially constructed carriage, the object being to keep her out of door as many hours daily as possible. Eggs and milk were pushed to the point of tolerance. She gradually gained weight and strength, sat up and drove herself and carried her food in the carriage. She took fifteen eggs daily for a year—5,475 in 365 days.

Mrs. C.—Epilepsy. Seen with Dr. Barber. Took an egg an hour for several days.—Recovery.

Mrs. C.—Rochester City Hospital. Acute crepuscular pneumonia. Twenty-four eggs daily for four days.—Recovery.

ABOUT THE FARM.

Milking machines continue to be patented, but none of them appear to have come into general use.

The dairyman commits an injurious act against his fellowmen when he leaves the carcass of a dead animal unburied in the cow pasture, or daily milks with manure-begrimed hands.

Doollittle says in Gleanings that if you give a prolific queen eight frames and then increase as she needs them to thirty frames, she'll lay 5,000 to 6,000 eggs daily through most of the laying season and die at eighteen to twenty months old.

To keep or get the weevil out of garden seed, pour a little coal oil (kerosene) in the seed box among the packages. It won't injure the growing qualities of the seed, but it "demoralizes" the bugs.

A colt should never be otherwise than gentle and accustomed to halter, bridle and saddle, cart, sled, or harrow from the time he is a month old. Let the children train him, but don't call it the boy's colt and when grown "father's horse."

A tree growing in a good, rich soil is much more certain of yielding a good crop of fruit under all conditions than the same kind of a tree growing in a thin or worn out soil; and if good fruit is grown it will pay to use or apply sufficient fertilizers to keep in a good condition.

Late fruit is obtained by mulching the strawberries heavily in the winter and keeping it on late in the spring, and this could hardly be obtained in any other way. Do not make the covering so heavy that the plants will rot, neither put it on until the ground freezes.

Strawberries are the best of all berries. Every man that owns a piece of land should have a patch of strawberries. If your children cry for them will you give them salt pork? Strawberries should be set in May and ground bone and wood ashes make the best fertilizers.—Prof. Munson.

Oats may be used as a portion of the ration for poultry the year round, and especially for the large Asiatic varieties that are predisposed to put on an excess of fat when fed in the ordinary way. But we would recommend that the oats be good and sound, and first class in quality, otherwise they will not do as a constant food.

Wood ashes is a fertilizer particularly adapted to dry weather. In dry seasons no fertilizer produces better results on strawberries or potatoes. As we cannot forecast the season, it is a satisfaction to know that they have no bad effect should the season be wet. This is one of the things which can be used on almost any crop, on any land, at any time.

When plants are not mulched the cool night air of the early spring, even if it does not check growth, does not advance it. A mulch admits air, warmth and moisture, and shuts out scorching sun and blighting wind. It also prevents the escape of fertilizing gases. It collects the heat rays of the sun and retains them for the warmth and growth of the plant during the night season.

It has been ascertained by an extended series of experiments that rye and winter wheat will germinate in soil, the temperature of which is as low as thirty-two degrees. Barley, oats, flax, clover and peas will sprout at thirty-five degrees. The turnip is as cold-blooded as the rye and winter wheat, but the carrot needs thirty-eight degrees, and the bean forty degrees before they will make the initial effort to send the life-shoot in search of air and light.

Experiments show that sheep of seven to ten months old can be made to gain fourteen pounds for every 100 pounds of digestible material consumed, while those of eighteen months old will make a gain of but five pounds. It is difficult to get a profit from feeding old sheep, and any sheep can be made to gain as much in ten weeks as is usually done in five months. There is but one way to success.

Feed nothing but pure, sweet, clean, wholesome food. Anything which gives a taint or bad flavor to milk should not be given to cows. If a taint or flavor in the milk is caused by food it will be at its worst when drawn from the cow; if caused by some fermentation it will grow worse as the milk is kept. The remedy for the latter is cleanliness. Use scalding water in washing the utensils and strainers.

Care of Stock. The slip-shod methods of stock caring by old-fashioned farmers are best shown by their losses of early lambs. Sheep were not bred to lamb until late and even then it was expected as a matter of course that more or less lambs would perish from cold. Now, good farmers have their ewes lamb in midwinter and both ewe and lamb are sheltered so warmly in basement stables that very few are lost. Sheep growers are now breeding improved kinds of sheep, which have the habit of dropping twins, and occasionally triplets. The twin lamb needs some extra feeding, but when sold in early spring he well pays for this, while in older time one and sometimes both of the twin lambs would be allowed to perish in the cold.

Raising Onions. Over 600 bushels of onions have been grown on an acre of land, yet 300 bushels make a good crop. They require work from the start, and the cost of labor will be quite an item. They entail too much expense for ordinary farmers. Yet, when we look at the receipts, an acre of onions will produce more in bushels than ten or fifteen acres of wheat, and sell for twice as much per bushel.

Raise Strawberries. Prof. Troop says that 12 rows of strawberries, 50 feet long, will give an abundance for any farmer's family. Such a bed ought to yield over 600 quarts of berries, or 20 quarts a day for days. But very few families can find use for such quantities, and yet the space called for is only 40 by 50 feet. What farmer is there who cannot afford that small space to cultivate it?

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Eggs per dozen14

Lard per lb.12 1/2

Ham per pound12 1/2

Pork, whole, per pound06

Beef, quarter, per pound07 to .10

Wheat per bushel80

Oats " "45

Rye " "55

Wheat flour per bbl. 3.60

Hay per ton 12.00 to 14.00

Potatoes per bushel75

Turnips " "25

Onions " " 1.00

Sweet potatoes per peck 25 to .30

Tallow per lb.11

Shoulder " "11

Side meat " "10

Vinegar, per qt.07

Dried apples per lb.05

Dried cherries, pitted12

Raspberries14

Cow Hides per lb.3 1/2

Steer " "05

Calf Skin80

Sheep pelts75

Shelled corn per bus.75

Corn meal, cwt. 2.00

Bran, " " 1.20

Chop " " 1.25

Middlings " " 1.20

Chickens per lb new12

" " " old22

Turkeys " "15

Geese " "10

Ducks " "10

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" 4 and 5 " 3.50

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