

STARVING ON DEEF TEA.

Likely to Disturb Many Old-Timers Cherished Delusion.

It is generally believed that beef tea and animal broths of all kinds are nourishing. The most recent medical authorities assure us that this is a mistake. In order to combat what it calls "The Beef-Tea Delusion," Modern Medicine publishes an article, consisting largely of quotations from a high modern authority. We reproduce several paragraphs below:

"The late Dr. Austin Flint remarked on one occasion that thousands of patients have been starved to death while being fed on animal broths, beef tea, etc. No error could be greater than the notion very commonly held by the laity, and still quite too largely entertained by the members of the medical profession, that beef extracts, beef tea, bouillon, animal broths, etc., are peculiarly nourishing in character. We can adduce no better evidence to the contrary than is afforded by the following paragraphs from 'Bunge's Physiological and Pathological Chemistry,' one of the latest and most reliable authorities:

"We must guard against supposing that meat bouillon possesses a strengthening and nourishing influence. In regard to this, the most delusive notions are entertained not only by the general public, but also by medical men.

"Until quite recently the opinion was held that bouillon contained the most nutritive part of meat. There was a confused idea that a minute quantity of material—a plateful of bouillon can be made from a teaspoonful of meat extract—could yield an effectual source of nourishment, that the extractives of meat were synonymous with concentrated food.

"Let us inquire what substances could render bouillon nutritious. The only article of food which meat yields to boiling water is gelatine. It is well known that albumen is coagulated in boiling, the glycogen of meat is rapidly converted into sugar, and this again into lactic acid. The quantity of gelatine is, moreover, very small; for a watery solution which contains only one per cent. of gelatine coagulates on cooling. Such coagulation may occur in very strong soups and gravies, but never in bouillon. Bouillon, therefore, contains much less than one per cent. of gelatine. In preparing extract of meat, the quantity of gelatine is reduced as much as possible, because it is in a high degree liable to putrefactive changes, and therefore likely to interfere with the preservation of the preparation. The other constituents of bouillon are decomposition products of foodstuffs—products of the oxidations and decompositions which take place in the animal organism. They cannot be regarded as nutritious, because they are no longer capable of yielding any kinetic energy, or at most such small amount that it is of no importance whatever.

"Nevertheless, until the most recent times, creatin and creatinin, which are among the chief constituents of meat extract, were regarded as the source of energy in muscle. This assertion was shown to be untrue by the researches of Meissner and of Voit, who proved conclusively that creatin and creatinin are excreted in the urine twenty-four hours after their absorption, without loss. A material which is neither oxidized nor decomposed cannot form a source of energy, apart from the fact that the quantity of creatin and creatinin which is absorbed in bouillon is so small that it could not possibly be seriously regarded as the source of muscular energy."

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HINDING OVER AN EARTHQUAKE.

Novel Train Experience of an American Traveler in Turkey.

Riding on a train over ground shaken by earthquake is the novel experience of a Constantinople correspondent of the Cincinnati Tribune. He thus describes it:

"All at once the air grew still, an oppressive silence seemed to hang on vale and hill and all the people stopped short. It seemed to me that we ran in to a bad piece of track or that our train had suddenly quickened its pace. I saw a Serbian woman with a child in her arms stagger, stop, take the water jug from her head and hug her frightened baby to her naked breast. Hundreds of yoke cattle were lowing, burrs were braying and the whole flock of sheep were crying on the distant downs. Meantime the horses seemed to increase, and, although we were not making more than forty miles an hour, we appeared to fairly fly. Men stood still and stared at the heavens. A Mohammedan slid down from a pack mule, spread out his prayer rug, set his face toward Mecca and prayed. Christians crossed themselves, and as often as I stole a glance at the driver I found him looking at me.

"I had attributed the action of these wild people to childish wonder at seeing the train sweep by, but when I looked at the almost pale face of the sunbrowned driver I was bewildered. The things I beheld were all so unnatural that I felt my head swimming. Glancing ahead I saw the straight track take on curves and shake them out again, resembling a running snake. The valley had become a narrow gulch, and from the near hills arose great clouds of smoke, as from a quarry when the shots go off. The fireman, who had been busy at the furnace door, stood up now and gazed at the driver, who pressed his left hand over his eyes, then took it off and tried to see, but made no attempt to check the speed of the flying train. As a drunken cowboy dashing down a straight street sways in his saddle—as a wounded bird reels through the air—did this mad monster of a locomotive swing and swim over the writhing rail.

"Suddenly a great curve appeared in front of us. This time the stoker, who had left off firing, saw it, and made the sign of the cross. Again the driver hid his eyes, and again I felt my brain growing dizzy trying to understand. We could hear and feel the engine wheels rise and fall on the twisting rail with a deafening sound. At last she settled down and began to glide away as a boat glides down a running stream. 'What is it?' I asked of the French fireman.

"'Tremblement de terre,' he said, shading himself violently and fainting to the floor, and then I understood that we had been riding over an earthquake. The driver was either too proud and brave to stop, or too frightened to be able to shut off steam; I don't know which."

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SUBMARINE MINING.

An Enterprise with Some Novel Features in New South Wales.

It is proposed to carry into effect a project which aims at bringing from far below the lowest depths of Sydney harbor, New South Wales, the coal which geologists had predicted would be found there, and which has actually been tested by diamond-drill borings. Transport, in a recent issue, contains a very flattering account of the scheme now being floated on the London market from which the following particulars are obtained:

Important coal fields have been developed both north and south of Sydney—at Newcastle and Bulli—but up to the present the intervening area has been left practically untouched, although plainly shown on the government geological maps of forty years ago. The unquestionable advantages which would follow the opening of coal mines in the very heart of the capital of the colony have led to the formation of a company, and induce our contemporary to take a most sanguine view of the outlook. Sydney is an important shipping port, where the lines of many steamship companies converge, and the coal of the bed in question is in demand for bunker use and export.

The borings were made under the superintendence of the miners' department of New South Wales, partly on account of geological interests and partly with the very practical ulterior view of raising revenue. The seam was found within 39 feet of the depth predicted by the geologists, in a bore hole 2,700 feet deep. For 1,500 feet the borings passed through a compact sandstone, claimed to be impermeable to water. The seam itself is 10 feet 3 inches thick, of which 6 feet is clean coal free from sand. The shafts to be sunk will be within 200 feet of deep water, so that the situation will be unique, the saving on cost of transportation from the nearest mines now working being about 75 cents to \$1 a ton. The parent company has secured a surface site of small extent, but has concessions over 1,400 acres below ground (and water), and it is expected that several other collieries will be started, for which there is said to be room.

There is nothing extraordinary in mining under water, as implied in the statements. This has been done on the Cornish coast and in the copper and iron mines of Michigan at Silver Islet, Lake Superior, but the opening of great collieries in a large shipping port, with a delivery from the shaft mouth directly into vessels alongside, is something which only the mines of Washington and British Columbia can rival. It is also proposed to utilize the smaller coal, screened from the bunker coal, for a large electric installation and also to make coke and establish local smelting works.

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NEW YORK'S NAME.

Not So Bad as It Would Have Been Had York's Old Names Survived.

Now that New York's name is under discussion, it is well to be thankful that the contraction of old York's original Eborwic took place before the qualifying "New" was added, for if York is bad, New Eborwic would be ungarable, says the Sun. York's still earlier name of Eboracum would have gone no better with "New," and her Celtic name of Caer Eborac would have been even worse than any of the others with a third element prefixed. The syllable "wic," which has almost disappeared in the contraction of Eborwic to York, is rather the Saxon wic, meaning an abiding place, than the Danish wick, meaning a station for ships, surely an appropriate suffix for so great a seaport as the chief commercial city of the new world.

New York is really no worse off, however, in the matter of its name than a good many other cities are or have been. York, with or without the New, is better than Mudtown, which is no unfair translation of Lutetia, the ancient Roman name for Paris, bestowed upon the city of the Parisi because of its mud houses. London, by the way, takes its name from the fortified hill of the Britons where St. Paul's cathedral now stands. Dublin is a name concealing two unattractive syllables meaning the black pool, and Liverpool is literally the pool of the living creatures, so called because wild fowl abounded upon the waters of a pool near the site of the city. Brussels is conjectured to mean either swamp or thicket, and Rome may be merely the early Latin equivalent of the crossroads, from the fact that the local lines of travel met at the Forum. Berlin is conjectured to mean the short lake. Other guesses take it as the free and open place, the river island and the marshy spot.

Names that are commonly accepted as of but a single word often contain a phrase or a whole sentence. Constantinople and Valparaiso are familiar examples. Pertainebuco sounds well to English ears, but means the mouth of hell. Cairo, which has been mistaken by European ignorance for the name of the city, is really a corruption of its descriptive title, so to speak, El Kahirah, the victorious. The true name of the city is Misr. Bombay is only the Portuguese Dona Bahia, good bay, a modest enough name for an oriental city, since the names of such usually mean a great deal that is pretentious or splendid. Ispahan, for example, is the half of the world; Astrakhan, the city of the star; Bagdad, the garden of justice. Copenhagen is merely the merchants' harbor. The concealed "news" in foreign city names are legion, as Norvord, Neustadt, Neufchatel, and even Naples.

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