
DIETETICS

Anaphylaxis (Food Poisoning)

'What is one man's food is another man's poison' has now been proven as a scientific fact. To a much larger extent than realized many persons chronically unwell and subject to headaches, digestive, bronchial, and skin disorders are thus ailing, because some certain food quite good enough in itself is never the less a poison to them. It is believed that all foods may provoke anaphylaxis, but the individual must be sensitive to a certain article of food or food group. The food to which he is sensitive, when eaten by him, will provoke the anaphylactic state.

Three foods are at present considered of major importance in provoking a toxic reaction, milk—especially in infants, eggs more particularly in children from four to fifteen years, flour—in adult life.

The toxic reaction may be so serious, particularly in infants, that death results in a few hours after becoming sensitive to milk protein. This certainly is the termination if a further feeding of milk be given to the sensitized little patient. The re-education to milk tolerance can be accomplished only by a very cautious drop method of feeding.

There is a less serious but more prevalent type in which the anaphylaxis is accompanied by abdominal pain, vomiting, diarrhoea, eczema or urticaria. Respiratory symptoms of asthmatic nature are frequent. There may be migraine and even epileptic storms.

There is a chronic form of anaphylaxis in which the patient is never quite well but has acute aggravations. These exacerbations may be dyspeptic, or muco-membranous colitis. There is usually persistent headache, chronic eczema and chronic asthma. When this association of symptoms is present it points strongly to food anaphylaxis as the cause.

The cure for this condition consists mainly in determining which food is the provocative factor, and eliminating this food entirely from the patient's diet.

As an aid to discovering the harmful food, two tests have been developed. They are known as the skin reaction test and the intradermal test. In both of these tests the suspected food is used in the effort to produce a characteristic reaction.

Since all persons are perhaps sensitive to some particular food, a careful check-up to find what is food and what is poison would be most helpful as a prophylactic as well as curative measure.

H. C. MENKEL, M.D.,

Simla.

Oriental Proverbs about Women

Respect a silent woman ; great is the wisdom of the woman that holdeth her tongue,
A haughty woman stumbles, for she cannot see what may be in her way

Trust not the woman who thinketh more of herself than another ; mercy will not dwell in her heart.

The Gods honour her who thinketh long before opening her lips.
Pearls come from her mouth.