

- Roncegno—Seven Springs, Virginia.  
 Rubinat—Sowers Springs, Kentucky.  
 Salso Maggiore—Saint Catherine's Well, Canada.  
 Salzbrunn—Saint Louis Springs, Michigan.  
 Schlangenbad—Lebanon Springs, N. Y.  
 Schmalkalden—Spring Lake Well, Michigan.  
 Sedlitz—B. B. Mineral Springs, Missouri.  
 Selters—Stafford Springs, Connecticut.  
 Sirmione—San Diego de los Banos, Cuba.  
 Soden—Aetna Hot Springs, California.  
 Spaa—Aurora Springs, Missouri.  
 St. Moritz—White Sulphur Springs, N. Y.  
 Stachelberg—Cairo, Greene County, N. Y.  
 Sulzbrunn—Sheboygan Mineral Well, Wisconsin.  
 Salzschlirf—Ballardeville, Massachusetts.  
 Tarasp—Saratoga Springs, N. Y.  
 Teplitz-Schoenau—Arkansas Hot Springs.  
 Tunbridge—Mountain Springs, Pennsylvania.  
 Tutzing—Lake Champlain, N. Y.  
 Vetriolo, see Levico.  
 Warmbrunn—Arkansas Hot Springs.  
 Weissenburg—Berry Hill Spring at Elkwood, Va., or Bedford Springs, Pa.  
 Wildbad—Virginia Hot Springs.  
 Wildungen—Adams Springs, California, or Allouez Mineral Springs, Wis.  
 Yverdon—Santa Barbara Hot Springs, California.
- Comments and correspondence on this subject are requested and will be promptly answered.

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### THE PRESCRIPTION OF LIFE.\*

J. W. ENGLAND.

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Aunt 'Liza's former mistress was talking to her one morning, when suddenly she discovered a little pickaninny standing shyly behind his mother's skirts.

"Is this your little boy, Aunt 'Liza?" she asked.

"Yes, miss, dat's Prescription."

"Goodness, what a funny name, aunty, for a child! How in the world did you happen to call him that?"

"Ah simply calls him dat becuz Ah has sech hahd wuk gettin' him filled!"

Life is a funny proposition. It's just like the model prescription described by Joseph P. Remington in his model textbook on "Pharmacy." It may be compatible or incompatible, palatable or unpalatable, bitter, sour or sweet.

It may do good or harm. It may bring joy to the heart of the sick or ease the pain of the dying. It all depends upon the skill with which it is prescribed and compounded.

The prescription has six parts and so has life:

1. We have the "Superscription or heading." In the prescription, this consists of the symbol  $\mathcal{R}$ , which is an abbreviation of the word recipe, meaning to "take," the imperative of the Latin verb recipio. The use of the inclined stroke on the tail of the R is traced to a custom in the ancient days of superstition, of

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placing at the top of the prescription an abbreviation or invocation, which represents a prayer to the favorite deity.

In life, the symbol stands for ourselves and we "take" all we can get, from infancy to old age, and constantly invoke the gods for more! Man comes into this world without his consent and he goes out the same way. When a baby, everybody wants to kiss him, and before he goes everybody—don't! "In his infancy he is an angel; in his boyhood he is a devil; in his manhood he is everything from a lizard up; in his dotage he is a fool!"

2. We have "the name of the patient." In the prescription, this is directed to be placed at the head of the prescription and transferred to the label. It is frequently omitted.

In life, we are labelled with a name as soon as we are born, and hang onto it like "grim death to a dead negro," unless we happen to be a "she," when we gladly change it, on request, for another name, sixteen or more years later.

3. We have "the inscription or the names and quantities of the ingredients." In the prescription, this is the most important part of all and requires the greatest amount of care in compounding. It embraces:

a. "The basis or chief active ingredient." The basic ingredient of life is character or moral excellence. Not what the world thinks a man is, but what he is; not what a man has been, but what he may become. With character, a man can fight down all the storms of life unafraid and undismayed, and he can go down to death, if needs be, with a smile on his lips and immortality in his eyes. Without character, he is a rudderless ship, bound to the land of nowhere. And we can train character, just as we can train flowers to become more and more beautiful.

b. "The adjuvant or aid to the basis, to assist its action." In life, the adjuvant is the just appreciation of "the value of time, the need of perseverance, the pleasure of work, the dignity of simplicity, the power of kindness, the influence of example, the obligation to duty, the wisdom of economy, the virtue of patience, the improvement of talent, and the joy of originating."

c. "The corrective, which is intended to qualify the action of the basis and adjuvant." In life, the corrective is rational optimism or a cheerful disposition—looking on the bright side of life and yet appreciating its cheerful disposition—looking on the bright side of life and yet appreciating its serious note. Thinking the best of your fellowmen and not the worst. Full of good cheer and yet responsive to sorrow. Looking upward, and not downward, forward and not backward, and lending a hand—and a smile, "pro re nata."

d. "The vehicle, the ingredient which serves to "carry all" or hold together, dilute them, and give to the whole, the proper consistence, form and color." In life, the "vehicle" is a man's daily work. In its prosecution, he has to use basis, adjuvant and corrective, and as he uses them, "secundem artem," so is the measure of his success.

4. We have "the subscription or directions to the compounder." In life, every man is the architect of his own fortune, and he must frame and follow his own directions. It is a case of "misce et fiat mistura."

5. Then we have "the signa (mark) or directions for the patient." In life, this is the service a man renders his fellowmen.

6. Finally, we have "the names or initials of the physician with the date." In life, the Great Physician orders, and the date is from birth to death—three score and ten years, perhaps a little longer—and then "finis," the prescription of life is completed.

What the end-result will be, in any individual case, no man knoweth, because no one has ever returned from the Great Beyond to tell us. But with faith and courage and cheerfulness, coupled with the best thought of which we are capable, let us compound our prescription of life according to the "talents" given us, so that it shall be of lasting credit to ourselves, our profession and our Alma Mater.

### IODINE OINTMENT—DATA AND METHOD OF ASSAY.

LEO H. FRIED, PH. G., PHAR. D.

Before explaining the method of assay, let us first consider the absorption of iodine by benzoinated lard. The free iodine in the ointment is readily absorbed by the lard, even though potassium iodide and glycerin are present to retard this. The figures which I have computed by various experiments will readily show this.

A. N. D. Pullen explains in "The Pharmaceutical Journal and Pharmacist," November 16, 1912, page 610, that if no glycerin or potassium iodide were present in the ointment there would only be one twentieth of iodine in the free state within a few hours. He also claims that in the presence of glycerin and potassium iodide the absorption is attenuated, so that after a lapse of four months there still is 2.92 percent of the original 4 percent in free state. However, I find in my experiments that within a period of ten days there is 1.16 percent of iodine absorbed, leaving 2.84 percent free iodine. This ointment which I experimented with was kept at ordinary room temperature on a shelf, so that the changes of temperature was that of any ordinary room. On examining this ointment ninety days later, I found that only a trace of absorption had taken place. After a period of eight months from the date of compounding, no more iodine was absorbed.

#### METHOD OF ASSAY.

I first made up one hundred grammes of iodine ointment according to the U. S. P. VIII, page 494, as follows:

Iodine .....	4 gms.
Potassium Iodide .....	4 gms.
Glycerin .....	12 gms.
Benzoinated Lard .....	80 gms.

100 gms.

#### ASSAY FOR FREE IODINE.

Carefully clean, dry and tare 120 cc. Erlenmeyer glass stoppered flask and accurately weigh into it from 3.0 to 5.0 gms. of ointment, using a glass rod for the transfer of same. Add 30 cc. chloroform, shake the flask a few minutes until the ointment is apparently dissolved. Then add 30 cc. of distilled water and shake (this will dissolve the potassium iodide and glycerin which did not go into the chloroformic solution). Immediately, titrate the solution with N/10 sodium thiosulphate, shaking the flask well after every addition until a light yellow color