

THE SCOPE AND POSSIBLE USES OF THE RECIPE BOOK.*

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With the recognition that was accorded the National Formulary under the Food and Drugs Act, June 30, 1906, that publication was deprived of its previously important function of serving as a medium for developing unofficial formulas for preparations of limited use or imperfect composition. At the meeting of the Committee on National Formulary in Hot Springs, Arkansas, in 1908, the need for a publication that would answer as a repository for antiquated, or out-of-date formulas and at the same time serve as a clearing house for undeveloped formulas for preparations of a complex nature, was discussed by Mr. H. P. Hynson, of Baltimore, who was the first to suggest the practicability of compiling and publishing a book of unofficial formulas for preparations of comparatively limited use.

The question was formally presented to the Council of the American Pharmaceutical Association in July, 1909 (Bulletin of the American Pharmaceutical Association, v. 4, p. 246), after having been discussed at some length by the Baltimore Branch of the American Pharmaceutical Association, which branch, evidently on the suggestion of Mr. Hynson, adopted a resolution which reads in part as follows:

RESOLVED, That the parent body be requested to consider the advisability of publishing a General Recipe Book, with frequent supplements to contain all formulas dropped from the U.S.P. and N.F. and such other formulas as may be useful to pharmacists.

A communication embodying this resolution was later presented at a summer meeting of the Philadelphia Branch of the American Pharmaceutical Association, at Atlantic City, and published in the Bulletin of the American Pharmaceutical Association, (1909, v. 4, p. 425). The idea of a Recipe Book was promptly endorsed by that intrepid champion of professional pharmacy, Prof. Otto Raubenheimer of Brooklyn, who in his address as Chairman of the Section on Practical Pharmacy and Dispensing, in 1910, heartily approved of the publication of a Recipe Book in his concluding recommendation as follows:

I would earnestly recommend that the Association publish a "recipe book" as originally proposed (Bulletin Aug., 1909, p. 248) by Professor Hynson, the father of the Section of Practical Pharmacy and Dispensing. Much has been said pro and con in our Committee on Unofficial Standards, to whom this matter was referred, but you will find that the practical pharmacists on this committee are in favor of such a book. A "recipe book" of reliable formulas of unofficial preparations is badly needed in the United States, and it is the duty of the American Pharmaceutical Association to go on record and publish such a book, which incidentally might be a source of additional revenue.

The Committee on Chairman's address unanimously approved the several recommendations made by the Chairman and recommended that they be referred to the Council of the American Pharmaceutical Association for further consideration.

The question of a Recipe Book was later referred to a special committee to investigate the advisability of publishing a druggists' recipe book, to define its scope and character and to submit plans and details for the consideration of the

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Council and the general association. This committee reported at the Boston meeting of the American Pharmaceutical Association (Bulletin A.Ph.A., 1911, v. 6, p. 261). This report expresses the opinion that (1) there is need of an authentic collection of reliable formulas of unofficial galenical preparations. (2) such a recipe book should be progressive and helpful and should include formulas for things which are useful. (3) It is recommended that a department on pharmaceutical formulas be established in the new JOURNAL OF THE AMERICAN PHARMACEUTICAL ASSOCIATION, and that all the formulas be first published in the JOURNAL. In order to make this department a success and a help to pharmacy, the hearty cooperation of the members of the American Pharmaceutical Association is solicited. This report was signed by Otto Raubenheimer of Brooklyn, as chairman.

The second number of the JOURNAL (1912, v. 1, 169-173), contains the first instalment of formulas, many of them contributed by the Chairman of the Committee. During this same year, 5 additional instalments of formulas were printed in the JOURNAL, making a total of 114 formulas.

The Recipe Book, as outlined in the first report of the Committee, by Mr. Raubenheimer, was intended to have two important and distinctly different functions. It was to serve in the first place as a repository for formulas rejected from previous editions of the U.S.P. and N.F. and (2) to present intact and without change formulas for preparations included in foreign pharmacopœias and formularies which are often prescribed and for which the pharmacist might make legitimate propaganda. The second function of the Recipe Book was that it serve as a means for developing and improving suggestive formulas for a variety of preparations including toilet articles such as cosmetics and perfumes; articles for technical purposes like battery fluid and photographic developers, articles for agriculture and household purposes such as insecticides, fungicides and sprays, and finally the possible development of formulas for soda water syrups and related substances. The preliminary publication of formulas in the JOURNAL OF THE AMERICAN PHARMACEUTICAL ASSOCIATION was designed to accomplish two things: (1) To bring the formulas to the attention of the members of the Association, and (2) to interest the members of the Association in the perfection of formulas of a suggestive nature.

H. P. Hynson, in a comprehensive report, made at the meeting of the American Pharmaceutical Association at Detroit, in 1914, (JOUR. AM. PHARM. ASSOC., v. 3, p. 1302-1308), outlined the scope and discussed the possible value of this book. His ideal of the Recipe Book was that it serve as "a storeroom, repository, a resting place; in some respects, a museum to care for and hold for use, for reference, certainly for preservation, all the medical formulas that are worth while, that have no place in authorized books of formulas. No formula should be included that has not been in more or less general use for five years and its genuineness and trustworthiness, as to identity, should be assured. When once admitted, it becomes the authoritative formula for the preparation under the name of which it is written being, thus, a guide for all concerned. . . . All formulas introduced into the repository, of accepted recipes should be prefaced with a concise history, giving the source, local connections and former placement, if any. Other offerings for the same title may be subsequently introduced, but always with explanatory notes of contest and with the names and arguments of contestants. Modifications of formulas may be accepted, but these must never lead to the slightest change of the original; they must be exhibited as modified recipes with explanatory notes showing the reason for the modification and its author.

“The source of these recipes should be as follows: (a) Deletions from the Pharmacopœias, including the revision of 1870, and those from all subsequent editions. Deletions from all the editions of the National Formulary, also the originals of the remaining, in subsequent editions of those works, when the revised formulas show marked changes in strength or structure; (b) popular formulas published in recognized medical and pharmaceutical authorities; (c) selections from medical and pharmaceutical journals; (d) private contributions.”

Because of stress of other duties, particularly the revision work of the National Formulary and the Pharmacopœia, activities in the way of compiling and publishing formulas were discontinued and it was not until the reorganization of the committee in 1915 under the active leadership of Prof. Otto Raubenheimer that the publication of formulas was again undertaken. The first instalment of formulas by the reorganized committee appeared in the JOURNAL OF THE AMERICAN PHARMACEUTICAL ASSOCIATION for March 2, 1916, pages 309–310 and contributions have appeared regularly since then in instalments of from 2 to 4 pages of formulas. The total number of formulas to date aggregates 285 and their nature varies from reprints of formulas from earlier pharmacopœias to dissertations on how to kill moths. The source includes formulas from foreign pharmacopœias, from hospital formularies and other unofficial formularies and a number of practical technical formulas that have been copied from special journals or originated by members of the Committee or by other members of the American Pharmaceutical Association.

The value of a Recipe Book of the kind outlined by Mr. Raubenheimer some years since, cannot be gainsaid; no publication of the association could possibly contribute as much toward inducing pharmacists of this country to exploit their own preparations in a legitimate field as would an authoritative list of suggestive recipes for preparations of accepted value.

Few will deny that the present-day pharmacist has lost much of his standing in the community in which he lives by having degenerated into a small tradesman rather than retaining his position as confidential adviser in a variety of subjects relating to his calling.

As an illustration of the opportunities that have been lost to pharmacists in this country it will suffice to call attention to the fact that during recent decades the trade in toilet articles has developed by leaps and bounds. The Bureau of the Census of the United States is authority for the statement that from a total value of products aggregating slightly more than two million dollars in 1879, the value of perfumes and cosmetics at the manufacturing establishments in 1914 amounted to more than nineteen million dollars. With this tremendous increase in the value of toilet preparations as manufactured, the proportionate amount of this line handled in the drug trade of the country, during the corresponding period, has probably decreased rather than increased. This is largely due to the fact that retail druggists have made no attempt to retain their hold on preparations of this type but have allowed the trade to drift to the beauty specialist, the barber and the department store.

It is probable that with no class of preparations is there as much opportunity for the development of individuality as in connection with toilet preparations of various kinds and if the Recipe Book would do nothing more than regenerate interest in preparations that may be classed as toilet preparations with a view of establishing a number of formulas of accepted merit, it would be doing an excellent service to the people as well as the druggists of the country. It has repeatedly been asserted that there are few if any preparations that are a greater source of danger to the user than the so-called toilet preparations that are on the market

at the present time. This is particularly true of the preparations used as hair dyes and many of the preparations advertised and sold as cosmetics.

In an article on cosmetics prepared more than a year ago I presented a review of the reported harmful effects of the ordinary constituents of widely used cosmetics. The controversy that has been aroused by this article, in the light of additional evidence that has been brought to my attention, has convinced me that not half of the story has as yet been told and that the members of the drug trade at large have been remiss in their duties in that they have failed to warn the women of the country against the possible untoward effects from the repeated use of poisonous cosmetic preparations.

Formulas for articles of a technical nature, like battery fluid and photographic developers, are so evidently necessary and so eminently fitted for development in the drug store that there can be no difference of opinion in regard to their relative merits as a legitimate branch of the drug trade. Among other preparations, for which formulas could well be developed by pharmacists are a variety of articles for agricultural and household purposes such as fungicides, insecticides and sprays. The several insecticide laws now in force are evidence of the widespread interest in preparations of this type, and there is no good reason why the pharmacist should not supervise and practically control the sale of preparations for the several purposes enumerated above.

Regarding formulas for syrups and preparations to be dispensed at the soda water fountain there may be some difference of opinion but in view of the fact that by far the greater number of retail drug stores specialize, to some extent at least, on soda water and other preparations dispensed at the fountain, it would appear reasonable that formulas of this kind be also included in the Recipe Book. On the whole, it may be said without controversy that the perfecting of formulas for legitimate preparations should be a delight to every man who is earnestly interested in his business or profession. Having made a material improvement in a formula, the pharmacist should be willing to give the benefit of his experience to others, and thus himself be benefited in turn by the broader criticism that will be available.

As suggested by Mr. Hynson, the publication of a Recipe Book in a permanent form should not be undertaken until the several formulas have been thoroughly well tried out and their relative value established. This would leave for publication at the present time only such formulas as have been deleted from recent revisions of the Pharmacopœia or from the several editions of the National Formulary and a comparatively few formulas printed up to date that have been copied from foreign pharmacopœias. In connection with the bulk of the formulas so far published a period of some years should elapse before they are included in a separate publication and the question naturally arises how are the several formulas to be made accessible for use by druggists who would have occasion to consult and use them.

As a practical solution of the problem, I would suggest that the JOURNAL OF THE AMERICAN PHARMACEUTICAL ASSOCIATION publish a collective index to the formulas as printed in the JOURNAL up to the present time, and that this collective index be continued from year to year until such time as the Association directs that a compilation from the published formulas be prepared and printed in book form. Following the publication of such a volume, the index might then again be resumed and continued for the period of a decade or more, enumerating, however, only the formulas not included in the completed volume. To make the volumes of the JOURNAL OF THE AMERICAN PHARMACEUTICAL ASSOCIATION a part

of the every-day needs of the practical druggists, I would include in this index all formulas that are included in the JOURNAL, irrespective of whether they have been endorsed by the Committee on Recipe Book or not. This would serve as an added incentive for more members of the Committee to contribute formulas that have been found to be of value.

The formulas contributed by the Committee that have been printed to date appear as follows:

- Formula No. 1- 22, JOURN. AM. PHARM. ASSOC., 1912, v. 1, p. 169- 173
- Formula No. 23- 30, JOURN. AM. PHARM. ASSOC., 1912, v. 1, p. 366- 368
- Formula No. 31- 41, JOURN. AM. PHARM. ASSOC., 1912, v. 1, p. 505- 506
- Formula No. 42- 50, JOURN. AM. PHARM. ASSOC., 1912, v. 1, p. 637- 638
- Formula No. 51- 77, JOURN. AM. PHARM. ASSOC., 1912, v. 1, p. 761- 765
- Formula No. 78-114, JOURN. AM. PHARM. ASSOC., 1912, v. 1, p. 1307-1314
- Formula No. 115-127, JOURN. AM. PHARM. ASSOC., 1916, v. 5, p. 309- 310
- Formula No. 128-161, JOURN. AM. PHARM. ASSOC., 1916, v. 5, p. 422- 425
- Formula No. 162-189, JOURN. AM. PHARM. ASSOC., 1916, v. 5, p. 529- 532
- Formula No. 190-217, JOURN. AM. PHARM. ASSOC., 1916, v. 5, p. 631- 634
- Formula No. 218-248, JOURN. AM. PHARM. ASSOC., 1916, v. 5, p. 740- 743
- Formula No. 249-285, JOURN. AM. PHARM. ASSOC., 1916, v. 5, p. 862- 865

For the benefit of such as may be actively interested in the subject, I beg to call renewed attention to the appended references to the Recipe Book based on the list compiled originally by Mr. H. P. Hynson.

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