

REPORT OF THE COMMITTEE ON RECIPE BOOK.

OTTO RAUBENHEIMER, CHAIRMAN.

Far-sighted and foresighted, Prof. Henry P. Hynson, has suggested the idea, has sown the seed, and has thus become "father" of the Recipe Book, a book of standard unofficial formulas, a book which in time will be a great value to the practicing pharmacist.

The A. Ph. A. very wisely appointed a committee of five on this Recipe Book, and perhaps not so wisely appointed the undersigned as chairman. Not because he shirks the work, but because his working days are limited to eighteen hours each and his time is pretty well occupied, it was impossible for him to do as much work on the Recipe Book as he would like to have done.

Nevertheless the work was started and was started on the right basis, as explained in our report at the Boston meeting, which is printed in the JOURNAL, Vol. 1, pages 168 and 169. Thus far, 114 formulas have been gathered at no expense whatsoever to the Association. They are published in installments in the JOURNAL of February, April, May, June, July and November, 1912. The published formulas comprise the following galenicals: medicinal baths, collyria, creams, elixirs, gauzes, glycerites, household ammonia, lotions, lubricating jellies, oils, ointments, pastes, powders, soap solutions and waters. For a number of years, your chairman has acted as a sort of a local, national and even international information bureau, being called upon daily to supply formulas for magistral, hospital and even foreign preparations. Being fortunate in having a rather complete library, I have been placed in such a position as to readily furnish this kind of information. Being aware of how hard it is to locate a formula for many lotions which are frequently prescribed by specialists, your chairman has endeavored to make a compilation of formulas of these lotions as complete as possible, being assisted in this by Dr. Binford Thorne, a former resident of Nashville, now one of Brooklyn's leading dermatologists.

Among the many formulas useful to the pharmacist behind the prescription counter, I might point out the lubricating jellies for catheters and instruments, Beck's bismuth paste, scarlet-red ointment, stainless iodine ointment, ichthyol ointment, Thiersch's powder and solution, sunburn lotions, lanolin cream and lotion, shaving lotions, etc., etc. Quite a number of these preparations have lately been marketed as proprietary or semi-proprietary preparations. From the knowledge of the composition of these preparations, and still easier from a formula for a similar or better preparation, the pharmacist can prepare these himself and offer them to the medical profession. Special care has been exercised that when any of these preparations contain an ingredient which is not well known in the United States, a formula for the same is also given. The numerous favorable comments received by the chairman give evidence that members of the A. Ph. A. are appreciating my somewhat amateur attempt of collecting suitable formulas for the Recipe Book. One pharmacist wrote that in the preparation and sale of *Lotio Delphinii*, published in the JOURNAL, Vol.

1, page 1312, he has saved several times the price of his membership dues of the A. Ph. A.

President Godding in his annual address at the Denver Convention has the following to say about the pharmaceutical formulas: "At the present time the department of pharmaceutical formulas has published one hundred recipes in the Journal of the A. Ph. A. Many are in local use. Heretofore, when needed, they were not to be found without much searching and then with varying success as to reliable directions in compounding. It seems desirable that these formulas should be the forerunner of the Recipe Book of the A. Ph. A., the publication of such a book would probably add prestige and revenue to this Association."

On May 8, 1911, the committee on the A. Ph. A. Recipe Book (see the Journal, February, 1912, page 168) presented a report to the Council as to:

1. Advisability of publication.
2. Scope and character.
3. Plans and details of publication.

It was decided that the proposed formulas should first be published in the "Department on Pharmaceutical Formulas" in the Journal. In Council Letter No. 2, of November 18, 1912 (see Journal, December, 1912, page 1462-63), favorable comments have been made by Messrs. Apple, Main and Wulling. Let us hope that the wise men in the Council will see the desirability, in fact the necessity of the publication of such a Recipe Book by the A. Ph. A. Meanwhile, let the members of the committee, together with the chairman, continue actively in the compilation of desirable formulas for the benefit of the pharmaceutical profession and especially of the members of the A. Ph. A.

AWAKE AT THE TURNS.

Alertness is not jumpiness, nor necessarily speediness; but a concentration which brings to bear all the resources of the mind upon the matter in hand. This concentration is on the first part of the proposition, not the last. That is the distinguishing mark of the alert man. He brings his attention fully and at once to the proposition. In a very few minutes his mind has grasped what is coming in all its details, and he knows whether it is worth while. The inalert man does not pay attention until something big or striking arouses his interest. Then he has lost the clew, and is muddled. Not only does such a man lose many of his best opportunities by not grasping their significance until they are by, but he is a weariness to the flesh with his everlasting, "Now go over that again, won't you?"

Alertness is not solely a gift of Heaven to quick minds. It is a habit, the exercise of sense. Many quick minds are not alert, because they are off woolgathering while they are in a cotton field. Many slow minds are alert, because from sheer force of will they concentrate promptly on the proposition before them.

If a man is ever to get to where he wants to go, he must be awake at every turn of the road.—*The Popular Magazine.*