

For use in a salt free diet : Ruthmol, the chloride-free table salt : indications: cardiac disease with decompensation, renal affections, hypertension, slow healing wounds, tuberculosis, gout, obesity, allergic phenomena, eczema (idiopathic) / The Antigen Laboratories.

Contributors

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For Use in a Salt Free Diet

Ruthmol
REGD.

THE CHLORIDE-FREE TABLE SALT

INDICATIONS

CARDIAC DISEASE with DECOMPENSATION

RENAL AFFECTIONS

HYPERTENSION

SLOW HEALING WOUNDS

TUBERCULOSIS

GOUT

OBESITY

ALLERGIC PHENOMENA

ECZEMA (idiopathic)

Ruthmol

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THE SALT QUESTION

IT has become common knowledge for many years that, in a state of nature, herbivorous animals will often go long distances in search of salt (sodium chloride), because vegetables, though rich in potassium, are deficient in sodium. On the other hand, carnivorous animals do not deliberately seek salt, as meat is sufficiently rich in sodium. Man is neither wholly carnivorous nor wholly vegetarian. He lives on a mixed diet, and, as Bronson says in "Nutrition and Food Chemistry," 1930 :—"Without doubt, salt is always present normally in sufficient amounts in the" (mixed) "dietary" of man. Table salt is superfluous.

An Acquired Taste

The almost invariable presence of the salt cellar on the modern dining table is indicative of an acquired taste, and it has been computed that the average individual takes from 10 to 17 grammes of sodium chloride each day. This excessive chloride intake is probably not of serious moment when the excretory apparatus is functioning unimpaired, but as the autumn of life approaches, after forty years of age, when the excretory processes are less active, it has elements of danger.

The Chloride Excretory Apparatus

There is a constant ratio between the salt content of the fluids in the tissues and salt content of the blood. To maintain this balance, chlorides and fluid will pass from tissue to blood, or from blood to tissue. Where the chloride excretory apparatus has been damaged, *e.g.*, in renal disease, the kidneys are unable to excrete the chlorides in sufficient quantities, and as they remain in the body, the tissues draw fluid from the blood to maintain the osmotic balance. Dropsy and oedema then arise, and hence the necessity of a "Salt-free" diet in dropsical cases, since, if the body loses salt it also loses water. Lessen the salt intake and you automatically lessen the fluid in the tissues.

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The Salt-free School

In modern medicine, a very distinguished school has arisen which attributes many of the ills of humanity to an excessive intake of salt. In England, Germany and America, among the advocates of salt-free therapy may be mentioned Hutchison, MacLean, Bunge, Bronson, Clairmont, Gauss, Gerson, Hermannsdorfer, Jessoniek, Nussbaum and Sauerbruck.

Indications

Although the four great indications for a salt-free diet are cardiac disease with decompensation, renal affections, hypertension and tuberculosis, it has also been prescribed in slow-healing wounds, asthma, diseases of nerves and muscles, arthritis, gout, auto-intoxication, eczema (idiopathic) and other skin diseases, precancerous states, obesity, etc. A representative body of opinion supports the theory of a salt-free diet in the following conditions:—

CARDIAC

In heart cases with decompensation and incipient or advanced dropsy, to reduce water in the tissues it is obviously necessary to diminish salt intake. *Arch. Int. Med.* 1916.11. 121.

RENAL AND ARTERIO-SCLEROSIS

"Table salt is an irritant to the kidney, likewise it is associated with the formation of oedema and hypertension, hence it should be restricted to the minimum." Gauss "*Clinical Dietetics*," 1931, p. 80. In degenerative changes of the tabules (nephrosis), of the artery (sclerosis), salt is especially injurious. In the treatment of high blood pressure, salt-free therapy has had brilliant results. *Ambard and Beaujard*, in a series of cases put chronic nephritics

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with hypertension on chloride free diet. "Their dyspnoea disappeared, hypertension and general condition improved. On returning to a diet, without salt restriction, they regained the previously discharged salt, and likewise their dyspnoea and hypertension." *Allen and Sherrif* advocate salt-free diet in *all* cases of hypertension. 180 cases were reported by them. In 45 cases the blood pressure was reduced to normal. 42 per cent. were markedly improved. The favourable results were definitely attributed to the salt-free diet. *Journal Amer. Med. Assoc.* 1925. 85. 1698. 1920. 74. 652.

TUBERCULOSIS

T.B. of skin (lupus), bone and lung have benefited by a salt-free regimen. Every clinician knows the chloride of a sea climate is injurious to tubercular lung cases. *Hermannsdorfer*, who has wide experience of the effect of salt on T.B. skin, bone and lung, writes that salt restriction has benefited these patients and has helped in the healing of sinuses and cavities. His work has been corroborated at leading surgical clinics by *Clairmont of the Surgical Univ. Clinic, Zurich*, and by *Nussbaum of the Surgical Univ. Clinic, Bonn*.

DERMATOLOGY

Salt restriction is a commonplace of skin therapy. "Salt beef, veal, pork are most liable to be harmful." (*MacKenna, "Diseases of the Skin."* 105. 1920). Salt should be restricted in T.B. skins, eczema (idiopathic), acne rosacea, psoriasis, etc.

MUSCLES AND NERVE AILMENTS

Gerson has done much work in these conditions, and has obtained good results by diminishing the salt intake. Vide "*Die Medizinische Welt Nr. 137. 1929.*"

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OBESITY

Salt restriction forms an essential part of most obesity diets. The reason is obvious. Reduce salt intake and you reduce fluid in the tissues, and consequently weight. In addition, metabolism of the body is improved.

Ruthmol a Chloride-free Table Salt

Ruthmol is entirely free from chlorides, and is composed of fruit extractives and mineral agents, with a sodium and potassium base. It can be used as a substitute for common salt in all cases where a salt-free diet is prescribed. Its taste is indistinguishable from that of sodium chloride, and it possesses the same power of giving piquancy to otherwise tasteless, insipid foods, *e.g.*, eggs, fish, salads, etc. Ruthmol is sold in suitably shaped containers for the table. Prices: Standard Size 2/-; Large Size 12/-. The large size contains more than ten times the quantity of the 2/- size.

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