

it is of supreme importance, in the first place, to see that the appetite is good, or made good, and the digestive and eliminative organs able and willing to do their best work. This done, the way is made clear to get on to more solid ground—to supplement the work thus performed with what are known to be tissue-building foods, our most strengthening medicines, and all the pure air, exercise, cleanliness and sunshine that can be procured and endured. In other words, all, everything to exalt, to aid, to sustain, and nothing to oppose the processes of construction or reconstruction and repair. If both science and experience are agreed that it is essential to the well-being of the average man in health, that his food should contain all the elements in perfection that go to make up a healthy body and mind, it is of paramount concern that we insist upon something of the kind for the consumptive. Of all the signs that have a right to inspire us with confidence in ultimate success, there is not one, it occurs to me, that possesses greater significance, that gives more hope, than the one we have when the patient eats, digests and assimilates satisfactorily—clearly, neither drugs nor anything else can take the place of substantial food in such a wasting disease; the man who, in other words, eats and digests well has the key to the situation; he is in possession of the greatest factor in the whole field. And among the best of the tissue repairers and constructors upon the bill of fare must be placed beef; it stands at the head of the list. This is closely followed by milk and fresh animal foods of nearly all kinds, in fact, the whole proteid or highly nitrogenized class is a close competitor, and must be drawn upon—eggs, cheese, fresh fish, game, poultry; almost any kind that the appetite craves and the digestive organs can manage are in demand and should be prescribed. These, in view of the danger of tiring the stomach and perverting the sense of taste, as well as for other reasons, should be re-enforced by the best of the vegetables; but pastry and other delicacies, with the exception of fresh, ripe fruits, are better, perhaps, held in reserve for a man of more robust health.

If there is any prescription at all approaching a specific for tubercular phthisis—and I know of none—it is the old-fashioned tinct. ferri perchlor. with a dash of quinine in it,—say, fifteen or twenty drops of the former to one-half grain of the latter, to be taken in one-fourth tumbler water before or after meals. Whatever may be thought of this, a variety, a change of prescription, once a fortnight or so, is good practice, but, in the meantime,