

stomach, when taken in substance, preparations of a more easy digestion, as decoction or infusion should be administered in its place. When the bark is disgusting to the patient and loathsome to his stomach, recourse may be had to the above articles, and the rules given for the administration of the bark stand good for theirs. A moderate quantity of aromatics may be conjoined, to render them more palatable.—The addition of aromatics to the bark may be also useful and even necessary.

An occasional bathing in cold water, impregnated with inuriate of soda, may prove very beneficial; care should be taken that the water is not too cold, as in such a case, its stimulating action would be too powerful, and would be likely to do more harm than good, by its secondary effect, inducing a debility in the system proportionate to the previous excitement. In using cold bath, Dr. Russell observes, “if the immersion be succeeded by a general glow over the surface of the body, and the patient feels cheerful and has a keen appetite, we may conclude that he agrees with cold bath; but if he shivers on coming out of the water, continues chilly and becomes drowsy, we may be assured that the practice of cold bathing does no good and had better be omitted.” Cold bath, when judiciously employed, acts as a mild stimulant and tonic, and strengthens and invigorates the system. It is, therefore, of much consequence to conduct its operation so as to answer the purpose.

Beside the use of all the medicinal means which are calculated to improve the general health, great attention should be paid to cleanliness, pure air, gentle exercise, moderate friction over the abdomen, and to diet, which should be nutritious and easy of digestion. Vegetable and watery aliments and warm liquids should be avoided. I cannot enumerate here all the articles of food which should be forbidden or recommended; suffice to say that they should consist of such