

great improvement. The rest for one-half to one hour before and after meals is also a great help. When loss of appetite and disgust for food occur later on in the course of treatment, they are frequently due to the fact that the digestive system becomes clogged. This is often due to the large amounts of milk and eggs taken by the patient. A good plan is to cut out the milk and eggs for about a week, give the patient a dose of castor oil, or calomel, or some other cathartic, and give him a tonic. I have found the combination of nux vomica and bicarbonate of soda taken half hour before meals to be very suitable. The bowels should, of course, always be attended to. Should these means fail to improve the appetite, a change of surroundings, if only for a few weeks, often causes great improvement.

Occasionally the loss of appetite depends on lack of care of the mouth and teeth. Food loses its flavour when the tongue is coated, and carious teeth interfere with chewing. Mechanical cleansing of the tongue with a spatula, care of the teeth, and the regular use of mouth washes are means to combat these conditions. Wet compresses over the stomach, or local moderately cold douches, or massage local and general do good. In one case Cornet was successful by using a weak faradic current for one-half hour before meals.

Milk plays such a part in the treatment of tuberculosis that I wish to give it special attention. It combines all the nutritional elements (albumin, fat, carbohydrates, salt and water). To maintain the normal equilibrium of the body, a grown person on an exclusive milk diet would have to take five or six quarts a day. As a rule a glass of milk with each meal, and a glass midway between each meal is sufficient. This represents about a quart and a half. This amount is well borne. My feeling is against large quantities of milk, and I prefer to have the patient use moderate amounts, and to make use of other nutritious foods. Very large amounts of fluid are apt to cause atony of the stomach. Milk can be taken hot or cold. In winter, or with a tendency to chilliness it is better to give it hot. When there is a weak stomach milk is better borne if given in small amounts, a few swallows at a time, and in combination with brown bread, toast, white bread, zwieback, etc. If drunk rapidly an indigestible curd forms in the stomach. When ordering an almost exclusive milk diet, Brehmer used to advise about two and a half ounces every quarter of an hour; i.e., three to four quarts a day. When a patient is over-hasty, he should take the milk by teaspoonfuls. When there is a distaste for milk, it can often be taken if small quantities of coffee, tea, or lime water are added, or a little salt, borax, or bicarbonate of soda (a pinch). When there is a tendency to diarrhoea, it is advisable to add lime water: