enjoined, also cold bathing, and an outdoor life as far as possible. In addition to ordering a suitable daily life for the patient there are other principles of treatment to be observed.

(1) Remove as far as possible all causes which stimulate gastric secretion.

(2) Neutralize the excess of HCl by alkalies, and if possible prevent the increased formation of HCl in order that the mucous membrane may be spared from its irritating effect.

(3) A diet depending upon the chemical condition of the stomach should be ordered.

(4) Treat the gastro-intestinal atony and the phenomena resulting therefrom.

(5) Pain not relieved by the ordinary measures for the removal of the excessive acidity should be treated with remedies directed to the relief of that symptom. It is not often, however, that morphia or other opiates are required.

Combat the neuræsthenic condition by correcting the habits of life.

The patient must give up all kinds of food, drink and medicines which irritate the already hyperæsthetic mucous membrane. Highly spiced foods, alcoholic beverages, high meats, strong cheese and some drugs, as iron, naphthol, bromides and iodides, are injurious.

Slow and proper mastication should be enjoined. The habit of eating rapidly and bolting food should be interdicted. The diet should consist largely of albuminous substances, meats, eggs, milk and the like. Starches should be limited. Some bread, not fresh, preferably toasted, and custards may be allowed, but potatoes, green peas, spinach and other vegetables should be interdicted in the beginning, and taken very sparingly as improvement advances. It is generally better to give five meals a day instead of three. In this way less may be taken each time, and the excess of HCl neutralized by the ingestion of proteids, thus sparing the mucous membrane of the stomach.

Mathieu gives some valuable suggestions as to the administration of alkalies. By estimating the degree of acidity, and as far as possible the amount of gastric juice secreted during the hours of digestion, he determines the excess of HCl which should be neutralized. Knowing the chemical equivalent of HCl and bicarbonate of soda to be as 1 to 1.48, he estimates the amount of the alkali required to neutralize the excess acid, and gives it in divided doses during digestion. The amount of gastric juice secreted after each meal being estimated at four or five litres, with an acidity of 3 parts to