

open air as much as circumstances would admit, to move their sleeping quarters down to larger rooms and purer air. Each to have a room all to herself, and, at night, to raise their windows a certain distance; to encourage the desire for food and strengthen their weak digestion; to take as much fresh animal food, or a good substitute, as they could manage and generally to observe hygienic laws. Fresh milk three times a day, beginning with a teacupful and increasing the quantity by degrees until two or three quarts a day could be drank, while at night one or two glasses more might be taken, if the want were felt; cheese, fresh fish, poultry, eggs and an allowance of vegetable food and fruit at meal time were all mentioned as aids. The bowels and excretory organs, too—especially the liver—were to be kept active by such means as seemed best. From the constant forcing or cramming process of food taken their tongues would naturally take on a coating, and, when they did, relief would follow, taking one of the improved compound cathartic pills containing podophylin and leptandrin. For the cough and the night sweats nothing, or next to nothing, directly. In my opinion they are the smoke and not the fire; attend to your man as a whole; fortify him to the best of your ability and neither will annoy you very much. Both are effects, not causes. Hemorrhage was only slight and met by a few drops of spirits of turpentine.

Tonics were given continuously. Among the best was the tinct ferri perchlor with a dash of quinine in it. Iron strychnin and quinine, iron and phosphorus, iron and nuxvomica, phosphoric acid and nuxvomica, sulphate of iron and quinine, and the like were all prescribed, but no cod liver oil or creosote. To avoid fatiguing or tiring the stomach, a change about from one to another every week or so was made. After a time, in order to see where we stood, these were dis-