

Supper, 6 to 7 o'clock, preceded by one-quarter to one-half hour of rest: Meat, either hot or cold, and vegetables, bread and butter, one to two glasses of milk.

Nine o'clock luncheon: same as at 11 and 4 o'clock.

It is thus seen that the meals consist of three full meals a day such as we have in any of our homes. Meat can be eaten three times a day. The noon meal and supper differ but little. The rest before and after meals is of great value, especially to those patients who have a feeble digestion.

It is advisable to weigh the patient every week, or every two weeks, and preferably at the same time of day and with the same clothes.

The patient should have a fairly mixed diet in sufficient quantities. An exclusive meat and egg diet does not fulfil our purpose. If the fatty tissues are deficient, fats should be given in every form which the patient can stand, especially butter and cream, which are easily digested. So also fatty fish, such as eels, salmon, sardines, and sprats should often be given him. In order to supply the demand for fats, many dishes, and especially vegetables, should be prepared with a great deal of fat, especially if the patient does not like fat.

Vegetables are easily digested in the form of purees, and are particularly of value because they make the meat more palatable. All forms of salads and horse radish are advisable. There should be a plentiful supply of vegetables with the noon meal. Carbohydrates which increase the amount of fat are also very necessary. They should be given as puddings, pastry, pies, food baked in fat, cakes, honey, the various kinds of bread, brown-bread, whole wheat bread, graham bread, bread and honey. Vinegar, lemon juice, mustard, etc., just in sufficient quantities stimulate the appetite. It is very important to have variety, and it is also important that the patient should not know the bill of fare in advance.

Meals should be taken at the same time, in order that the stomach may get into the habit of taking in food. They should be three in number, with in addition two or three lunches. If the patient's appetite is not good, it is better for him not to eat between meals. A good healthy household fare should be the basis of the diet.

These rules apply chiefly to patients that have a good appetite and a strong digestion. We frequently meet patients that have no appetite, and who may also have disgust for food. Both these symptoms may occur at any time during the course of treatment. When they occur at the outset of treatment, it is usually found that the constant sojourn in the open air, complete rest, and the change of climate will cause