

various descriptions. Every experienced physician knows that oils and fats produce dyspepsia in many such patients, and do no good in some with whose digestion they seem to agree, while there are a few who thrive under their use. It seems to me that oily and fatty foods only confer a real benefit on a minority of consumptive sufferers, and that much greater service is rendered to the nutrition of such patients by the administration of albuminous foods, the important ones among which are freshly expressed beef juice, beef, mutton, lamb, milk, eggs, oysters, clams, liquid peptonoids, beef powder, meat juice, beef peptones, etc.

The proper status of giving fat in this disease is undoubtedly in allowing the stomach to be the guide. Give up fats to the point of toleration, but be careful not to get beyond. In the hands of many practitioners "forced feeding", has proved of great service in the treatment of these cases. In this procedure the stomach is washed out and the patient is given two pints of milk, to which has been added eggs and powdered dried beef. Again it is well to remember the general maxim that anything is valuable which will improve the condition of the patient.

Whiskey and the various forms of alcohol given indiscriminately are not desirable, as alcohol is not in any sense a remedy for this disease; but given in combination with cod liver oil it is very useful in promoting the assimilation of the oil. It can be given very nicely in the following manner: Put one-half ounce of whiskey in a conical wine glass, and on top of this place one-half ounce of cod liver oil; this is to be taken just before retiring and the same amount to be repeated in the morning. By taking it night and morning in this manner time is allowed for the stomach to get rid of one lot of the oil before the next is taken. The whiskey is not given especially for the purpose of masking the taste of the oil, but rather for the double action so produced.

Whiskey and cod liver oil are not specifics or even remedies for tuberculosis, but as they improve the patient's general condition they indirectly help to combat the disease.

The systematic teaching of chest expansion is a great factor in the prevention or control of this disease in its first stages. In my experience it has been attended with the most gratifying results. If the medical profession would make a united effort for the adoption of the teaching of the proper method of breathing, much could be accomplished in the stamping out of this disease in future generations. It has been stated that our breathing surface is one-fourth greater than is necessary, but is it reasonable to believe this? The great strength of the lion and tiger is due largely to their