

roast beef. Other methods of cooking are to be prohibited. The meat is to be as juicy as possible and fibrous portions are to be removed.

Very often one can be satisfied with the use of butcher's meat, raw or cooked as above. Sometimes, however, whether from partial failure of digestive powers or other condition necessitating reduction in bulk without loss of nutritive material, or suggesting conversation of the energy that would be expended in digestion, it becomes necessary to resort to special methods of preparation. The meat powders prepared by various pharmacists, more especially for forced feeding, here render valuable aid. By cutting boiled beef into fine pieces, drying by means of a water bath, and grinding in a coffee mill with the teeth set closely, an excellent meat powder may be made in the kitchen. (Dujardin-Beaumetz.)

The preparation from which the writer has seen the greatest benefit, and which he is most frequently in the habit of prescribing, is Beef Peptonoids. Whether from improvement in the process of manufacture, rendering it more palatable, or from decrease in the fastidiousness of patients, there has not recently been the same difficulty in getting patients to persevere in the use of it that was experienced in former years.

The methods of administration may be varied almost indefinitely. It may be added to soups and broths, to milk punch, egg-nog, etc., taken in warm or cold water, or made into paste with milk or water and spread upon bread. Beginning with a teaspoonful three or four times a day, the amount is to be increased as soon as the preferable method of administration is determined upon, to a tablespoonful or more. It is preferably given among the supplementary articles of diet between meals.

Next to beef in the dietary, the writer would place milk, sufficient care being exercised to obtain a good, pure article, and to keep it properly. The "half Alderney" milk, supplied by a well-known dairyman in Philadelphia, is usually better than either the pure Jersey milk or that from ordinary cattle.

The manner of drinking milk is not unimportant. Ice-cold, gulped hastily, the chances are all in favor of its promptly coagulating and failing to digest, perhaps to be vomited, perhaps to cause considerable discomfort in various ways. While with some patients it is best taken cold and with some quite hot—a matter for which experience seems to be the only guide—in the majority of instances it should be slightly warmed (say to 100 deg. F.) and sipped slowly, so as to thoroughly incorporate it with saliva. Ten minutes may well be given to a tumblerful of milk, and in this way the fancied "disagreement" of which many persons complain may be avoided. If necessary, lime water may be added or peptonized milk employed. When these expedients fail koumyss may be tried, and failure here may indicate the necessity of greater attention to the condition of the gastro-intestinal

mucous membrane: not necessarily medication, however. Potations of hot water (flavored, if necessary), "aerated," acidulated or "mineralized" in some cases, from half a pint to a pint, one hour before meals, or *lavage* with simple alkaline solutions may answer. When disinfection of the alimentary canal seems indicated, creasote, iodoform and the sulphur compounds are among the preferable agents.

From one to two quarts of milk daily, in divided doses, should be given, if possible, partly with meals, partly between meals; as a vehicle often for Beef Peptonoids, etc., and sometimes for alcohol.

Alcohol, despite all that is said, forcibly and truly, against its indiscriminate employment, is in reality a food in phthisis. We may or we may not be able to follow the molecular changes and cellular reactions from the moment of its introduction to that of its elimination; but whether or not physiological chemistry has said its last word upon this subject, that intelligent empiricism upon which clinicians must continue to depend has demonstrated the value of alcohol in wasting diseases, and more especially in those associated with elevation of temperature.

It need not be given in excessive doses. A tablespoonful of good brandy or good whiskey night and morning, in the form of milk punch—or better cream punch—with a glass of good Burgundy wine at dinner, will ordinarily suffice, though much larger quantities may be given at times with much advantage. The elder Flint records instances in which a pint of whiskey daily was taken for a long time, with apparently very good effect. The writer knows of similar cases. It is only fair to add that cod-liver oil was also used freely in all these cases.

Sometimes malt liquors may seem to be preferable; and, if decidedly more agreeable, the patient's taste may be considered; a good wine of coca, used intermittently, is often useful. For prudential reasons, alcohol may be disguised as an extract of malt—and here the power of the diastase of the malt in aiding digestion is often of service—or it may be made into a prescription, as in the formula of Jaccoud, of glycerine, mint water and rum.

The combination of alcohol with milk, malt, cod-liver oil or glycerine is theoretically preferable to (Fothergill) and in experience more advantageous than its separate ingestion.

Returning to the consideration of meats, the value of an occasional variation of our beef diet must be recognized—in the way of a digression, however, rather than of a total or lasting departure. Mutton—preferably broiled chops—poultry and game, carefully cooked, and whenever possible rather underdone, may be employed from time to time. The "dark meat" is preferable to the "white meat" in the case of poultry. Sweetbreads are often tempting to a failing appetite, and may assist digestion. While the skill of the cook may