

are preferably liquid, eggs and milk being found most satisfactory. Many patients can take with advantage in addition to their regular meals, one to three quarts of milk and four to twelve eggs daily. With an evening temperature of 101 degrees or over, the patient will, as a rule, be able to assimilate more food, and better, if given at intervals of three to four hours, only easily digestible food being given while the temperature is highest.

In a disease where there is so much tendency to gastric disturbance, both at its inception and during its course, each patient must have separate consideration and personal idiosyncrasy regarding food allowed for. Placing and keeping the digestive tract in good order taxes the patience of every physician who has to deal with the consumptive, for he knows so much depends upon it.

The dress of the patient must vary with the climate and the season. As a rule the consumptive wears too many and too heavy undergarments in his endeavor to protect himself from the cold. As a result the skin becomes moist from perspiration when indoors, and the conditions are present for his developing a cold when going outside. Additional outer garments, not underwear, should be depended upon for warmth in the open air during the colder months. Fur coats and rugs are indispensable for open-air life in winter. The much-used chest protector is particularly to be condemned. Woollen garments, lighter or heavier, according to the season are to be recommended. Linen-mesh underwear has proven very satisfactory and is to be recommended to those who find woollen undergarments a source of irritation. Women should discard corsets, and the skirts should be suspended from the shoulders, so there will be no constricting bands or tight garments to hinder free movements of the chest, or to impede abdominal breathing. We must remember that in pulmonary tuberculosis, it is the diseased apices which require rest, while nothing must interfere with the free expansion of the lower and healthy portion of the lungs, which must perform all the work. Tight, high collars should not be worn; the head should be uncovered, except in winter, or when exposed to the direct sun or to storm; when the head must be protected the covering should be as light as possible. The feet should be kept warm and dry; in wet weather rubber boots should be worn when walking. Moccasins are most satisfactory for winter wear; tight shoes should not be worn, they are the most frequent cause of cold feet.

*Disposal of Sputa.*—In the sanatorium all expectorated matter is destroyed by fire. Each patient is provided with a sputum box or a pocket flask, or at times with tissue paper handkerchiefs. The patient learns that reinfection may occur if careless of his own sputa. Infection from droplets ejected during the act of coughing is prevented by the patient always holding a handkerchief or bit of cloth before the mouth; separate handkerchiefs are used for