

tions. I hold it as proper to explain the nature of the disease to the patient. By a candid statement of the condition, the patient is made aware of the serious nature of the disease. He is thus in a position to guard against accidents. It is very unfortunate that the lung specialist should so often hear from the patient the bitter complaint against his physician: "If my physician had only told me what was the matter with me, I would have taken better care of myself."

After we have explained to our patient the nature of the disease, we must then give him definite instructions as to his plan of life. Nourishment is one of the first matters discussed. In our health resorts we do not need to go into detail with regard to the amount and nature of food, but refer our patient to a suitable sanitarium, or boarding house. I may be permitted, however, to go a little into detail as regards the dietary rules for the tuberculous patient. It is our aim by means of a heightened nutrition to cover the loss which has already occurred. A good state of nutrition improves the blood, the strength, and the resistance of the cells. In patients who have had slight fever for many weeks, I have frequently seen the fever to quickly subside by change of climate and mode of life. The mere change of food and air has stimulated nutrition, and produced beneficial results. Dietary rules for the consumptive must be detailed, clear, and exact. We must prescribe the exact time of eating, and as far as possible the quality and quantity of his food. It is a good thing for him to start the day with a glass of hot water on rising. This helps to loosen the expectoration, and it also cleanses the stomach. Breakfast, 8 to 9: fruit, cereal, one or two glasses of milk, (cocoa, tea, coffee), meat, bacon, bread and butter, toast, rolls, corn bread or such like articles of food. Some patients take one or two eggs after each meal.

11 o'clock lunch: one or two glasses of milk, or one to three raw eggs, or a glass of milk followed by one to three raw eggs, or eggs beaten up in a glass of milk (egg-nog), or beef juice, or beef tea, chicken broth, prepared barley. It is the custom of many physicians to order one or two teaspoonfuls of one of the prepared concentrated foods, such as somatose, tropon, iron tropon, Heyden's Nahrstoff, lactoglobulin, etc. These are added to any of the above liquids.

Noon meal, say, 1 o'clock (it is often advisable for the patient to rest for one-quarter to one-half hour before the meal is taken). Soup, entree, fish, roast, venison, fowl, salad, pudding, crackers and cheese, one to two glasses of milk. This is followed by one-half to one hour of rest, perhaps of sleep.

Afternoon lunch, 4 o'clock: same as 11 o'clock lunch.