

in which I have found its use most beneficial, among which may be first mentioned, catarrhal phthisis. In this form of pulmonary disease, which, in this climate, is by far the most frequent variety of so-called consumption, the pulmonary trouble is often complicated with gastro-hepatic catarrh, either in a subacute form, or in the form of acute attacks recurring at irregular intervals. I think that all careful observers must have noticed how frequently in such cases milk disagrees, and oil cannot be taken. The difficulty of getting these patients to digest a sufficient amount of nourishing fat-making food is, indeed, one of the most serious points in their treatment. I can confidently advise the use of koumiss in this condition. The patient can usually make three light and simple meals, and in addition half a pint of koumiss can be taken early in the morning, between breakfast and dinner, between dinner and supper, and toward bedtime. A special advantage to be here noted is, that when taken at night it not only agrees well, but exerts a mild soporific influence. It is probable that the high reputation enjoyed by koumiss as a remedy in phthisis in some distant parts of the world is due to its excellent action in many cases of the class I have alluded to.

As an illustration of another condition not rarely met with in phthisical patients, I may quote the case of T. W., aged 24, who applied to me with extensive disseminated disease in the left lung, with a glazed, moist tongue, frequent vomiting, considerable diarrhoea, marked emaciation, and abundant expectoration. He lived on koumiss exclusively for two weeks, during the latter of which he also took small doses of eriodyction as an alternative expectorant. After the first day there was no more vomiting or diarrhoea. During the third week small quantities of solid food were given, in addition to the koumiss. In the fourth week skimmed milk was substituted, and now at the close of five weeks, he takes one and a half quarts of milk daily, besides a fair amount of solid food, all of which is thoroughly digested. He has gained five pounds in weight, and considerably in strength; cough and expectoration have diminished and there is slight improvement in the physical signs. Fluid extract of eriodyction

has been given steadily, and for the past two weeks six grains of quinia have been taken daily.

As an exclusive diet, koumiss is adapted to all those cases where we employ milk in this way with such remarkable results, but, of course, it would have no special advantage, except in those peculiar instances where milk cannot be digested. Thus I have met with several cases of cardiac disease, with marked secondary hepatic and gastric congestion, where skimmed milk could not be digested, and where it was almost impossible to find any article of food that the patient could take, in which koumiss was used with entire success. In one such case, seen in consultation with Dr. Hollingsworth Neill, the patient, who had been suffering greatly from gastric distress, aggravated by all kinds of food, received immediate relief from the use of koumiss, which was taken with great relish for a long time.

As an illustration of its value in another kind of cases, I may refer to a patient with extreme nervous exhaustion and intense anæmia, who suffered violently from pyrosis and gastralgia. While out of bed it was impossible to secure improvement. Even when complete and prolonged rest in bed was secured, with the aid of massage, general electrization and faradization, it was equally impossible to feed her sufficiently so as to lessen the anæmia and relieve the distressing nervous symptoms. Milk was tried repeatedly, and always disagreed; its use, even in small quantities at stated intervals, caused intense distress. Iron could not be tolerated in any form; suppositories containing iron caused rectal irritation; hypodermic injections of dialysed iron (Wyeth's) caused abscesses. The internal use of the latter preparation of iron, as well as of many others, even in the smallest dose, produces suffering. In this trying condition, koumiss proved perfectly acceptable, and for a number of weeks the patient used it, first as the sole article of food, and later in addition to a very simple diet, with excellent results. Flesh was gained, strength increased, and the general nervous symptoms and the gastric distress rapidly improved.

It will immediately occur to many that kou-