

be carefully selected and well, though plainly, cooked—under, rather than overdone; tender beef and mutton, chicken and other birds, game, and fresh white fish. Pork, veal, goose, duck, etc., should be forbidden. It will be often found best at first to limit the meat meals—luncheon and dinner—to practically one course, light tender meat and a little vegetable with a biscuit and butter to follow. Such green vegetable will usually not be well borne, and what is given should be rubbed through a sieve—cooked as spinach is served. Often it is best to forbid potato for a time, and to substitute toast or second day's bread. Farinaceous foods have to be given carefully and the effect watched, but where digestion by the stomach is chiefly at fault starchy foods, as they are dealt with chiefly in the intestines, may be given in greater amount. The contrary holds good where digestion goes on best in the stomach; then meats are most satisfactorily digested. Ripe fruits have to be taken in great moderation, and raw vegetables, salads, etc., are not usually allowable in the earlier stages.

Whether meat preponderates in the dietary or farinaceous foods, the absolute necessity for slow eating and complete mastication of all solids should be strongly and repeatedly impressed upon the patient. It is always well to ascertain the condition of the teeth, and not infrequently some repairs have to be carried out by the dentist before complete and comfortable mastication can be attained by the patient.

*Nux vomica* is one of the most useful remedies in these cases and it may be given in tincture, or in pill with a quarter of a grain of capsicum and a couple of grains of compound rhubarb pill. Bismuth is of use in many instances, with an alkali such as bicarbonate of sodium, and calumba or other bitter infusion. Salicin is not used so much as we believe it might be, and given in five or ten-grain doses in water before meals is often very helpful. Pepsin seems distinctly indicated, but it is often disappointing, and at the best it must be looked upon more as a palliative than anything else. *Pancreatin*, too, does not give the relief in all cases that we should expect from it. Salicylate of sodium with liquor pepticus, *nux vomica* and spirits of chloroform seems useful in a certain number of cases. Extract of malt given with or just after meals helps in those cases in which the digestion of starchy foods is obviously difficult. A few drops of dilute hydrochloric acid in water shortly after meals is often decidedly beneficial. In some cases iron and quinine seem to be indicated, and in many cases we prescribe them only to find how difficult it is to get them to agree, especially in the earlier stages. When improvement has set in they may be tried