

of ancient origin that to drink fluids such as tea without eating some solid material is harmful. To take well-made tea or any good fluid two or three hours before the next meal is an excellent method of supplying the body with its necessary flush of fluid and prevents any desire for drinking with meals; but it is the taking of bread and butter, sweet biscuits, or cakes at such times which causes flatulence and pain. In like manner while soups may be excellent, a patient should always be warned against making his stomach into a kind of pig-wash tub by taking too much soup with a solid meal. A material point also is the temperature of fluids taken at meals. A cold fluid naturally delays digestion, whereas a reasonably warm fluid may aid the process. I find it is a wonderful aid to the improvement of a patient's digestion and incidentally to the avoidance of auto-intoxication to prohibit the use of any fluid with meals, especially where the obnoxious but common habit of washing down the food is in vogue.

Another common and simple but quite frequently overlooked mistake is the eating of butter in excess, especially very salty butter. It is obvious that, supposing a person takes twice the amount of butter that the bile can make soluble and digestible, there will be a large amount of free grease forming a film over the absorbent points and a large opportunity for butyric acid fermentation in addition to an excess of salt to be excreted. We all know that excess of meat is a fertile source of auto-intoxication, but less obvious and often less thought of are the potatoes with their added supply of butter which so commonly accompany the three meals of the day. Many cases of intestinal indigestion are cured simply by stopping the use of potatoes for a time or permanently. The other starches and the sugars play an important part in producing auto-intoxication. Who, for instance, would think that porridge would ever play such a part? Impious thought! Yet it is remarkable how much easier it is to abolish many auto-intoxications, if the various forms of porridge are cut out of the dietary. Excess of starchy foods more or less unconverted travelling through the intestinal tract, or worse still, clogging its labyrinth, is one of the commonest causes