

these considerations alone seems to be that the proper diet for chronic Bright's disease is one in which the nitrogenous food is reduced to the minimum consistent with nitrogenous equilibrium, and that animal food should be withheld altogether. But in practice other considerations, such as ease of digestion, the maintenance of nutrition, and individual idiosyncrasy, have to be taken into account; and we find that no hard and fast lines can be adhered to, that each case must be dieted on its own merits, and that the diet may have to be varied from time to time.

During an acute exacerbation or in presence of some inflammatory complication, milk will be the staple article of diet, supplemented by some farinaceous stuffs, such as rice, corn-flour, or bread and butter. Beef-tea and broths are of doubtful value, and are contra-indicated on theoretical grounds. For a day or two a pint of milk daily may be sufficient; if it is desired to keep the patient on milk for a considerable time, two or three pints will be required. The advantages of milk as a staple food in this disease are its freedom from extractives, its easy assimilation as a rule, and the quantity of water it contains; it requires, however, to be supplemented by carbohydrates, and it is markedly deficient in organic iron. The chief objection to its use is that it is not the natural food of adults, that if long continued it leads to malnutrition and anemia, that as a rule patients thrive better when they are allowed a greater latitude in their diet. This is not only true in the slighter and earlier cases; it may happen in those that are far advanced and seemingly hopeless.

I have a man now in 12 ward who seemed to be dying of chronic Bright's disease; in spite of rigid dieting he rapidly wasted, dropsy was great, his mouth became ulcerated. Finding that all our care was without avail, I said he might have anything in reason that he fancied, including some butcher's meat. He at once began to improve; his mouth got well, and he put on flesh.

As a rule we should aim, not at cutting off ordinary articles of food altogether, but at reducing their amount. One egg or a little fat bacon may be allowed at breakfast, and three ounces of lean meat at dinner. It is usual to order fish in these cases, but it has no special advantage over butcher's meat except as regards its digestibility; we shall do best by consulting the patient's own likes and dislikes, not forgetting the charm which lies in variety; and if the patient's principles suggest a weekly day of abstinence he will probably be all the better for practising it.

Bouchard strongly recommends boiled mutton, and I have often ordered it, with apparent advantage. As regards bever-