

are eaten preferably in the open air, before breakfast, and on an empty stomach, but if the stomach is weak, a small crust of bread may be taken with the first portion, between 7 and 8 in the morning. The second portion should be eaten one hour before dinner; the third in the afternoon, between 3 and 5 o'clock, two hours after dinner, and a fourth may, sometimes, be eaten just before bedtime. The grapes must be eaten fresh and ripe. They are to be crushed between the tongue and the palate, not the teeth. Beginning with from one to two pounds, the quantity is to be daily increased half a pound until the prescribed quantity is reached, and then slowly decreased. The treatment requires from one to six weeks, during which all the heavy and greasy dishes, also all food that causes flatulence, are to be interdicted. As a rule, the grapes especially suitable to bring about a therapeutic modification are

those that contain a large percentage of grape sugar. When the stomach will not take the grapes by eating, the freshly expressed juice may be used. They may also be bottled by a special process (*procède Appert*), and employed at any time of the year. Externally, grapes have been used in the form of baths, which are provided at some of the European grape-cure stations for persons who want to be plunged into the mash of the grapes, while it is in a state of fermentation. These baths, used principally for rheumatism, were formerly recommended by Tissot in peripheral paralysis. The grape regimen, as an after-cure, is regarded in Germany as indispensable to the completion of a thermo-mineral treatment. Whether used as a principal or as an accessory resource of treatment, in order to be well tolerated and successful, it requires the concurrence of adjuvant hygienic influences, which may

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