

"in the hope of prevailing upon their new medical adviser to recommend a more liberal diet scale. As it is a marked trait of humanity to believe readily what is agreeable to believe, the advice of the less skilled man is adopted; and it is only when the consequences follow, as in time they do, that a long deferred repentance sets in—usually too late to be of service."

What diet shall we prescribe in high arterial tension? Briefly this, the same as in health, viz., *cereals* and *fruits*.

Bread or gems made from whole wheat meal; porridges or mushes of wheat; oat, Indian corn coarsely ground or rolled, singly or in combination; puddings of rice, sago, tapioca with fruit; apples, peaches, grapes, and the smaller fruits raw, cooked or both; vegetables should be but sparingly used, especially by those who cannot take active exercise, as they bulk for bulk contain much more nitrogen than animal food.

Raw and cooked fruit should not be taken at the same meal. No tea nor coffee. Milk may be allowed as a drink, better taken skimmed, the cream at meals with the grains and fruits, the milk drank between meals, slightly warmed. The following extracts from Leaming upon milk-drinking deserve to be more widely known: "Lord Bacon says, in effect, that many believe they cannot take milk without becoming bilious, because they take but little at a time, which coagulates; but if they take large draughts, the acid is diluted, and digestion takes place. I have repeatedly demonstrated the truth of his observation. Two or three quarts of milk may be taken daily for weeks, even by a feeble person. The stomach must be educated to receive this quantity, and it must be done gradually. By the constant use of milk the stomach dilates and the blood vessels enlarge, and more nutrition is carried to the capillaries and the weight of the body will be increased. The increase in

"weight, which comes to drinkers of large quantities of any liquid, is owing to this acquired capacity to receive nutrition. The increasing deposit of fat in the system is an assurance that phthisis is held in abeyance."

The second indication in treatment is to keep the air cells dilated and the air passages aseptic. To those who cannot make climatic changes suitable to their temperament, the variety and stage of the disease, and there are many compared with the number affected, antiseptic inhalations are the *sine quâ non* of successful treatment. It is not a matter of indifference as to the inhaler or inhalants that we employ. A study of the mechanism of the circulation in the tidal and residual air will show the inutility of attempting to carry medicinal substances to the air cells in sufficient quantities to be of therapeutic value with air, water, or steam as a *vehicle*. To be successful, the tidal and residual air must be saturated with the *medicament*.\* A failure to recognize this fact is one of the principal reasons why the practice of inhalations in the treatment of diseases of the respiratory organs has not found a more permanent resting place in the practice of the profession. Careful regulation of the diet, and the frequent use of antiseptic inhalations offers the best possible means of protection against the disease for those predisposed to it from constitutional causes and direct infection.

To help us in carrying out the third indication successfully we may obtain valuable information studying the course taken by nature in her *spontaneous* cures endeavoring to induce early fibroid changes in the pulmonary exudate by introducing compounds into the system rich in *carbon*.

In order to entitle a remedy or method of treatment to acceptance by the profession, it must stand the test of clinical uses

\* The only inhaler, to the writer's knowledge, by which this can be accomplished, at the will of the operator is the Butcher Inhaler.