

complications which threaten life, such as severe hæmorrhage, sudden cardiac dilatation, hyperpyrexia (107 degrees Fahrenheit), pneumonia, or uncontrollable diarrhoea, alcohol must be given without stint." Alcohol, and in fact all foods, in acute cases need to be ordered and prepared with much discretion, and by close observation and attention to each individual patient, the physician may score many a brilliant success where poor nourishment would have ensured failure.

In chronic diseases the diet differs very largely with each affection. In order to prescribe a dietary for a patient, a careful analysis of the condition present will suggest the requisite elements to remedy it. On comparing the foods having the necessary elements, a selection should be made with some regard to the occupation of the patient. If the patient is an educated person, and has been following a sedentary life, using his mind more than his body, a selection of foods having a large proportion of phosphates is advisable. If the patient is a laboring man, with muscles developed more than nervous matter, foods rich in nitrogenous material will more readily regenerate. If the patient is a young, poorly nourished child, with a nervous, irritable disposition, and a suspicion of rickets, a diet rich in phosphates is indicated.

To the delicate neurasthenic lady, who has never developed her muscular system, and who is not called upon to resist cold, the nitrates and carbonates are not so necessary as to the convalescent school boy who is preparing for his athletic games, to be indulged in regardless of heat or cold.

I dare say that it would be consoling to the school boy to know that his overpowering appetite for all sweets is not a pernicious one, but a lusty call of nature for one of the most available force producers.

In prescribing a course of diet, it is well to give as large a variety as the case will allow. In some chronic cases, such as diabetes and nephritis, the diet is unfortunately so limited that it must inevitably become tiresome. Some small variety can be gained in these cases by varying the form of preparing the food; introducing new flavorings, etc. In private practice it is almost impossible to carry out to a satisfactory termination many of the reputed diet cures for various diseases, such as the various "milk cures," "whey cure," "Koumiss cure," "grape cure," etc. Not a small factor in these cures is the change of climate and other