

regular hours of rising and retiring, etc. Patients are not allowed out after night except by special permission. In summer, of course, the evening hours are utilized on the wide verandahs.

*Dietetics.*—When the digestive organs are in good condition, a full diet, with abundance of milk, fresh meat and eggs, is always enjoined; and in this direction, subject to the above, patients can in a large measure choose for themselves. If the stomach is weak and irritable, frequent lavage by the stomach tube will often increase the digestive powers and hasten recovery. The appetite of the patient is a matter of vital importance, and is, therefore, carefully watched and attended to by the physician in charge.

The best of all tonics for the consumptive is rest. Stimulants are never used except medicinally. Von Rue believes they have no effect whatever in reducing tuberculosis; and as they injure the stomach when given dietetically, they hasten instead of retard the progress of the disease.

*Climatic Measures.*—The patient should be out in the open air as much as possible, compatible with his systemic condition. When the patient's temperature is subnormal on rising in the morning, a glass of hot milk is given, after which, wrapped up, he sits on a steamer chair on the verandah in any position he finds most comfortable—usually the semi-reclining one—for half an hour before breakfast. Patients who are, in the doctor's opinion, well enough, take five or ten minutes' walk instead. But in all non-febrile cases, one or other of these must be done out in the sunlight.

Breakfast, in all cases able to take meals in the dining-room, is followed by an hour in the sunlight on steamer chair. And in suitable cases, this half hour before meals and one hour after meals, is prescribed for all the meals taken during daylight.

*Exercise.*—When the patient has little or no fever, walking exercise of ten or fifteen minutes at regular intervals several times a day, becomes part of the routine treatment. When the temperature reaches 100 degrees, all exercise is interdicted, and semi-recumbency in the steamer chair takes its place. But when the patient's temperature registers 101 degrees, he is immediately put to bed and kept there until it becomes materially reduced. If the temperature of same patient becomes normal or subnormal by morning, the steamer chair before breakfast is resumed, together with the other methods spoken of, and the patient carefully watched with regard to heat, as above indicated.

With regard to active exercise—lawn-tennis, bicycling and dancing are all prohibited. Croquet playing allowed when there is little or no fever—walking encouraged—and horseback riding during the latter stages of recovery.