

The dinner should be served about one o'clock in the afternoon, and should be the meal of the day. The patients may have any kind of meat they relish except salted meat, but it must not be fried. Potatoes, fresh vegetables, fruits and puddings may also be allowed; coffee, tea or possibly a bottle of light beer may be added. About four o'clock in the afternoon, they should have a little meat extract with toasted bread, and about five, a little more should be given. About seven in the evening comes supper, consisting chiefly of farinaceous food; various jellies, beef extracts and gruels are useful at this time. If the patient is awake at eleven o'clock, a cup of milk or hot soup may act as an hypnotic. Patients who exhibit a hectic temperature, instances of secondary infection, are better without alcohol after the one o'clock dinner, because the alcohol seems to increase the fever. With the starchy foods often these intestinal disturbances result; malt extracts, administered contemporaneously, are useful, for Kellogg has shown that starch conversion into dextrin and maltose goes on in the stomach. The liquid malt extracts usually contain sufficient alcohol to inhibit this conversion, and also the acids generated in the process of fermentation, delay or prevent the action of diastase. The night sweating is obviated by a glass of milk in whatever form may be advantageous take at the period of greatest exhaustion. The various oils are classed as foods and carefully regulated as such, and the effect painstakingly observed. The patient's taste and his conclusions from previous experiments are patiently considered; these details should not be neglected; alcohol is sparingly employed and limited in quantity and kind.

Physical exercise has important uses. In the first place respiratory exercises in the early stages of the disease can be adjusted to the special needs of the individual, and if kept within limits of fatigue, will aid greatly in affecting a permanent cure. Among the laboring classes work, within the bounds of capacity, which is of a productive character is doubly beneficial, and this has been demonstrated by the better results obtained in prison camps in Texas as compared with those of the tuberculosis colony in the prisons of New York; in both of these states most intelligent work has been done for the treatment of tuberculous convicts with beneficial results, not only to the prisoners themselves, but in protecting those with whom they come in contact after their release.

As for hydrotherapy, electricity in its various forms, the various lights and rays and other allied physical agencies, a considerable experience and a considerably larger observation of the work of special laborers in these fields has led to the belief that the meagre results obtained do not compensate for the efforts put forth in securing them.

A widely distributed official document, which is often quoted with approval, contains the following statement: "Consumptives are warned against the many widely advertised cures, specific and special methods of