

hardly write. But it is not enough, especially when any part of the lung has lost its respiratory condition, to simply require the patient to live an out-door life, and continue to breathe as in the past. More than ordinary respiration must be enjoined and persisted in. The respiration in the past has not been sufficient, or there would not be a tuberculous condition, nor a pre-tuberculous one; hence, an increase is absolutely essential, or there can be no, or but little, continuous or permanent improvement. It may be that, to the weakened tissue of the air-cell walls from the shallow breathing of an inactive, perhaps indoor life, is added an immediate or exciting cause, such as a "cold" or measles, added to the already weakened tissue and the auto-intoxication. All the same, and the more essential, free lavage and exercise of the tissue of the air cells with pure air, by deep breathing for many months, indeed ever after, for toning up the tissue and getting into the blood abundance of the antitoxine—oxygen is absolutely indispensable to recovery.

It must ever be remembered, however, that the greatest caution is demanded in the practice of such gymnastic exercises, especially in the beginning, with only slow movements of the arms. With such caution there is no, or the minimum of, danger. And in any case, in it is the patient's only chance.

The nutrition of the patient, the diet, is of the next importance. A consumptive should not have a mouthful more food than can be digested, and, *assimilated*—made blood of. Hence, this part of the treatment requires care and study to find out just what, and how much, each individual patient can so utilize.

Stuffing, as we know, has been found to be a serious mistake, and has had its day. Any excess of what is assimilated will but increase the auto-intoxication, tend to diarrhea and emesis. With excess, some patients may fatten, fatten as bovines do, but with a steady increase of tubercular deposit. It is better, firmer, muscle and nerve tissue that is needed, not burdensome fat. And the strength may increase, indeed commonly does, without appreciable increase in weight. Not very long ago, this so, thought "good indication" of "fattening" was rationally discussed in the *British Medical Journal*.

In nearly all advanced cases, however, something more than the ordinary food—beef, eggs, milk, etc., is required. I have found the greatest benefit from "Sanguis Boum," a preparation consisting chiefly of ox blood and Malaga wine. It is highly nutritious, the patients like it, and it is the least expensive of the nutriment medicines; and hence can be prescribed and taken in liberal quantities.

The amount of exercise permissible demands a good deal of consideration. When the pulse rate is persistently over one