

These conditions, I may add, however, do not very often present themselves. The first which may demand a deviation from the rule is an inability to take milk, either because of its evidently disagreeing or because of some insuperable prejudice against it. I believe the experience of all practising physicians agrees with my own, that this is a condition far more seldom met than some suppose. In other words, there are many persons who think they cannot take milk, who, when actually sick, find no difficulty whatever in doing so.

A second effect of a milk diet which sometimes demands deviation from it is an increase in the tendency to constipation which sometimes occurs in typhoid fever and which undoubtedly milk favors. In such cases milk should not be boiled. This tendency may be further counteracted by the addition of buttermilk, of animal broths, and particularly of chicken broth, of beef juice and of the various forms of peptonized foods, either liquid or reduced to the liquid form by the addition of hot water. An objection to animal broths made by those who are anxious to depart still farther from the milk diet is that they are typical culture media, and as such illy adapted as nutrients, since they favor the multiplication of bacteria in the intestines. This sounds well, but I believe apprehended danger from this source has little practical foundation. Certainly when made by the aid of heat, as they should be, they are sterile at the outset, and it is doubtful whether there is any food which may not become more or less a culture medium when introduced into the bowel. It is to be remembered, too, that antiseptic qualities are possessed by certain digestive fluids, notably the gastric juice and the bile. Such antiseptic effect may be increased by the administration of hydrochloric acid or other antiseptic.

Should evidences of inability to assimilate milk continue to present themselves after reducing the quantity of milk to reasonable limits, there is no more satisfactory nourishment than albumen water, which consists of the white of eggs mixed with water in varying proportions. The whites of two eggs to a pint of cold water may be considered an average proportion, but the mixture or solution may be made weaker than this, or even stronger. A little lemon juice, a fluidram or more, may be added to the pint as a flavor, or the same quantity of brandy or whisky. In extreme cases of delicate stomach, albumen water may be used alone for a time or in conjunction with milk or beef juice.

Modifications in diet demanded by symptoms or complications arising in the course of the disease, as well as by convalescence and recovery, should form a part of remarks on diet in typhoid fever. The complications of hemorrhage and peritonitis are the most important. The occurrence of hemorrhage calls for an immediate reduction in the amount of food. The reduction should be positive, and it may be that for a number of hours it is better to give no food at all. The indication for an arrest of peristalsis far exceeds all others, and in no way is this so well secured as by the total omission of food. Where total cessation of feeding is not deemed necessary, the quantity of milk may be reduced to half an ounce or an ounce every two hours until the danger of hemorrhage has passed away. The same remarks apply when there is perforation of the bowel.