

probable increase in weight established. In cases of this nature it is simply a matter of giving a well balanced diet of a sufficiently high caloric value to ensure of having a margin on which to gain weight. Unfortunately we have many cases more advanced in the disease, with gradually failing resistance, or perhaps with an extremely virulent type of infection in whom the matter of a sustaining diet is indeed a problem.

Each case must be dealt with on its merits, and it is wrong to prescribe average fixed amounts for all, much depending on patient's size, activity and state of digestion. In former times so called forced feeding was considered to be essential in the dietary of patients suffering from tuberculosis, and in fact this practice is still followed by many advisers to-day. It may possibly be that the fact of the marked tendency to loss of flesh has stimulated the desire to increase the food intake, hoping for a probable gain in weight. My experience has at least been sufficient to convince me that this principle of feeding tuberculosis patients is fallacious, and I am sure I am only voicing the opinions of many others, whose experience in following this specialty in practice has been much wider than my own. While no one can question the fact that excessive feeding is infinitely better than under feeding, why should it be necessary to make either mistake. There is no doubt that the normal organism, if called upon, can give more service than that required of it, and probably maintain these functions for a more or less considerable period of time if called upon to do so. But what is to be gained by pushing these physiological requirements to the extreme, even if same limit.

According to Atwater's tables a blacksmith can with health and comfort carry on his day's work on a diet the daily proportion of food elements of which are P. 176 gms., fat 71 gms., C. 666 gms., having a total fuel value of 4,117 calories.

Is it reasonable to expect that a patient with diseased tissues, can hope to cope with such excessive amounts and especially when he is of necessity compelled to lead a more or less sedentary life. While my hearers may feel that this is citing an extreme example, we learn that in a well known European sanatorium, a ration having a fuel value of 5,500 calories is prescribed of which 1,200 grms per day is the protein proportion.

But to cite instances at home I find patients constantly coming under my observation who have been advised to partake of a much more liberal diet than they are able to handle. Generous weight gaining seems to be the goal sought, and oftentimes I am sure the cost of such is not duly considered.