

*Diet.*—Small quantity. q. 4 h. Meat—boiled chicken, mutton chops; eggs, two a day; oysters, raw or panned; vegetables—peas, beans, lettuce; liquids—beef tea, bouillon, cocoa, lemonade, milk. *Note.*—Never give more than 4 ounces of fluid at a time. Should be sipped. Wine—Port, Rhine, sherry, brandy, dram to half ounce.

*Note.*—Something light (cocoa and toast) should be taken one-half hour before the bath; something light and hot (bouillon, milk punch and toasted crackers) should be taken directly after the bath. If the heart's action is poor, sherry, brandy or port wine may be given after the bath. Last meal to be taken three hours before retiring.

*Bath No. I.* Sodium chloride, 4 pounds; cal. chlor., 6 ozs.

*Bath No. II.* Sodium chloride, 5 pounds; cal. chlor., 8 ozs.

*Bath No. III.* Sodium chloride, 6 pounds; cal. chlor., 10 ounces; sodium bicarb., 6 ounces; HCl, 7 ounces.

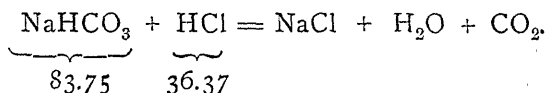
*Bath No. IV.* Sodium chloride, 7 pounds; cal. chlor., 10 ounces; sodium bicarb., 8 ounces; HCl, 12 ounces.

*Bath No. V.* Sodium chloride, 9 pounds; cal. chlor., 11 ounces; sodium bicarb., 1 pound; HCl, 1 pound.

*Bath No. VI.* Sodium chloride, 11 pounds; cal. chlor., 12 ounces; sodium bicarb., 1 pound; HCl, 2 pounds

Each bath consists of 40 gallons of water.

NOTE.—By using a little more  $\text{NaHCO}_3$  than is required to take up the HCl, the metal tubs may be employed without doing them any harm.



### THE EXERCISES.

The exercises are called by Dr. Schott "Widerstand-gymnastik," or resistance gymnastics, and consist in slow movements executed by the patient and resisted by the physician or operator. A short interval is allowed after each movement, during which the patient sits down. The exertion employed must be very small, and should cause no increase in respiratory movements, flushing or pallor. The patient should be loosely and lightly clothed, and instructed to breathe quietly. The resistance made should be of such a kind that the patient may always feel himself easily the master. The operator must not grasp or in any way constrict the limb, but should oppose by the hand held flatly. The movements are nineteen in number:

*Arm.* (1) Arms extended in front of body on a level with shoulder, hands meeting; arms carried out until in line, and brought back to original position. (2) Arms hanging at