

TIME TABLE.

7 a.m.—Take temperature (col. A).

Rise and take your bath quietly (before a good fire, if in winter in the bedroom. The windows being closed for the purpose, the bath may either be warm and followed by a cold sponge, or cold altogether. Dress quietly and slowly, and then lie down in the fresh air for half an hour before

8 a.m.—Breakfast, consisting of porridge, eggs and bacon, fish or ham, chops or some other meat : a little tea or coffee may be taken, plenty of butter with toast or bread, and, lastly, a pint of milk.

8.30-9.15. Rest again quietly in the open air, and, according to your doctor's instructions, take exercise for from five minutes to three hours. Then, immediately after this exercise, or at

12.30 p.m.—Return to the house and take your temperature (col. B), and again half an hour later, if necessary. Now lie down until

1.30 p.m.—Then take your mid-day meal : soup or fish, meat, poultry or game, plenty of pudding, farinaceous, suet or fruit, cheese and biscuits, plenty of butter, which is fattening. Finally, a pint of milk. Fluid taken during the meal should be but little, and may consist of beer or light wine. Rest again until

3 p.m.—Take, if permitted, your afternoon exercise, or remain resting during the remainder of the day, in your chair in the open air.

5.30 p.m.—Or immediately after exercise—take the temperature (col. C), and note on the chart whether after exercise or rest.

6 p.m.—Lie down for an hour before

7 p.m.—The evening meal, which may well be as full as you can make it, and should include one meat dish. Take the third pint of milk, then rest and amuse yourself until

9 p.m.—Undress quietly and get into bed, taking your temperature (col. D) ten minutes later.