

*peptic Agent.*" He said that many cases of illness were due to errors of diet, especially to overfeeding and improper mastication. Observation and recorded cases show that health can be maintained on very much less food than is usually consumed. When illness is due to prolonged excess of food, restricted diet, without medicines, always effects a cure. Persons who habitually eat too much are more liable to attacks of acute diseases, to gout and to rheumatism. Heart disease and tuberculous disease are also caused by excessive feeding. In debilitating diseases, give concentrated and peptonized foods, with iron and phosphates. In functional heart disease, enquire into the diet. He then reported the case of a female, aged 46, unmarried; good family history; always healthy till ten years ago, when she began to suffer from dyspnœa, which has been steadily increasing. When seen, there was urgent dyspnœa, weak pulse, flatulence; color good, no pain, the bowels regular; no sign of valvular disease. Patient used a large quantity of fatty food. Ordered plain, nutritious, solid food, to be eaten slowly, and to be well masticated; very small quantity of fluid. Under this treatment there was rapid improvement, and patient is now nearly well. Another case under his care for years, on eating to excess, suffered from attacks resembling angina pectoris. Cured by restricted diet.

In the discussion which followed, DR. GRANT (Ottawa) urged the importance of combining massage with regulation of diet.

DR. REEVE (Toronto) had frequently seen phlyctenular ophthalmia due to digestive disturbance, caused by eating too much raw fruit, especially in very young children.

DR. GRAHAM said that in skin diseases, diet was a very important part of the treatment. Many forms of skin diseases were due to errors of diet.

DR. SHEARD (Toronto) exhibited a specimen of *gangrenous bowel*. Was called to see the patient, a man aged 37, on the afternoon of the tenth day of illness; found a right inguinal hernia, with symptoms of obstruction. Hernia was reduced without much difficulty, but the symptoms of obstruction continuing, had him removed to hospital. On the following morning, Dr. Burns and himself found a soft, doughy tumor in right iliac region, thought to be impacted fæces. Gave oil and enema without