

ing briefly the main line to pursue in each, shall pass on to consider some minor points which may be of some small practical value.

In all acute troubles the diet should be strictly limited to a fluid, or semi-solid, diet, which will be almost entirely digested. Foods having a large per cent. of residue are contra-indicated, particularly in enteric troubles. Water is most easily assimilated, and consequently is the best vehicle for conveying foods into the system. It is also invaluable in washing away the nitrogenous debris, which is increased in quantity owing to increased metabolism. In the acute cases, where the fever is high, it is considered well to aim at preventing the increased metabolism of nitrogenous tissues by supplying albuminous foods, which are consumed in their stead. Emaciation is to some extent limited in this way, and the patient's strength is thus reserved.

I will pass over without comment that universal food, milk, which is so valuable in all acute troubles, and will consider a few points regarding farinaceous gruels. In a certain percentage of cases, a milk diet is but poorly borne, and at best soon becomes tiresome. A discriminate use of carefully prepared farinaceous gruel goes far to supply the need in these cases, and probably are of more dietetic value than the great majority of meat broths, which, in nutritive value, are little more than a saline solution, with some gelatine and extractive matters. Stomeyer feeds his typhoid fever patients largely with oaten grits boiled for three hours without sugar. In some forms of enteric fever, with great emaciation, farinaceous gruels are strongly indicated. They must not be given too sweet, and a little cream or lemon juice may be used instead of sugar. It is often advisable to add a tablespoonful of malt extract, or some of the prepared foods, as Mellin's, Ridge's, etc. Some object to these gruels, on the ground that they cause tympany. If this is troublesome, some of the difficulty may be removed by pre-digesting the gruel.

In many cases of fever, alcohol is very valuable as a food. It enters the system and becomes oxidized, and in this way saves the tissues. Its need in the early stages of fevers is not to be compared with its needs in the latter part, and its use in the early stages as a routine practice is much to be discouraged.

Thompson speaks of it in the following terms: "In all