

improvement in morbid conditions, save in exceptional instances. There is no particular difficulty in practising gavage. The food is prepared as follows: Lean meat from which all the tendon and gristle and as much of the fat as is possible have been removed to be used. The meat is to be finely chopped and dried in an oven at 150 degrees F., until it has become absolutely dry. The oven temperature is now raised to 170 degrees F., and the powdered meat allowed to remain for several hours. It is then ground in a mortar and sifted; six pounds of raw meat thus treated will furnish about one pound of beef powder; after cocanization of the larynx, if necessary, the Debove tube is passed; the stomach is washed out with a pint of artificial Vichy, and the patient is fed by pouring through the tube three-fourths of a pound of the beef powder to which three times as much milk has been added. At first such a meal should be given twice daily, and the amount gradually increased until the patient takes from one to two pounds of the powder, and four or five pints of milk each day. If there is difficulty in digestion, the milk may be omitted and a little dilute hydrochloric acid with sufficient water added to the meat powder. Two facts express one most forcibly, vomiting after gavage is practically unknown, in spite of excessive coughing, and when tuberculous laryngitis has supervened, it is the only method whereby a patient can be fed. Its employment is reserved solely for these unfortunate sufferers.

In general, a mixed diet is advisable, regulating the quantities of proteids, fats and carbohydrates so that the diet shall be well balanced. The most feasible plan is the administration of smaller meals of increased number and making one series of meals mostly of proteids and the other of carbohydrates. The plan usually employed is as follows: The first meal should be at about seven in the morning when the patient takes a glass of warm (not hot) milk, containing a tablespoonful of strong coffee, made according to the French method, or if the previous night has been an exhausting one, a dessertspoonful of rum or other spirit, which has previously been mixed with enough water to reduce its alcohol content to not more than five per cent., otherwise the alcohol will coagulate the albumin of the milk and render it less digestible. Breakfast is taken at nine. The patient is allowed eggs, cooked in any way except by frying, although if frying is preferred, it may be done in the Italian method, *i. e.*, in olive oil; bread is also permitted, and marmalade if the patient likes; toasted bread or good rolls (not hot) are allowable, and bread and butter, milk and coffee may be used for variety. About eleven o'clock the patient has the second breakfast which usually consists of a little cocoa, from which the fat has been removed or, if not removed, has been pre-digested. The patient may also have coffee, a little bread, soup or a beef extract: an egg-nog is permissible, and kumyss or matzoon is often acceptable.