

an exclusive milk diet. It had appeared to him (the essayist) for some years that the value of the milk diet in this and in other conditions such as typhoid fever, had been greatly exaggerated. He agreed that it was an excellent food for pregnant women who had toxæmia; it was probably the best food. But many people had a decided aversion to milk. His plan was to prescribe a modified milk diet which included milk, buttermilk, koumiss, mineral waters, plain water in abundance, white fish, rice, tapioca, lettuce, water-cress, and fruits such as oranges and bananas. He then called attention to the hygienic treatment of these cases, referring particularly to the value of warm water baths. As to medical treatment he placed the highest value on the use of Epsom salts. At a recent meeting of the Ontario Medical Association, Dr. Moore, of Rochester, had stated that dropsy caused by kidney disease was frequently cured and generally very much relieved by sulphate of magnesia. It was necessary that the treatment should be thorough and systematic. The patient should have four watery movements during the twenty-four hours. Two drams to half an ounce might be given. He did not like the use of elaterium and croton oil. A few small doses of calomel might sometimes be useful. He did not like the use of diuretics. Digitalis might be indicated in some cases, but the best of all diuretics was water. The acetate and bitartrate of potassium, with large quantities of water, was perhaps permissible in a few cases. He did not say that he was fond of them. Tonics were generally useful. Formerly the tincture of the chloride of iron was recommended in almost every text-book, and even in one of the latest text-books on the subject he had noted that the treatment of this condition was iron and a milk diet. He, however, thought the indiscriminate use of iron did more harm than good. It should never be given, of course, where the tongue was furred. Of the tonics he preferred strychnine, mineral acids and vegetable bitters. As to jaborandi and pilocarpine, he gave them an unqualified condemnation because they were so dangerous, and so frequently killed the patient. As to the treatment of eclampsia, the main points were, if pregnancy was not too far advanced, to stop the convulsions by other than operative interference, and to improve the general condition. If this means failed the uterus should be emptied as soon as possible. To treat the convulsions he recommended the administration of half a grain of morphia, repeated if necessary. This treatment had been criticised adversely, particularly in Great Britain. Bleeding was useful in certain cases. He referred to the use of chloroform and chloral, which were both very useful. He also recommended the use of a salt solution, 2 to 4 per cent. Its effect was to dilute the poison and rally the patient.