

again and again it has failed. My own opinion is that it is quite useless in pulmonary hæmorrhage.

Where a large quantity of blood is being lost, it is well to ligate a leg and arm with sufficient pressure to prevent venous return—about 20 minutes at a time, changing them to opposite side.

For treatment of initial hæmoptysis in incipient disease, little is required other than rest in bed with attention to diet and regulation of the bowels.

For the congestive hæmorrhage, digitalis and strychnia are indicated, and slight exercise, either walking or carefully supervised pulmonary gymnastics, may be indicated.

Patients with recurring hæmoptysis are to be warned against sudden severe exertion, such as heavy lifting, running, high reaching, rapid climbing of stairs, etc.

Diet. This should be restricted when bleeding is severe or continuous, both as to solids and liquids, should be non-stimulating, with no hot dishes. Alcohol, tea, coffee, cocoa are forbidden, also foods which require effort in mastication. For the first few days, eggs, milk, gelatin jellies, ice cream, custards, beef juice, should form the diet; the fluids not to be over 50 ounces—in some cases not over 25 ounces. As the bleeding and subsequent oozing ceases, a solid diet may be begun, still restricted, and with fluids restricted until after all color has disappeared. The patient is to be fed by his nurse while any color is still present.

If it has been thought wise to use calcium salt, then acidulated drinks are to be avoided as prolonging coagulation time.

In early cases the patient may get up and move about within a couple of days. In advanced cases, however, longer rest must be insisted upon. He should remain in bed, in moderate cases, four days, and in severe and profuse cases, fully seven days after disappearance of color.

He should be instructed to avoid all things which tend to increase blood pressure in an endeavor to prevent recurrence.

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THE RELIGIOUS FACTOR IN MEDICINE.

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MAN is essentially religious. His faith in a supreme being, or beings, or in natural laws, is the most deeply rooted of all his convictions. The creeds, doctrines, or dogmas, through which he gives expression to his faith, are his infallible guides. In observing them.