



No. 5.

Sphygmographic tracing No. 1 is from the radial artery in a young man, twenty-one years of age, in whom meat food entered largely into his dietary. Contrast with No. 2 from a young man of the same age, who has never eaten meat. The indistinct pulsations of the former are in marked contrast to the latter.

No. 3 is from a gentleman about sixty years of age, lymphatic temperament, sedentary habits, a large consumer of animal food, has fibroid left lung. The pre-tubercular stage was well marked and of considerable duration.

No. 4 is from a gentleman fifty-four years of age, who has not eaten meat for thirty years, and during that time he has not lost a day from professional duties on account of illness. He is now in perfect health.

No. 5 is from a person past middle life, in whom evidences of arterial degeneration are well marked, the diet containing about an average proportion of flesh food, with but little active exercise.

As is to be supposed from the high tension, the watery constituents of the urine are in excess. The quantity is rather above the normal, sp. gr. low, sometimes down to 10.02; no albumen nor sugar. Micturition is frequent as a rule, and not always wholly under the control of the will.

In the sanguine temperament with its excess of oxygen, there is greater functional activity of all the organs and the disturbances of nutrition preceding the initial lesions of pulmonary consumption are characterized by greater activity and the stage of shorter duration than in the lymphatic.

In this temperament, slight attacks of fever coming on at irregular intervals is

the connecting link between this stage and the tubercular lesions, while in the lymphatic, mental depression, impure air and local causes are important factors in causing the pulmonary exudation constituting the fibroid variety of the disease.

It is not the object of this paper to show that this stage or these symptoms are of themselves *per se* sufficient to cause consumption. In some cases, and with proper care, individuals in whom many of the symptoms constituting the pre-tubercular stage are well marked may live to old age. In others it may show itself in almost any form of organic disease, according to the exciting causes; but the point to be emphasized is this: that pulmonary consumption, except in a few instances in which it follows immediately after some acute disease, as typhoid fever, is always engrafted, so to speak, upon this group of symptoms, which, taken together, constitute the pre-tubercular stage.

III. *Treatment.*—The indications for treatment are the same in all stages—pre-tubercular, fibroid, tubercular, viz.:

1. To restore the circulation to a normal condition by reducing arterial tension;
2. To keep the air cells dilated and the air passages aseptic;
3. To treat constitutional conditions according to their special indications. The first indication cannot be carried out successfully by drug medication alone. The elimination of all flesh foods and broths from the dietary is an absolute necessity to obtain certainty in results.

Both the medical and lay mind are so wedded to the idea that flesh food in some form is essential to the health and well being of the individual, that in some