

was ordered to take one, but would not consent to do so as he said he was sure it would prostrate him too much, but had no objection to a cathartic. The difficulty was got over by administering 3 grains of *tar-tar emetic in a black draught*. Violent emesis of course ensued which was blamed on his irritable stomach. Although very much prostrated by this powerful dose he was much relieved, the fever being reduced and his pain lessened. He was then given the same mixture as No. 1, and was completely starved for three days. On the fourth day was allowed an oyster and a poached egg, and on the fifth day half a pint of milk during the day and three oysters three times a day. On the sixth day he was almost well and allowed full diet. Has had no relapse.

Case No. 4. M. P., aged 13, a slight delicate girl. This was her third attack of rheumatic fever, each time previous to this having been sick for nearly two months. Her neck was slightly awry from the disease. Was ordered to take the same remedies as No. 1, except that the emetic given at the outset was a mild one and the dose of opium and colchicum smaller. Fasted five days, and on the sixth day was allowed three oysters to commence with. Left her bed on the seventh day. Has had the best of health since, is rapidly gaining in weight and the torticollis has disappeared.

Case No. 5. E. R., aet. 50, tailor, thin and of nervous temperament. Two days before seeing him had got cold and wet whilst at work in a cellar. Gave a mild emetic, which relieved him.

It was found necessary to starve him for three days only. On the fourth day he was allowed two oysters and a little milk. Went to work on the sixth day and has had no relapse. His general health has improved since his recovery from the attack.

Case No. 6. E. B., aged 60, a stout but active Englishman. This was his first seizure, it being of a very violent and typical nature. Swelling and acute pain in his knees and ancles, with high fever, foul tongue and profuse acid sweats: Gave him an emetic, but purposely omitted the opium and colchicum and the potash mixture, partly for the purpose of trying starvation pure and simple and partly because his pain was so soon relieved by the emetic and abstinence from food. Fasted four days and on the sixth day went to work as usual. Has had no relapse, and his health has been very good since.

Case No. 7. Mrs. W., aet. 24, an English lady of sanguine temperament, medium height and a little inclined to be corpulent.

Her second attack of what was certainly a genuine case of acute rheumatism, all the symptoms of the disease being well marked. The treatment adopted in her case was very much the same as No. 1, starvation extending over a period of four days. She made a good recovery, the last visit being made on the fifth day, when she expressed herself as being perfectly well.

I have notes on twelve more such cases in which the history of the patient, the duration of the disease and the immediate effect of treatment are very similar to most of those related above, and, were it necessary, I could give at least thirty more instances where this plan of treatment has proved equally successful, but for the purposes of this article I do not think it is required, as I merely wish to give an outline of the course usually adopted in ordinary cases of the acute form. I do not claim that in every instance this treatment will produce a certain cure, but so thoroughly am I convinced of its efficacy that I would not change it for the salicylic acid treatment, having had some experience of this drug, which I have tried in several cases only to return to the old plan of starvation. I have seen its good effects in so many instances; in fact, relief has so invariably followed its use that I can almost positively promise a patient who consults me that he will be well again without fail within a week or, at furthest, two weeks after beginning treatment. I ask, can the supporters of any other treatment say more than that?

It might be objected that, in several of the cases reported, colchicum and opium with an alkaline remedy (acetate of potash) were given, that the treatment is only an old one slightly modified, and that the results obtained are directly traceable to these latter remedies and not to "starvation" at all. To this the answer is easy. The opium and colchicum are given merely for the temporary relief of the pain in the joints, and they are discontinued as soon as they have accomplished their object. The potash undoubtedly facilitates the patient's recovery, but all three are given as adjuncts only, for in cases 2 and 6 no medicine was given at all, and yet both patients made a remarkably quick recovery. Again, how many cases of acute rheumatism, even under the most favorable circumstances, recover in from 6 to 10 days when treated by alkalies or colchicum and opium? It may also be objected that starvation can seldom be tried on the debilitated, the very young, or the very old. This objection is a valid one, but it fortunately happens that the disease is rarely seen in those under 10 or over 60. Total abstinence from food does not, as