

safeguard is a strict attention to and careful watching of the diet.

IMPORTANCE OF DIET.

Osler says that pure milk should never be given. Always dilute with water, lime-water, or aerated water. The stools of a patient on strict milk diet should be examined with great care to see if the milk is entirely digested. When masses of curds are found in the stools, vary the diet with broth or beef-juice. If there is a tendency to constipation, do not give lime-water, but dilute the milk with Vichy water, soda water, or apollinaris.

In diarrhea omit aerated waters and give lime-water in the proportion of one part of lime-water to three of milk, but in this be guided by the character of the stools. When the diarrhea is profuse and the milk undigested, it is well to follow a regular table of diet. Peptonized milk and barley-water may be given in equal parts, one ounce of each every two hours, or oatmeal-water may be substituted for the barley-water and is frequently more grateful to the patient, although the quantity of nourishment must be thus restricted; water should be very freely given in order to compensate for the quantity of fluid withdrawn from the tissues by the profuse secretion of the bowels. Watch the diet carefully when there is an inclination to vomit. Give nourishment in small quantities, very hot or very cold, whichever is more agreeable. A teaspoonful of frozen peptonized milk or a teaspoonful of hot milk or coffee may remain on the stomach when all other diets are rejected. If the patient is in a condition to express a preference for any particular form of allowable diet, it is always well to make the experiment of humoring him, as frequently the food desired is what will be retained. If the vomiting be persistent, notice the condition of the eyes, the teeth, and the ears. Intolerance of light, where there is already defective vision, an ulcerated tooth, or an ear plugged with wax may cause reflex vomiting, or it may be caused by some nerve irritation which cannot be located.

In the first and second weeks of typhoid it may not be necessary to awaken a patient for nourishment, but in the third and fourth weeks, as the strength goes down, care must be taken to increase the quantity of nourishment, and judgment may be exercised in awakening him. If he is sleeping quietly and the pulse is regular and not varying in character, let him sleep on for some hours, giving a little more than the ordinary quantity of nourishment when he awakes. But if the pulse is very weak or shows irregularity, it might be well to arouse him for nourishment and stimulants. In arousing a patient it is perhaps better to do so by speaking rather than by placing