

and if there is constipation, cream or seltzer water should be added. When a patient becomes tired of milk, it is advisable to discontinue it for a week or longer, and to substitute for it, beef juice or some such substance, and then to recommence the milk. As mentioned above, it is also advisable to stop the milk entirely one day a week.

Almost all physicians recognize the value of forced feeding in tuberculosis, but great care should be taken that it is not overdone. Every stomach has its own limits, and if overworked, especially by two large quantities of liquids, may refuse food in every form. Forced feeding should therefore be employed up to the limits of the patient's capacity. When digestive disturbances occurs, a good dose of castor oil or calomel is useful, and the patient should be put on a light or fluid diet, or the stomach should be given absolute rest while nutrient enemata are employed for two or three days. A light diet should then be given for a few days longer, and then full diet.

One of the principal requirements in the treatment of pulmonary tuberculosis is the free use of pure air. Even in the country proper hygienic conditions are secured only by actual life in the open air. Unfortunately, many physicians still have vague ideas regarding the management of the air cure, and advise their patients to "Exercise a good deal." This advice frequently does a great deal of harm. Most patients when beginning treatment should take no exercise. My own feeling is that all patients beginning treatment should take no exercise. This period of rest will last for a different period of time for each patient, and no stated time can be mentioned. The patient, however, should spend the entire day in the open air. The tuberculosis patient gets benefit from the open air not only when it is sunny, dry, and when the wind is quiet, but just as much when it is damp, cloudy, and when there is wind and rain. There is no basis for the assumption that the patient should remain indoors in cloudy or wet weather. Care should be taken, especially in summer, that the patient should not be exposed to the direct rays of the sun. This often causes congestion of the head and lungs. The patient should therefore protect himself from the direct heat of the summer sun, and should keep in the shade. He should remain in the open air during snow and rain storms, or even in moderate fog. One thing, however, is essential; namely, that he should be under protection, and should not have wind or snow or rain blowing in on him. It is a matter of everyday experience that a patient protected from the wind and rain by a shield on the stormy side of his veranda, can stand intense cold. Heavy winds are a great source of danger and should always be avoided. They very quickly take warmth from the body, and thus do harm to a patient whose temperature is