

the point of exhaustion or to the production of either dyspnoea or much perspiration. In incipient and afebrile cases, breathing exercises methodically performed have, I think, considerable value. In these breathing exercises inspiration should be as deep as possible, with shoulders well thrown back, while expiration should be slow and prolonged. Even after the disease appears completely arrested, it is desirable that the patient should remain a considerable time under the influence of those conditions by the aid of which health has been restored. "Nothing ever gets quite well," was a favorite aphorism of the late Sir George Humphrey; and tuberculous patients should bear it in mind.

Sir Douglas Powell has recently laid stress upon the fact that life in a sanitarium is, to a considerable extent, educational in its value; treatment of the disease must be extended far beyond the few months' residence in an institution, and a successful issue is only attained by the steadfast application of the lessons that have been learned under the eye of the physician. As far as may be practicable a return to the ordinary duties of life under conditions similar to those which existed when the disease commenced should be avoided.

On the subject of the diet of these patients, it is only necessary to emphasise the importance of the maintenance of nutrition as a factor in the treatment; tuberculous patients with active disease require a much larger quantity of food than those in health, to compensate for the increased waste of tissue; and if digestion is unimpaired, they can usually assimilate well this increased amount. The food as supplied at ordinary meal hours should be plain, well cooked, and nourishing, but at the same time savoury, and varied in character. In addition to the ordinary meals it is often desirable to furnish these patients with some liquid easily digested food between meal hours; a cup of hot coffee or tea containing a large proportion of milk in it, given the first thing in the morning shortly after awaking, relieves cough, assists expectoration, and at the same time counteracts the feeling of exhaustion which often follows the morning spell of coughing and distinctly interferes with the enjoyment of breakfast. At 11 a.m. a tumblerful of milk or beef tea is frequently able to be taken with benefit; and again at bedtime, a cup of some nourishing but easily digested farinaceous food taken warm, relieves the irritating cough, and tends to induce sleep. As an interne at Brompton Consumption Hospital, I had frequent occasion to note the marked improvement in appetite and nutrition which followed the employment of simple stomachic remedies, such as a mixture containing sodium bicarbonate with a simple bitter, or nitrohydrochloric acid with nux vomica. I am not surprised, therefore, to note that Kingston, in a recent article in the *Practitioner*, and Fowler,