

The mixed treatment must be persisted in for a similar length of time as advocated for the aforementioned forms. Another short period of repose is thense permitted, during which the tonic medication already suggested is given.

Throughout the entire cyclical period of specific therapeusis, the patient must be warned against indiscretions in diet and general hygiene. The use of mineral acids must be interdicted, while vegetable acids may be allowed, especially the fruit acids; hence the patient may partake of sour fruits, as apples, oranges, peaches and prunes. Pork and pastry must be tabooed from the dietary. Over-exertion, both physical and mental, is to be prohibited. The mouth and teeth are to be kept scrupulously clean and all tartar removed from the alveolar margins and surfaces of the teeth. Alcoholic beaverages are forbidden, but a light claret at the table may under circumstances be allowed; stout and ale may be partaken of in moderate quantities, as well as malt extract. Of course, it is needless to say, that all these beaverages, if permitted at all, must be used very tentatively. Coffee and tea must be absolutely discarded and smoking or chewing abstained from, lest mucous plaques ensue, manifesting much obstinacy towards treatment. In the elimative treatment, as will be noted subsequently, the diet may be more liberal and additional concessions made. Balneotherapy, either simple or medicated, should supplement the method of treatment promulgated on the foregoing pages, and should be assiduously encouraged, as frequent ablutions remove much effete matter from the organism and lend the body greater resistive power towards the onslaughts of intercurrent affections.

7. Eliminative treatment. The patient is next put on sod., or potass., iodid in ascending doses for one week, beginning with one minim of a saturated solution ter in die and increasing by one minim each subsequent day; it should be taken considerably diluted with water. The best time for its administration is 2 or 3 hours after meals. If the iodides are not well borne, the syrup of hydriodic acid may be substituted in lieu of it, or the pot., iodid may be given in solution per rectum, to which a few drops of tr. of opium may be added to allay rectal tenesmus; this may be injected three times daily. The iodides may also be prescribed in conjunction with the vegetable alternatives, as stillingia, trifolium taraxacum, rumex, lappa, sasaparilla, etc. A repose of three days is again allowed, during which tonics are administered.

8. After this, simple or alkaline baths daily for a week are advised; the various sulphur spas are of decided value at this particular stage of medication.

9. All treatment is then suspended and the patient permitted to enjoy a longer period of rest, or a *medium period of repose*, for about 2 weeks, after the expiration of which the above method is resumed.