

enforcement of dietary restriction is safer than an abrupt change from a liberal to a strict diet. Aside from the more serious accidents—such as coma—which some authors fear from abrupt changes, we shall certainly meet with pronounced digestive disorders if we change a liberal mixed regimen for one containing, say 650 grams of meat per day. I usually, therefore, in the beginning furnish the patient with the following list of articles allowed :

All meats, including beef, mutton, veal, ham, bacon, poultry and game of all kinds—roasted, boiled, potted, smoked or preserved in any way except with sugar. Sweetbreads, kidneys, heart, tongue, tripe, brain, giblets and marrow-bones, American canned meats and meat extracts, Australian corned beef.

All kinds of fresh fish, including oysters, crabs and lobsters. Dried, cured or smoked fish, including codfish, haddock, herring, mackerel, eels, sturgeon, salmon, sardines, anchovies, shrimps, caviar, frogs and turtles. Fats, oils (animal or vegetable), butter, gelatine. Eggs, raw or cooked any way except with flour. Fresh vegetables, including spinach, lettuce, cucumbers, green string beans, asparagus, cauliflower, red and white cabbage, Brussels sprouts, soft green corn on the cob, mushrooms, onions, cress, leaks, celery, radishes, oyster plant.

Preserved vegetables, including tinned asparagus, French beans, cucumbers pickled in brine or vinegar, mixed pickles, chow chow, olives, sauerkraut, tinned French peas. Eggs, cheese, cream, butter, gelatine and all fats and oils. Spices, including salt, pepper, mustard, curry, cloves, nutmeg, parsley, capers, etc. Soups and broths, if clear and unmixed with bread crumbs, flour, barley, rice or cereals. Nuts, as almonds, walnuts, Brazil nuts and filberts. Tart, apples, strawberries, lemons, gooseberries, currants and tomatoes in moderation, if prepared without sugar ; — ounces of table bread a day.

*Beverages.*—Pure water, all table mineral waters, coffee and tea with or without cream, Rhine wine, Burgundy, claret.

You will observe that a blank space is reserved for bread allowance, which is usually filled in at three ounces per day. Under the head of special instructions to the patient, directions are usually given to aim at the daily use of from 300 to 400 grams of butcher's meat, about 70 grams of fats, after which the balance of the daily ration may be filled in from the list *ad libitum*. On the third day, careful observations should be made and recorded of the following leading features : The weight of the patient as compared with that recorded three days before ; the quantity of the urine ; the total output of urea and sugar for the last twenty-four hours. The patient should now be kept upon practically the