On the Treatment of Phthisis with Milk and Egg.

For all practical purposes, so far as this paper is concerned, phthisis may be defined as a chronic disease of the lungs usually beginning in the apex, manifesting itself there by at first consolidation, afterwards unless arrested, by ulceration or wasting, and tending to spread and involve adjacent or even remote tissues. These physical signs are as a rule accompanied by cough, debility, loss of flesh, feverishness and sweatings, hemoptysis also in some cases being one of the earliest symptoms. It is not necessary that, in establishing a diagnosis of phthisis, all these conditions should be present in every case, but a consolidated apex accompanied by loss of flesh, cough and debility, with weakness of the digestive powers, leave little doubt that the earliest stage of phthisis is present, and that the case should be treated accordingly. Whatever view may be accepted as to the origin of phthisis — whether it be bacillary or otherwise — there is a consensus of opinion that as weakness followed by infection is an early and constant symptom, the chief indication of treatment is to improve the general nutrition of the body. As a means towards this end...
and cod liver oil has long been held in deservedly high repute, and is so still by the great majority of practitioners. But that it has many drawbacks there can be little doubt, not the least being the difficulty very many patients have in taking it. More especially is this the case among delicate females, in whom it frequently produces complete anorexia by deranging the digestion, which is at such times in a weakened condition. As a rule, cod liver oil agrees well with children, but even among them many cases occur in which it cannot well be given. Moreover, the quantity commonly prescribed — some two or three ounces a day — is, in my opinion, far too small to obtain the full value of this excellent remedy. Not less than eight ounces are required for an adult, but only in a very few instances could such a quantity be taken. In these instances, however, the patients doubtless derive great benefit from the use of oil, especially if there is no pyrexia; but oil given when fever is present, so far as my experience goes, is productive only of harm. There is thus room for some other agents in the treatment of consumption, and the best, in my opinion, are milk and eggs. In the following cases they were made use of in place of oil (appropriate medicines being...
being given when required) and proved altogether so satisfactory that instead of beginning them when we did not agree, I would certainly give them the preference.

The first thing the patient has to learn is to eat the milk, that is, to pass every mouthful well through the mouth before swallowing it—it must on no account be gulped down hurriedly, or a great deal at a time. If the patient be confined to bed, a glass of milk should be kept within reach from which he may take a mouthful every now and again. A large quantity of milk may thus be taken in twelve hours, and that without any of the discomfort and uneasiness produced in persons of weak digestion by the usual method of drinking off a whole tumblerful at one time. It is really about the patient ought to keep taking a little milk at short intervals the whole time he is indoors.

The eggs should be taken raw—beaten up in different ways—and flavoured according to the fancy of the patient or his friends. If objectionable prepared in this way, they may be taken soft boiled or cooked in any other manner, except fried or hard-boiled, that might suit the patient's palate. In prescribing the eggs my plan has been gradually to increase
increase the number until nothing else was taken, and to continue them for days, in some cases weeks. In many instances, however, it was found advisable to make an occasional break by completely changing the diet. The paleté was thus prevented from becoming enervated, an important consideration when the treatment has to be continued for any length of time. The number of eggs commonly taken ranged from seven to ten a day, with milk ad libitum. One young man took as many as twelve a day, and kept on doing so for some weeks. The eggs were continued whether pyrexia was present or the reverse. A small quantity of brandy was added to the eggs, and is a valuable medicine in nearly every stage of phthisis.

The following cases illustrate the value of milk and eggs as a means of superalimentation in phthisis, and prove, according to my opinion, their superiority to cod liver oil.

Case I:

In March 1881 I was consulted by Mr. B, because of a cough he had had for six weeks, without much loss of flesh and debility. About a year before, he said, he had been for a time confined to bed with some affection of the lungs, and had never again recovered.
recovered his former health and vigour. Though he had been well enough to attend to his usual duties, but now felt unable any longer to do so, and was consequently getting rather anxious about himself. On examination, I found some flattening over the right apex, and down to the third rib on inspiration, respiration. Over the infraspinous region the same condition of things existed, and bronchial breathing in the infraspinous region. There was slight pyrexia, but patient was drowsed and going about. There was no history of headache. I diagnosed it a case of phthisis, probably pneumonie, and said so to his friends who thought it advisable to have a consultation. Dr. Patrick Watson was accordingly called, and confirmed my diagnosis. The patient was ordered to paint the chest with Jodoine, and to take cod liver oil, a tablespoonful three times a day, Pege's snuff, especially at night, and the following prescription:

Rx

Syr. ferri iodid. c gr. quin. q situla. 3 iv

M. sig

A teaspoonful in the cod liver oil three times a day.

This treatment was continued for six weeks.
but every now and again had to be stopped and powdered
powders given to correct the digestion, with which the
Cod liver oil mixture interfered. Mr. E. made no progress
and night sweat developed. When decided on a change
of treatment, and accordingly began giving him milk
and eggs, with the following tonic.

Rx

Tr. me. ronn. m

Liq. Fowlerii m v

Tr. quiniae ad 3 III

M. sig.

To be given three times a day.

The cough was still very annoying, preventing sleep,
and for this prescribed

Rx

Codea sulph. qø +

Liq. atrophi sulph. m ß

Tr. Card. Co. m +

Cyr. Jolu m xx

Cyr. ad 3 +

M. sig.

To be taken at best time.

The milk and eggs suited the patient, and in a short-
time he took as many as ten eggs a day, and milk
ad libitum. The treatment was continued for seven
weeks.
weeks with marked benefit, after which time Mr. C. spent five weeks at a farmhouse on the Beggart Hills. On his return he was weighed and found to be thirteen pounds heavier than ever he had been in his life before. The cough and other symptoms had gone, and the lung had remitted some, although there was still some dulness over the apex with prolonged expiration. I examined this patient in the end of March this year, and found still further improvement in the physical signs. I was glad to learn that all this time he had continued strong and able to attend to his duties, never having been absent a day from illness.

Case II: -

In February 1882 I was called to see Miss C., aged 24, who, having a weak chest, had been sent here from Glasgow for change of air. She had already been under treatment for three months, and was taking an emulsion of cod liver oil. Her mother had died of consumption, and I very much suspect a sister also. Her chief complaint was weakness, but there was also cough, loss of flesh, and moderate hæmoptysis, though no night sweat. When in Glasgow she had had an attack of hæmoptysis. Her neck was much swollen, from enlargement of the lymphatic glands under the
crenated muscle on the right side — the same side as the affected lung. Down to the fourth rib on the right side there was dull percussion note and pro-
longed expiration, but no signs of softening. Over the base of the same lung the breathing was rough, but nothing more marked was to be heard. The left lung was clear.

I diagnosed this a case of chronic tuberculous, and knowing that in such cases the chances of successful treatment are small, I determined to try the effect of milk and eggs at once. On these I fed entirely almost entirely for one month, taking as many as ten eggs in the day. At the end of that time her week was completely better, the glands having all become normal. She took no medicine except Tumigadi tea in the morning. This was given for the purpose of preventing biliousness which was a little apt to arise from the consumption of so many eggs. As a local application there was applied over the whole lung on rhongio filino.

By: 

Ac. vit. murr.(fat.) 3 +

Aquae 3 x 19

Miss C. was ordered to take moderate exercise every day, unless the weather was wet or cold, and was warned to avoid the night-air. Every morning she rubbed
herself all over with a towel dipped in cold water, and dressed herself warmly, using flannel underclothing. She only remained here another week, making five weeks in all. During that time, however, she had put on flesh considerably, and weighed nearly seven pounds more than when she left Glasgow; her neck was cured, and in every way she felt much better. Some six months later I heard that she had again become ill, and that she had resorted to the eggs and milk, but as her friends left this town shortly after, I have heard nothing of the further progress of this very interesting case.

Case III:

In November 1882 Miss E., a girl of fifteen, consulted me for a cough which had continued more or less for about a month, and a feeling of tiredness on the slightest exertion. On percussing over the left apex, there was found some dulness and slightly increased vocal resonance. In the supraventricular region the expiration was prolonged. There was little loss of flesh, but the patient complained of a short, hacking cough, which was especially troublesome at night. As her mother had died of phthisis a few years before, her father was much alarmed, and thought of sending her to Lournia at once; when I told him that I thought consumption
Consumption was the cause of her cough and weakness. He finally decided to allow her to remain at home, when I immediately put her under treatment. Believing the condition of the apex of the lung to be due to the deposition of tubercle, I determined on active counter-irritation, and applied, before and behind, a small fly-blister. The blisters were taken off at the end of six hours, and were renewed as soon as the skin would allow it. For medicine I gave her

R I. Calce. hydrophorus q. iii
Sod. hydrop. q. ii f
Sal. sol. zr
Syr. Jodu zr
Inf. quass. ad zr

M. Siq. A tablespoonful to be taken three times a day.

This medicine soon gave relief, as it seemed to produce slight feverishness — at least, she was always better in that respect without it. Instead, she took

Rj

Dr. quininae z iii

M. Siq. A teaspoonful in water three times a day.

This she continued without a change, throughout her illness.
For the cough I ordered camphor inhalations just before going to bed, and a small teaspoonful of phlegm should the inhalations not suffice to allay it. The digestive system was pretty good, and the patient was soon taking as many as six and eight eggs a day. As she liked mutton it was continued all the time she was ill, being taken in cornflour or any other farinaceous food. At the end of six weeks I pronounced her better, and although she was never weighed, her father and other friends said she had never looked better, and seemed to be eight or nine pounds heavier. The cough was altogether gone and her usual health and strength had returned. In change of air she was now sent to her grandfather's farm near Carlisle. Not very long ago I made inquiry about her and was informed that she was well, and had never had any subsequent attack.

Remarks:

Of the three cases above cited two - the first and third - made a complete recovery, while the second had evidently again been seized with the same disease. At the same time it must be remembered that while here she made excellent progress, and the chances are that, had she remained under treatment a much longer time and in favourable conditions,
the disease would have been kept completely under. Seeing that she took no medicine, the good results obtained could only be due to the use of eggs and milk, and that these should have been brought about as quickly in a case of chronic idiopathic tuberculosis, which had, moreover, been treated with oil for months previously, argues strongly in favour of the superiority of this mode of treatment. Doubtless oil in this case might have produced equally good results, but it must have been taken in much greater quantity—at least six ounces a day, and it is highly probable that this would have been more than the digestion was able for.

In case III the disease was taken early, and while still very local. In such cases, active counter irritation is the preferable to Döderlein or nitric acid, and fly blister or Liv: Wolâris are then very useful. When the disease is more widespread I consider nitric acid on ephingis filene as was used in case II, a capital counter irritant. The Dr. Gumbel, while it has no specific action on the tubercle, is a good tonic, and is useful when slight feverishness is present. The eggs, however, were undoubtedly the chief means of restoration, and the rapidity with which nutrition increased and health returned was due
the great number taken. I cannot say whether the eggs have a specific action on the tubercles or other tissues surrounding them, but I am inclined to think that they produce a sclerosis around the deposited tubercles, encapsulating them, and preventing them from spreading further and infecting other parts. However, that maybe, their therapeutic action is, I think, indubitable, as is proved by the highly satisfactory results obtained when they are used quite alone.

The first case shows the advantage of milk and eggs over cod liver oil, when the latter disagrees. Had the first treatment been persisted in, I have no doubt that the disease would have run on in a downward course. The different medicines prescribed proved useful adjuvants; Codexin and Liquor Albumin: Sulphur being a most efficient combination for cough and sweaters; and it is always wise to counsel open air and exercise, provided the patient is careful not to waste night air and to make the exercise very moderate. As one would naturally expect, the most successful results are to be had when phthisis is treated, as in the preceding cases, at a very early stage. When fever runs high and is constantly present, and when the strength has begun
Regret must, there is less chance of a favourable issue, though such cases are few means to be regarded as hopeless. All the more necessary it is, therefore, that every available means should be used that will tend to arrest the progress of the disease, and in this respect I know of none that can be compared to milk and eggs.

Case IV.

Mr. M., a young man aged 25, had suffered from an attack of pleurisy combined with slight pneumonia in Glasgow, in the month of February 1843. Toward the end of March in the same year I was called to see him here. There was no pleurisy, but over the whole of the right lung there were loud, moist sounds, and in some parts tubular breathing. Mr. M. was much emaciated, and had a bad cough, and profuse, fremitus, slightly hectic expectoration. His temperature, which was taken three times a day, varied from 99.5 to 101.8, and was sometimes over 102. I gave him quinina gr. x every night at bedtime for the hyperemia, and ordered him to be regularly fumigated all over with tepid water and vinegar. I also prescribed

Ry. Calis. chlor. gr. x  
Dr. inea. gr.  
S. Glycerine  
S. aqua ad 3 d  

M. Sir 3  2  2 to be taken in milk three times a day.
All day long the atmosphere about him was kept charged with crescent vapour, produced by adding a few drops of crescent to a cupful of boiling water. For the first four days nothing but milk was given, but afterwards eggs were added. The first and second day only two were given, then three, and so on, the number being gradually increased up to six. Meanwhile the temperature was strictly watched but was not in any way affected by the adoption of the eggs. The treatment was continued for six weeks, after which time the patient was able to sit up in bed for several hours a day. The sweatings (for which he took atropine and zinc oxide in pills) had entirely disappeared, and the temperature rarely registered over 99°. The expectoration was less profuse, and was no longer characterised by a fetid smell. The patient had, however, got tired of the eggs, which were accordingly, discontinued three days in the week, and other nourishing food with a tablespoonful of Melle's Malt Infantry three times a day, substituted. The chloride of bauxite mixture was continued, and at the end of another six weeks the patient was able to dress himself and go about the house. Although he never was weighed, it was evident that he had put on a good deal of flesh and was altogether much stronger. There was still, however, a good deal of cough and
and expectation, and the lung, though much dried up, continued to undergo the process of softening in a good many places.

At this time the patient again had recourse to milk and rape, and left off altogether the malt extract. By way of medicine he took, instead of the chloride of calcium,

By Sig. Tum., m v
Dr. rue, ron., m x
Dr. quininae o. z. 1/4

M. Sig. To be taken three times a day.

This was continued pretty steadily for four weeks, and at the end of that time he was able to go out for a short walk. He had now put on a good deal more flesh.

For about three weeks after this I did not see the patient, and when I was again called, found him in bed and Fergill. The only cause I could discover for his relapse was a cold which he had caught while driving up—down from Musselburgh one afternoon. Dr. Main heard was asked to see him, and advised a continuation of the former treatment, but recommended iodine as a counter-irritant, in place of cholinio ruline coated with Tre; but, since this did nothing, however, was now of no avail to stem the progress of the disease, and the patient gradually sank and died after an illness of
some eight months from the time I had first seen him.

Page 1:

In May 1883 I saw Miss G., a schoolmistress, aged 23, for the first time. Two or three months before she had consulted Dr. Finlay of Trinity, who told her there was something wrong with the top of her left lung. He prescribed medicine which did some good at the time, but she could never take much of it as she had ordered. She continued to teach from the time Dr. Finlay saw her until May, when I was consulted. She was then much malnourished and had an annoying cough with some expectoration of a purulent character. There was slight pyrexia and a good deal of weakness, but no night-sweats of any importance. Over the apex of the left lung there was a softening focus, while the base was considerably consolidated, with broncho-phonic resonance and bronchial breathing in places. I had no doubt that this was a case of phthisis (though there was no history of tuberculosis) brought on through the system getting much reduced from overwork.

Miss G. commenced taking eggs at once, and was kept in bed. In a short time she managed four eggs a day—later on six, taking after each, two teaspoonfuls of Liq. Balsam (Bengal) with much benefit. From a series of experiments I conducted at this time on the artificial
artificial digestion of egg albumen, I found Benger's preparation to be the best, the most being Lactofelline.

In Miss B's case there was a tendency to slight congestion of the liver, which was, however, relieved by an anthrapyridin pill now and again. The only other medicine taken was

\[
\text{Syr. lactofellinum ferri et cæli. } z +, \\
\text{Liq. febrifuga. } m \text{ iv}, \\
\text{IR. quinine ad } z \text{ iii.}
\]

M. Sig. Two teaspoonfuls in water three times a day.

At the end of seven weeks the patient was considerably improved and looked much plumper. Shortly after she was able to go out a little, and ultimately went off to a farm-house near Mid-Calder, where she remained for over two months. She afterwards told me that during her stay in the country she sometimes took as many as ten eggs a day. When I saw her on her return I scarcely knew her: she had become so stout, a circumstance at which she was not a little annoyed. I again saw this patient about a month ago, and learned that she had continued to keep well. She still carries considerably more flesh than she deemed altogether becoming. I found she had no pathological symptoms, and but slightly-marked physical signs over the formerly affected part.

Case vi.
Case VI: -

In June 1883 I was called to see Miss A., a young girl of seventeen, who was said to be in delicate health. She had been ailing for a considerable time, but her mother thought that when the measles were established her daughter would be all right. As they had not yet made their appearance medical aid was called in. A short inquiry into the case aroused my suspicions, and I examined her chest. The whole of the left spot was consolidated, and the breathing bronchial in character, while patches of consolidation could be distinguished all through the lung. She had lost flesh, but her mother believed that to be due to her rapid growth, and there was a harassing cough, especially in the morning, and occasional but not severe night sweats. There had never been any haemoptysis. Two sisters had died of consumption.

From all the symptoms, I had no doubt that this was a case of chronic miliary phthisis. I was hopeful of being able to do the patient much good, as the digestion of girls at her age is frequently I find, uncommonly strong. Therefore commenced the egg treatment at once. I explained to the mother what was really the matter, and told her that the lung affection prevented the menstrual flow from coming on. I do not think she put much faith in my assertion; however, but still believed all would be right.
when the anæmia appeared—a very common idea among
mothers in the working classes.

For a fortnight the milk and eggs were taken fairly
well, the number reached being six a day. At the end
of that time I was informed that they had been recom-
manded to consult Professor Simpson, which they did.
A few months afterwards I was again asked to see
this patient and found her much worse. She had been
ordered Maltine, Cod-liver oil, and Regnou's Mixture &
Professor Simpson, and these medicines she had taken
in a desultory kind of way. There was now softening
in many parts of the lung, and a purrus of chloride of
Calcium with Liq. Fowlerii + Glycerini, and peculiarly
milk and eggs. I again tried to arrest its onward
course but failed. I afterwards discovered, however, that
the eggs had only been taken in a half-hearted way.
The mother, who was a respectable but fidgety sort of
being, was too ready to listen to the advice of everyone
who came about; the consequence being that she forced
down her daughter's throat all manner of quack remedies
instead of the nourishing foods which should have been
given.

A change of dietary was tried, but proved ineffectual
and the patient died after an illness of some eighteen
months from the time I first saw her.

Case VII.
Case VII:

This was a well-marked case of phthisis following a pneumonia, probably atypical in character. I first saw Mr. X, aged 27, in the end of August 1883. He was suffering from a pneumonia in the right lung and involving the apex, brought on 'he thought,' by his getting thoroughly drenched on a very wet cold day. At the end of three weeks, instead of the lung clearing up and the other conditions improving, night sweats set in, profuse expectoration and fever of a remittent type appeared, and the sputum revealed ulcerating foci through the whole lung. Fortunately the patient's digestion was good, and he soon took two eggs in the day, a number eventually increased to twelve. Three times a day he took his own temperature, and it was remarkable that, under treatment, it gradually fell, despite the great number of eggs taken. Every night he took gramine gr.x., and a dose of Persl's mixture if the cough proved troublesome. To help to diminish the lung Ducas's Syrup of the Lactophosphates was given in small tablespoonful doses. The patient made an excellent recovery and was on duty in little more than three months, though he was not so vigorous as before he lay down. Some time ago I examined him and found a good deal of consolidation and even bronchial breathing, but the consolidation was evidently due to a...
celebrated state of the tissues, the disease being perfectly quiet.

Remarks:—

In this group of four cases it will be noted that two proved fatal. One of them (Case iv) was well on the way to recovery, and, I believe, would have done well, had he kept longer indoors. He was obstinate, however, and went out when there was slight pyrexia present. Had his appetite and digestion been good, his chance of recovery would have been much greater. Moreover, his illness he had had in Glasgow had disheartened him, and when the disease again seized him, he had no vitality to enable him to resist it. His death notwithstanding, I believe that a pneumonic phthisis such as his, may frequently be cured by appropriate treatment. This case again illustrates the fact that the egg may be given when pyrexia is present, without injuring the patient—indeed, with benefit, since pyrexia causes wasting, this, as it were, making the cæruleum brun at both ends. The great amount of intestine sufficed by the egg more than sufficient to cover this loss, and obviates the wasting effects. — A further unfavourable condition in this case was the presence of a number of bronchiectatic cavities, which militates much against the patient’s recovery.

Case vi, the other fatal case, cannot be said to
afford any real test of the advantages of this mode of treatment, though a beneficial effect will always prove the most obstinate, and offer the least likelihood of successful results. The treatment was not carried out with sufficient perseverance and consecutiveness to give it a fair trial.

Had it been otherwise, I had good hopes that the disease would have been arrested, and I would have watched the case with more than ordinary interest because of the hereditary taint there was in it.

Of the other two cases, W. H. (Case 11) was just such an one as expected would do well, when I saw the number of eggs he could take. To doubt this time would also have a drying up effect on the lungs, while they increased the appetite and improved the nutrition. Idaho of bitter vina cress specially affected drying up agents in pulmonary lesions, and it lends considerably to check night sweats.

The temperature in this case was again slightly taken three times a day, and was much lowered by the use of Quinia gr. x at bedtime. When this quantity is not sufficient to bring down the temperature it will frequently be found useful to increase the dose to fifteen or even twenty grains, when the desired result will be obtained. Should such large doses produce irritation and inconvenient physiological effects, Hydrobromate of Quinia may be tried and used successfully.
successively in cases where the sulfate would prove irritating. - The temperature was not affected. The number of eggs taken - for instance, if, for any reason, they were stopped for a day or two, the register kept much about the same. This was noticed on two or three occasions.

Case X. That of Miss B. is interesting as showing that eggs may be used where oil is not readily taken, at least in sufficient quantity to make an appreciable improvement. There is no doubt that for such cases, i.e., cases with which oil does not seem to agree, eggs are a splendid substitute. Indeed, they are not altogether a much superior nutrient, as I am strongly inclined to think.

The pig. Reptile (Pongois) there used, was of much service in preventing the discomfort and indigestion which in a few cases are liable to arise. When high to a dozen eggs a day are being taken, it is wise to give a few powders of rhubarb and squa now and again instead of the tonic mixtures, as they prevent bilious attacks, which always attend treatment for a tires.

The fact that this patient still keeps well, argues fair that under ordinary good conditions she will remain so, but I doubt if it would even be wise in her to resume her school duties.

Case VIII: -

This was the case of a young woman aged 22, whom
I saw for the first time in September 1883, the history was that she had been washing one day, and had caught cold while hanging out clothes. Ever since she had had a cough, and was daily growing weaker. There had been no haemoptysis or sweating, but some slight loss of flesh. On examination, I found that the left apex alone was involved, and over it there was prolonged expiration with none a less consolidation. I diagnosed it a very quiet case of pulmonary tuberculosis.

I ordered her arnica, milk and eggs, and a tonic of Dr. Quincke. This treatment she continued for five weeks, taking as many as four, five, and occasionally six eggs a day. Leq.ietfici was also given to aid her digestion, but she did not improve much, and Dr. Strauss was asked to give her more. Dr. Strauss recommended cod liver oil and the following prescription.

\[ \text{Ry} \]
\[ \text{Calc. hyphosph.} \quad 5 \, \text{gr.} \]
\[ \text{Sod. hyphosph.} \]
\[ \text{Ac. filicos. chil.} \quad 5 \, \text{m} \]
\[ \text{Syr. sol. 3} \]
\[ \text{Inf. gent. 50} \]

\[ \text{M. Sig. a tablespoonful three times a day.} \]

The patient never could take more than a dessert tablespoonful of the oil three times a day, but she continued the hyphosphites for a good many weeks. Nevertheless,
she plainly lost ground, and it was thought advisable that she should try change of air. She went to Selkirkshire for two months but returned without having derived any benefit from the change. Nothing seemed to have any power to stay the progress of the disease, and she ultimately died, very much emaciated, towards the close of 1884. I may say that, by the advice of some friends, she got an inhaler and used carbolic acid and creosote, but it had no other effect than to banish the little appetite she had, so it was soon discontinued.

**Case 1x:**

W. C., a young man aged 28, had had a cough for over a month when he consulted me in February 1884. I knew he belonged to a consumptive family, examined his lungs and found considerable flattening and consolidation over the left apex. The base and right lung were clear. He had few symptoms but weakness and cough, but I nevertheless felt justified in diagnosing his case as one of phthisis.

In three months' time he was able to resume his duties as an engineer, and has remained well since. In the way of treatment he took on an average, eight eggs a day, and three leasfuls of bran and wholemeal flour, breaking in on his routine from time to time by having one of the ordinary household meals.

Locally
Locally, fly-blestins were applied as often as they could be borne, and Dr. June’s tonics, twenty drops in water three times a day, was taken as a tonic. The patient made an uninterrupted recovery, and seems to have got over his illness completely.

Case 5:

Mr. W. J. a last of fifteen suffRED from an attack of bronchitis in October 1884. When the bronchitis was curset it was found that the apex of the left lung was affected, but the rest of the lung was free from any signs of disease. The patient had become much weaker, and night sweats had set in, and he was so weak as to be unable to get out of bed.

The digestion was first put right, and the appetite encouraged with tonics, after which eggs were commenced. In six weeks the patient was virtually better, but continued the eggs for some weeks more. There is still some consolidation of the lung, but respiratory symptoms of consumption, and the boy feels quite strong and well.

Case 6:

In the beginning of February of this year I was called to see a young married lady from Sheffield. Her case had been diagnosed phthisis of the right lobe, a diagnosis of pulmonary consumption could be no doubt. In a month she took as many as six and seven eggs a day, with
a few teaspoonfuls of gr. Itroductis Muriaticus. Malt liquor was occasionally substituted for the latter. Busard's Syrup of the lactophosphates with glycerine and a vegetable bitter were also given, and at the end of the month she had put on five pounds weight. In the course of a fortnight more, the symptoms failed to give any evidence of active disease, and all the symptoms had disappeared. The patient still continues under treatment, but only as a matter of caution.

Remarks:

The last four cases again prove the curability of phthisis in many cases, if only taken early enough, and the proper means used to increase the failing nutrition. Why one case (Case VIII) should have gone on steadily declining in spite of every method of treatment cannot easily be explained. Possibly the bacilli which are the cause of the accompaniment of phthisis found in the lung tissue in this instance, a suitable nidus for their growth, while in the other cases, which recovered quickly, previous favourable conditions did not exist. However that may be, one thing is certain, that phthisis is not the fatal disease it is commonly believed to be. Of the eleven reported cases three only were fatal, and of the four treated in the same way, but of which I have no notes, three recovered, making a total of seven cures.
eures out of fifteen cases. These results are most satisfying and are to be attributed, I believe, solely to the action of milk and eggs as a means of superficial alimentation; if indeed, these foods do not also have a specific therapeutic action on the affected tissues. Certainly, I never obtained any such results from the use of hydrophilic medicine alone or in combination with oil, nor from any method of inhalation I ever tried. What the percentage recovery is among those patients who can avail themselves of improved climatic conditions, I cannot say, but I certainly am of opinion that, as the great majority of sufferers have not such advantages within reach, a good substitute will be found in the use of milk and eggs as here recommended, more especially in the early stages of the disease.

As the object of this paper was, primarily, to bring forward the use of milk and eggs in the treatment of clefts in many details are omitted in the reported cases. It must, therefore, be supposed, however, that they were of no importance. On the contrary, they were deemed of much value, but they applied only to special conditions, and in such cases each practitioner must judge for himself what and what not to do. Among the medicines (and many are very valuable) the chief place must be given to Quina and Bengis Ligur.
Peptitic. With these alone many cases of ineficient
febricous might be arrested, willi-milk and egg, the means
of supersalination. Liquor alcholic and codlin are known
frequently of great service, and in cases of profusing chloride
of sodium will often be found invaluable. Plenty of gentle
exercise in the open air, warm clothing, and careful skin
management are all useful and necessary adjuncts, but
these and many other minutiae must be left to the judg-
ment of the medical attendant in each case.

The advantages of milk and eggs over cod liver oil in
pepticous are these:

(a.) Milk and eggs can be given at any stage of
the disease with advantage, but oil cannot, the
latter frequently proving injurious. Hypertxia is present-
on the contrary, the former are specially useful
in preventing the wasting which goes on in the fibrosis
state, and have no injudicious effect.

(b.) The number of persons who can take milk
and eggs is greater than of those who can take oil.

(c.) Oil given in the usual quantity (a tablespoon-
ful three times a day) (and few patients can take
more without deranging the digestive system) usually
injures in flesh-forming qualities, whereas and eggs, when
given in the quantities recommended in this paper. This
being so, the great advantage of milk and eggs, in cases
of incipient phthisis, where frequently everything depends on the speedy increase of the diminished nutrition, is self-evident.

(1.) As all the materials for the proper nourishment of the body are contained in milk and eggs, they may be taken for a considerable time without the addition of any other food, thus allowing the patient straight to be built up at the greatest possible rate. Oil has not this advantage.

(2.) It is possible that milk and eggs have a special therapeutic action on the tubercle or on the surrounding tissue, causing sclerotic changes - as witness case II in which no other treatment was adopted.

Unless in the case of children I think that milk and eggs will be found on trial to be superior to oil, and at any rate, always a capital substitute when oil disposes. On the whole I am satisfied that, whenever fairly tried, the advantages of milk and eggs are so evident, that oil must take a secondary rank as a means of super-alimentation in such a wasting disease as phthisis.

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