

8 o'clock had a large simple enema, which acted very effectually. At 9 o'clock she had a large cup of tea, two ounces of cream with a small plate of porridge, a little bacon, and two slices of toast and butter, with a pepsin and nux vomica pill. At 11 o'clock she had a tablespoonful of Bynin and some milk gruel; at 1 o'clock she had a small cutlet, a baked potato, a glass of milk and half a slice of bread, and the pepsin and nux vomica pill. At 2.30 she was rubbed for half-an-hour. Her temperature rose afterwards to 98.2° and was the same in the evening. After the massage, she had a glass of warm milk. At 4.30 she had a large cup and a half of cocoa, and two slices of bread and butter. This afternoon she actually laughed at a story I was telling her and went on laughing until she cried. She said that she had not laughed for a great many months. At seven o'clock she had some soup and some boiled fish, but could not eat anything else as she felt very sick. She had the pepsin pill, but felt sure she could not take the Bynin. At 9.30 she had half a pint of warm milk, and two slices of bread and butter.

January 19.—Temp. 97.8°; pulse 84; respirations 22; temperature of room 64°. A simple enema and a dose of Friedrichshall water were given her at 7.30. She has slept well through the night, and there is already a marked improvement in her appearance. She had at 8.30 a large cup of tea, a plate of porridge and three ounces of cream, some bacon and three pieces of toast, and a pepsin and nux vomica pill. At 10.30, she had half a pint of milk-beef-tea, *i.e.*, beef tea made with milk. This is most strengthening. At 11, she was massaged for half-an-hour, and again at half-past four. After each rubbing she expressed herself as feeling very tired. Her weight to-day was seven stone four pounds and a half, so that she has gained eight pounds in the last four days. At 1.30, she had a cutlet, some potatoes and a glass of milk with a pepsin and nux vomica pill. After the rubbing at 4.30 she had a cup of tea with cream, and some cake and buttered toast. At 7 o'clock she had some soup, boiled fish, a little game, some milk pudding, with a glass and a half of milk. At 9 o'clock, she had a basin of bread and milk, and an ounce of Bynin.

January 20.—Patient has slept very well through the whole night. Temperature 98°; pulse 84; respirations 20; temperature of room 64°. Dose of Friedrichshall water and an ordinary simple enema given. At 8.30, patient had a large cup and a half of tea, three ounces of cream and a large plate of porridge, a boiled egg and two pieces of buttered toast. At 10.30, she had eight ounces of strong beef tea, and at

11 o'clock was rubbed for half-an-hour. At 1 o'clock, she had a large mutton chop, a potato, some milk pudding, a glass and a half of warm milk, and a pepsin and nux vomica pill. At 2.30, she had a tumbler of warm milk. At 4.30, after half-an-hour's rubbing, she had a large cup of cocoa and milk, and three slices of brown bread and butter. At 7 o'clock, she had soup, fish, game, and a milk pudding, and a glass and a half of milk, and altogether to-day has eaten with quite an appetite. At 8.30, she had a bowl of bread and milk, and an ounce of Bynin.

On January 21 and 22 the temperature each day was normal; the pulse 80; respirations 18; temperature of the room 64°. Each day she was rubbed twice for half-an-hour each time, and took the same amount of nourishment as on the 20th inst. On the 22nd, her weight was 7 stone 7½ pounds, so that she had gained 11 pounds in weight in seven days. After this the massage and dieting continued about the same, the patient taking, during the day, meat three times a day, milk three pints, and cream three ounces, cocoa once and tea once. The temperature of the room was allowed to fall to 60° as the patient's temperature kept normal. The pepsin and nux vomica pills were discontinued after the first week, as she had no further attack of retching or pain. But she was given Bynol (Allen & Hanburys'), a preparation which the doctor always uses in these cases, and which seems to have a most excellent result in improving the weight and strength of the patient. The limbs and body soon became very different in appearance, and the muscular strength gradually returned. At the end of the second week the patient's weight was 8 stone 2 pounds; at the end of the third week, 8 stone 9 pounds; at the end of the fourth week, 9 stone 4 pounds; at the end of the fifth week, 9 stone 11 pounds, and when she left London at the end of the sixth week it was 10 stone 5 pounds. She looked a totally different being; and although she was very weak for some time after first getting out of bed, by the end of the sixth week she could walk across her bedroom without assistance, and after a fortnight at the seaside, when her weight had become just under 11 stone, she seemed to be in perfect health.

REMARKS BY THE DOCTOR.—The first and greatest difficulty in these cases is for the doctor and the Nurse to gain the confidence of the patient, and for the latter especially to exercise a sort of will-power so as to induce the patient at first to take the large amount of nourishment which is necessary, without exercising any apparent force. This patient was not like one of the hysterical cases who undergo what is called the Weir-Mitchell treatment,

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