" fever,-followed by cough, expectoration of viscid matter " and great debility-assuming sometimes the appearance of " a continued fever, with brown tongue, sordes on the teeth " and delirium. The case may resemble capillary bronchitis "or pulmonary congestion; but in spite of stimulants, "blisters, and other remedial agents, the pulse becomes, "more rapid and thread-like; the lips, face and nails "assume a dusky hue; a cold clammy sweat covers the "surface, and death usually closes the scene in about six "weeks. A post mortem examination usually reveals an "innumerable host of small globular substances, designated " Miliary Tubercles," permeating the whole parenchymatous "structure of the lungs. In a person predisposed to con-"sumption these tubercles make their appearance with all " of the violent symptoms of a zymotic disease, and life is "destroyed by congestion, produced by the obstruction that "these minute tubercles offer to the entrance of air into the "lungs. This always occurs before any large amount of " degeneration takes place." This form of the disease may be "designated by the name of "acute consumption," or in " common parlance, " galloping consumption."

"The second form of this disease is ushered in by cough, "and an occasional haemoptysis. The expectoration is not "so viscid as in the first form, —crepitation, irregular respir-"ation and pulse frequent, heat of chest and body far above "the healthy standard. This condition is occasionally "alternated by chills and night sweats. The expectoration "now becomes purulent and clotty, auscultation and per-"cussion reveal the progress of decay that is rapidly taking "place in the lungs. This form may also prove fatal in a "short time, but such is not generally the case. It may "sometimes be checked by nutritious diet, stimulants, cod-"liver oil, etc., and the patient may continue to drag "along with the disease, in a slow form, for a number of "years before death comes to his relief.

"In the third class (and by far the most common) the "progress is much slower. It is usually known as "incipient "consumption," a disease that tends sooner or later to destroy "the substance of the lung, consume the flesh and blood of "the whole body, and is attended with the same fatal results " as the preceding forms.

"Without entering into any lengthy discussion on the "pathological or physiological constitution of "Tubercle," I "will state that medicines so far have been powerless in "arresting the rapid types of this disease. In a few instances "the slower forms have been rendered quiescent; few cases, "however, are permanently cured. All cases that have been "benefitted at all, have been through pure air, a full and "generous diet, and stimulants.

"To attempt to cure a disease that has bafiled the skill "of the most scientific medical men of the present age by the "ordinary routine of medicines, is very much like trying to "effect an impossibility; but to enlighten our fellow-man "upon the great principles that govern life and maintain "health is one of the prerogatives of the physician. It is "his duty to stand upon the watch towers of Hygeia and "warn the unwary from the shoals and quicksands of disease "and death. He may stand powerless for good at the bed-"side of his unfortunate patient, contemplating the brilliant "but sunken eye, the total destruction of muscle and adipose "tissue,—all being gradually absorbed; but for all this, he "can by the aid of science lend intelligent counsel to his "fellow-man and point to him the road to health.

"From the foregoing remarks, it must appear that "Phthisis Pulmonalis has been ranked among the "incur-"ables." Shall we content ourselves with this edict and do

"nothing more? No, our next duty is to try and check "this "scourge" in its deadly march. How is this to be "accomplished? The answer is, by certain hygienic and "sanitary regulations, and by attention to those great natural "laws that govern life and maintain health,—of these pure "air, pure water, and nutritious food must ever take the "front rank.

"Food, next to purity of the air, determines the degree "of the physical well being of man. It gives beauty of " contour to the form, builds up the marvellous structure of "the brain, and bestows upon society more of grace and "refinement than most of us are willing to allow. The " amount of food required in high latitudes is much greater "than in warm countries. Much also depends upon mus-"cular exertion and mental excitement. Food must not "only consist of material but power. Baron Leibig says, "that the strength of man is in direct ratio to the plastic " matter of the food. Lehmann declares that three points " are to be considered in the diet of man. 1,-That which "is requisite to prevent him from sinking by starvation; "2,-That which affords the right supply of nourishment " for the perfect accomplishment of the functions; and 3,-"That which indicates the amount of nutrient matter which "may, under the most favorable circumstances, be subjected "to changes in the blood. Hence, in a salt fish and potatoe " diet, such as is extensively used in the Maritime Provinces, " the carbo-hydrates, albuminous matters, the salts and the " fats are not combined in due proportions.

"Alimentary substances are divided into two classes,— "the nitrogenous, and the non-nitrogenous. Neither the "one nor the other will support life indefinitely; if one or "the other falls below certain limits, health declines, and "ultimately life becomes extinct by inaction. To maintain "health man requires organic and inorganic food. Of the "organic, he wants nitrogenous substances for the use of the "vital tissues for work, and saccharine or oleaginous for "warmth. Of the inorganic, he needs phosphates for the "bones, muscles and blood, and salt for its influences over "the circulation and the secretions. Prof. Dalton says, "that a man may be starved by depriving him of phosphates " and salt, just as effectually as by depriving him of albumen " or oil.

" Man, when compelled to hard labor, requires beverages "and condiments; he wants coffee or tea or cocoa, or wine "or spirits, he also requires salt, pepper and vinegar. To " preserve a sound body, then, he requires a mixed diet, and "that frequently changed, as the continuous use of oil, "albumen and starch will produce a tendency to bilious "rheumatic and arthritic affections, while a deficiency of " oleaginous substances tends to produce scrofula, consump "tion, etc. What suffices at the equator would not sustain "life at the poles. The ration of the quiet student would "starve the active, stalwart lumberman of this country. "Hence the wants of the system differ according to the degree " of heat, the purity of the air, and the amount of physical "exercise. The Bedouin lives on a few ounces of food, the "rest is made up by the purity of the air and the indolence " of the Arab. A life of moderation, the avoidance of bad "air, and the extremes of heat and cold afforded the cele-"brated Cornaro the privilege of living to a great age, on "twelve ounces of solid food, with fourteen ounces of wine " per diem.

"The distinguished Milne Edwards maintains that the "mean quantity of food required to sustain the life of man "consists of sixteen ounces of bread and thirteen ounces of "beef daily.—The beef to be from cattle killed in their