

too careful in the hypodermic use of such drugs, for while we may be destroying or eliminating the tubercle bacilli, we may be doing infinitely more harm to some portion of the system. It is true that temporary beneficial results have occurred with these two remedies, but in my experience it is not limited; patients so treated rarely eventually recovered.

The curative effects of cod liver oil have been much overestimated and extolled. It is merely an easily digested fatty food, and in some cases not even that, for it sometimes interferes both with the patient's appetite and digestion.

Many patients who will not take cod liver oil without nausea and without spoiling their appetite for their meal can yet be got to take with a relish ten times the amount of fatty nourishment in the form of cream or good fresh butter, and they obtain this extra nourishment, too, at a lessened expense.

Many physicians who are obtaining some of the best results to-day in the cure of consumption never prescribe cod liver oil in their practice.

Use cod liver oil, by all means, in your practice, if you like; it is often a good food, but don't delude yourself or your patient into thinking it a specific.

All disorders of the digestive apparatus should be cured as soon as possible, and the mouth and teeth put in good condition.

Constipation, if present, should be relieved by a laxative diet, or very mild laxative pills, as constipation interferes both with appetite and digestion.

The patient's appetite must be improved. This is best accomplished by natural methods, such as pure, bracing air, bathing, exercise, cheerful company, etc., rather than by drugs. Climate and change of air and scene are here of importance, for a patient's appetite and nutrition will often improve without other assistance on removal to a more balmy or bracing climate, or, above all, to a place where he can be in the open air for a portion of the day.

A dry, warm climate and an altitude of about 2,000 feet seem most suitable, perhaps, for most cases of consumption. Any climate, whether moist or dry, where the patient's appetite and nutrition are improved, and continue to improve, is a suitable climate for that particular case. Thus it is that a sea voyage, where the humidity of the atmosphere is always great, is productive of good results in many cases. It is a mistake to think that patients cannot do well in Ontario. They can and do get well here, and often as speedily as they could have done anywhere else. One of the main objections to Toronto for consumptives, in winter, is the heating of the houses, and the enforced stay indoors. Hot-air furnaces are an abomi-