

may be, of sacrifice, are required, and few are equal to the task. Still more, many are ignorant of the common laws of hygiene—obedience to which brings health; and some are careless of them, with little faith in their efficacy.

We shall devote this article to a brief summary of the precautions necessary to be taken with children of consumptive families, in order to protect them from the disease to which they are liable. And these same precautions will, of course, be still more effective in preserving in health those who are not of consumptive families, than those who are. And first,

CLIMATE.

It is certain that some countries enjoy comparative immunity from consumption, while others are scourged with it. And, as this irregularity in the distribution of the disease is to a great extent independent of the the state of civilization and the customs of the people, the result must be attributed to the climate. And the evidences are all in favour of those countries possessing a dry atmosphere. Not necessarily a warm climate. The North-West Territory, Minnesota, the high lands of Mexico, and other places, may vary in the degree of temperature from cold to hot, but they are equally fortunate because of their dryness.

THE RESIDENCE

of the consumptive should then be in a dry country, and especially in a dry section of that country. Avoid a damp soil for residence. The report of the English privy council on this subject, as well as investigations made by others, shew that in localities thoroughly drained there was a marked diminution in the number of deaths from consumption. The house should be on a slope, rather than a plain, where the sun can have free access. It should not be thickly surrounded with trees, nor covered with vines. Rooms large and well ventilated. The old-fashioned fireplace is a ventilator of the first class; but if the house be heated by air-tight stoves and furnaces, ventilating shafts of some description should be adopted. Let sunlight and air into the house; throw open blinds and curtains. Every morning the windows should be opened wide to let out the foul air that has accumulated during the night. And at night be not anxious to close the windows very tight—even if it is in winter. Leave a few air holes, and put on more blankets. Do not be afraid of