

To the symptomatic treatment I shall but refer. It consists in applying the ordinary well known means to the reduction of the fever, cough, night sweats, and to the other manifestations of this disease. Needless to say, this treatment never results in cure, yet for the patients comfort it is necessary it should be followed.

The only treatment that offers any hope is the Hygienic-dietetic, good air and good food. While there is no doubt this treatment can be best obtained in Sanatoria, under proper medical direction and careful nursing, yet there is no locality nor walk in life where an attempt cannot be made to reach this end. To those suffering who can avail themselves of Sanatoria treatment we would say by all means take advantage of it. The Sanatorium at Gravenhurst is giving daily proofs of its usefulness. The regret is that more institutions of like character are not erected. Every city, every centre of population should do its share to rescue the victims of Consumption.

The question of climate plays an unimportant part. There is no climate so severe wherein the fresh air treatment cannot be successfully applied. Wherever phthisis exists there it can be treated. Neither country nor race nor color nor age forms an exception to the rule. The one essential of the treatment is the free exposure of the patient to open air. He must be bathed in fresh air day and night and this irrespective of whether the weather be good or bad. The more air and sunshine he can have the better for the patient. The patient should be protected from strong winds and even in this climate in most severe weather, this can be easily accomplished by means of tents or portable board structures. The patient should spend the greatest part of each day in the open air. In delicate cases he should be carried out in a reclining chair or the bed itself may be carried out without causing much disturbance to the patient. In such instances care should be exercised to have a plentiful supply of warm clothing. Chest protectors, respirators, and all such paraphernalia should be discarded. The windows of the sleeping room should be so arranged that fresh air is constantly admitted. Where double windows exist the outer one may be opened below and the inner one above. If, as in most country homes there be but a single window, a plank to be used in the day time can be placed on the in-