

Other hygienic measures that are well understood, such as proper bathing, regular and abundant sleep, etc., should be kept in mind.

Probably the greatest advance made in the treatment of tuberculosis in the last twenty years has reference to the due appreciation of fresh air and sunlight. So much has been said upon this subject in recent years that it may not require further emphasis, except to bring into greater prominence the matter of direct solar therapy. It is not sufficient to have the patient out of doors with the ordinary clothing covering the body, nor even to have the body uncovered where the sun may shine upon the individual indoors. The writer well remembers when he was a boy, a strip of land on his father's farm which was constantly hidden from the mid-day rays of the sun because of a large forest which lay to the south. While the grain or grass on neighboring parts ripened to maturity and excellence, this strip made but a poor showing. Cultivation of the soil could not make up for the warmth and other effects of the direct influence of the mid-day sunlight. Not more important is it, however, for grain, grass or vegetables than for human beings. In recent years much money and ingenuity have been expended in obtaining various colored lights, through the influence of which startling results were claimed. The sun, however, is the father of lights, and all of these are contained in his white rays. Solar therapy, it is true, may not be good for everyone, but certainly it has proved the greatest advance in the treatment of tubercular conditions in recent times.

The writer's association with this work dates from 1888, and at the end of his first ten years he summed up the results of his observation and treatment of cases of hip disease, with the result that there was a mortality rate of about 10 per cent. The success of treatment in the second decade has been much greater, and the most careful scrutiny of methods attributes it chiefly to the greater use of direct sunlight. The patient is kept upon a cot, commonly spoken of as a Bradford frame. This is very readily carried from one place to another without disturbing the patient, and every day, whether in winter or summer, the patient is carried out of doors, so as to be as fully exposed to the sun's rays as is the grass. When the weather is suitable, the affected part is fully exposed without any covering. This can be done during the greater part of the year without discomfort, and even in winter the patients are left out in the sunshine from morning till night on suitable days, wrapped sufficiently to give the needed protection. In the summer-time in this climate there are few days when the temperature is so high as to cause discomfort. The head and eyes should be protected from the glare of the sun, and from the great heat by keeping the head either in the shade of some building while the rest of the