

and of easy digestion. Rich compound dishes, however nourishing, cause too great a tax on the digestive powers in the efforts to extract the nourishment from them. Plenty of good bread (not fresh), milk and fruits for children, and for older persons, some flesh meat too if desired, and "vegetables." A strong protest must be entered against the common practice of frying meats and other foods, and also against all forms of new bread, and the frequent indulgence in pastry—pies and the like, and all highly seasoned dishes.

TEA, COFFEE AND ALCOHOLIC beverages, I need hardly say, must be indulged in only in the strictest moderation.

OUT DOOR AIR AND SUNLIGHT are the great invigorators of life, and should be supplied in abundance. A large proportion of men and even boys get these, perhaps freely enough, but the women, the young girls and little children, often suffer—fail, at first perhaps imperceptibly, in vigor, and acquire disease from sheer want of the invigorating influence of sunshine and out of door air. Husbands and parents should bear this well in mind:—See that the wives, mothers and children get more OUT-DOOR exercise.

THE SKIN must be kept in good condition by the bath and friction. I have known men who would have their horses and even their bovines curried and well groomed who would sadly neglect their own skin. Personal cleanliness, remember, is, too, a part of godliness, as well as an essential of health and vigor.

THE CLOTHING must be sufficient to prevent chilliness or a feeling of coldness, but on the other hand not such as to create the least sensible perspiration. What out, as a rule, rather keep warm by exercise. Keep heavy overcoats, mufflers, and such for only the coldest weather, or for driving in.

SLEEP in abundance is indispensable to vigorous health. Young, growing people often do not get enough sleep and rest.

IN COWS and other bovines, the great, the chief predisposing cause of tuberculosis is doubtless a want in each case of a vigorous, hardy constitution. This want of vigor is mainly caused by too much and too careful "housing up" from the fresh pure air and sunlight. Cow-byres which are sometimes ventilated tolerably, are not light enough. All stables should be WELL LIGHTED as well as freely ventilated. Cows as well as human beings need to be out a great deal, stirring about in the fresh air and sunshine instead of being tied in stalls.

Another great cause of want of robustness in cows, as I have mentioned, is that of breeding with the view of early maturity for beef and for giving an abundant supply of milk, instead of breeding, too, at the same time, in a measure, for a full respiratory capacity and for full vigorous health.

IN BREEDING FOR ROBUSTNESS it may be now possible to produce a vigorous race of cows without materially lessening the development of early maturity and the yield of milk, but if it be not possible, it will be vastly more profitable in the long run to have less beef and milk, to have these only at a higher price, than to have it so diseased as it threatens to be. But if tuberculosis is to be successfully combated, even with the aid of Kock's remedy, cows will have to be bred more with the view of building up a hardy race which will resist the inroads of the bacillus tuberculosis. The inroads of other infectious and epidemic diseases will then be likewise resisted.

Having produced in both mankind and the domestic animals, healthy, robust constitutions, far more than half the battle has been won. As Prof. McFadyean (of the Royal Vet. Col. Edin'g.) has recently said: "A subject, whether a man or one of the lower species, of a tuberculosis character, is to be regarded as a sort of hot-house for the propagation of the tubercle bacillus." Outside of the warm temperature of an animal body it is probable the bacilli never develop and multiply, but,—and this mainly or wholly by means of their spores, simply conserve their vitality