

and anti-toxin production in the body, the outlook for an efficient tuberculosis anti-toxin is by no means a hopeless one.

Although failure has thus far attended our attempts by the direct specific method to immunise the tissues and render them an unfavorable soil for the development of the bacilli, comparatively satisfactory results have followed persevering, well directed efforts at strengthening the inherent resisting powers of the patient, by careful hygienic measures, a full dietary, and more or less complete rest. Thus, after the lapse of 2,000 years have we come back to the doctrines of Hippocrates and Galen, who taught that regimen and hygiene are the great curative agents. This plan, as perfected by Deitweiler, may be thus enunciated:—

1. A life, as much as possible spent in the open air and sunlight.
2. A full dietary, consisting of easily digested and nourishing food rich in carbo-hydrates and fats.
3. Rest, or moderate exercise short of producing breathlessness or fatigue, according to the condition of the patient, and the activity of the disease.
4. Such an amount of hydrotherapy as may be deemed advisable by the attending physician.

Supplementary to these

(a) Such general medication as may be of service in furthering these measures.

(b) Such symptomatic treatment as may serve to remove any offending symptom seriously interfering with the carrying out of the plan.

The value of the open air treatment of tuberculosis is no longer a matter upon which any disagreement among the profession can be said to exist. It may, at first, be difficult to convince the patient and his friends of the importance of living constantly out in the open air, not merely on one or two hours on pleasant days, but for the greater part of every day; eight hours at least out of the twenty-four are to be spent in the open, whether the sun shine, or the weather be cloudy; whether it is warm or cold. Stormy weather, with high winds, is alone excepted. At night the windows are always to be open in the sleeping room. Patients who may have been accustomed to over-heated and poorly ventilated rooms may not be able, at the onset, to stand this treatment for the whole day, but they should aim at accomplishing the hardening to it, as rapidly as possible. Sun parlors, such as are provided in many health resorts, are, in this plan of treatment, regarded with disfavour. Protection only from strong winds and rain is considered desirable. In pavilions or verandahs protected only on the side from which the wind blows, the patients should sit on easy chairs, or, if weakly, should recline on a sofa. In cold weather the feet must be kept warm by a hot water tin, or a stone, and rugs or furs should be used freely.