

with benefit recommended. The apparatus made for that purpose in Boston, and which I saw in use in Davos is the best. It is probable that the pulmonary apices are first affected owing to the lessened expansibility of the chest in that neighbourhood.

Lung gymnastics are of no use, and perhaps do harm when the disease is advanced. In latent cases, and certainly as a prophylactic measure, they have been found of great service.

Many of these directions, particularly as to outdoor life, can be best carried out in a mild, equable climate, and persons predisposed to consumption ought, if possible, to make their home in such localities. Perhaps the most important question is the nature of the trade or occupation to be followed.

Dr. Herrman Weber, at the International Congress in Berlin, gave the history of a family which presents many facts of great interest touching upon this point. Many of you have no doubt already read this account.

A teacher of languages and his wife both died of tuberculosis while under Dr. Weber's care. Of the seven children, one had already died of tubercular meningitis. The other six were healthy with the exception of the youngest, who had rickets. Of eleven cousins of these children, nine died of phthisis before the twenty-eighth year. It will thus be seen that the prospect of these children could not well have been more gloomy. They were sent into the country and there brought up with great care under the doctor's instructions. Now, what was the result? The eldest son, up to his twenty-third year, so long as he lived largely in the open air, was healthy and strong. He then became a hard student, working night and day, having his meals in his rooms, and taking very little exercise. In eighteen months afterwards he died of rapid consumption. The second son was a farmer, and remained healthy until his twenty-ninth year. He then became tired of the monotony of country life and went into a mercantile house, where he was engaged for many hours each day in an office. He worked hard at his books in his own room during the evenings. After two years he had repeated hæmorrhages, and in two years more he died of tuberculosis. The third son entered the cavalry service and is strong and

healthy. The youngest son is now living and healthy, a farmer in Manitoba. The fourth, a girl, became the wife of a country clergyman, and is still quite healthy. The sixth, also a girl, lives with her brother in Manitoba. She is strong and healthy.

Could any statement of facts give stronger evidence of the importance of choosing a profession or trade? In these cases it does not matter which view is taken; whether the disease or simply the tendency is transmitted the results are the same. The callings which are especially to be avoided are such as compel individuals to remain in close, ill-ventilated rooms, to work in a dusty atmosphere, or to live in a large, densely populated city. To be chosen are those callings in which a great part of the time is spent in the open air, and which do not require too great mental or physical strain.

It naturally often occurs that those predisposed to tuberculosis are placed in special danger on account of one member of the family having the disease. Under such circumstances it may be feasible to send some of the more delicate ones away from home.

I had once a family under observation in which all the children except two died of consumption. These two left home after the first death, went on a farm in the northern part of Ontario, and still remain healthy.

The greatest care should be taken that proper spittoons should be used, and that the sputa should be destroyed. It is said that six million bacilli exist in one expectoration, and according to Koch, eight hundred are necessary for a successful inoculation. During the past two years I had under observation a young girl suffering from tuberculosis. Her mother, contrary to instruction, washed the pocket handkerchief used by the patient for the expectoration. She thus contracted sores upon her hands which never entirely healed, no doubt due to local infection, and at the same time the lungs became diseased.

There is no doubt, too, that the patient can re-inoculate himself by carelessness in the disposal of the sputa, and this selfish consideration will often make him more careful when it is fully explained to him. The urine and feces are seldom, if ever, the source of infection, but for general sanitary reasons, ought to be properly disposed of.