

first, its *prevention*, and second, its *cure*.

*Prevention of Tuberculosis.*—Assuming that tuberculosis does not exist in a family or in a house, it is plain that with cleanliness in the house, in its atmosphere, in the food and clothing, the disease cannot come there. Extend this to shops, street-cars, schools, etc., and it could not be generated there. But experience and scientific experiment both readily teach us that in our cities and towns, expectoration and coughing leave its germs in every public place. Nevertheless, it is well known that persons with healthy mucous membranes, if care is taken to destroy sputum and use handkerchiefs when coughing, may act as nurses for years in consumptive hospitals and yet not become infected. Clearly then, house, school and shop cleanliness are first essentials. But inasmuch as infected persons must be taught these facts, and those nursing them as well, it is apparent that education by the family physician, by the district nurse, by the school-teacher, and by public lectures is absolutely essential to prevent infection where the disease has once been present.

But from what has been said regarding the atmosphere of houses, as regards purity, moisture and heating, it is apparent that municipal provisions, with the assistance of charity workers, by which house construction, house sanitation and the number of persons to a certain air-space are regulated, must be strictly enforced. We thus see that the task is a large one, and one which we have as yet scarcely begun to cope with.

*Cure of Tuberculosis.*—But assuming that we have set all this in motion, we have yet to deal with the actual cases of disease. As all have observed, it is seldom that persons in rugged health take tuberculosis, and it is usually where the vital powers have been reduced by some acute disease, as pneumonia, typhoid or pleurisy, that naturally healthy persons are infected. The reason for this is plain: the germs do not enter the system ordinarily except by the respiratory tract, and obtain a lodgement only when its vitality is reduced. If, however, house air is infected, if it is abnormally dry, if its oxygen is lessened by over-crowding and non-ventilation, if catarrhs prevent normal breathing through the nose, if lack of exercise, lack of food and loss of rest occur, and all these too often *do* occur amongst the employees of city factories, shops and many homes, it is apparent that infection is almost inevitable. But having occurred, it is apparent that the only hope of preventing the progress of the disease is in removing the patients at once from the effects of such conditions.