

dant should accompany the patient if possible to prevent his losing time in the pursuit of all sorts of remedies which will be recommended to him." If this advice was valuable 100 years ago, it is of tenfold greater value now, when so much more is said of climatic treatment, and when the temptation to try new remedies is rendered every day more difficult to resist.

But in spite of the multiplication of health-resorts for consumptives, and the ever-increasing number of specific remedies, the facts remain that under the old methods of treatment, where the patient is left to carry out the advice given to him without direct supervision, the relative amount of success shows but little improvement. It is only of late years, since the method introduced by Dr. Brehmer at Goerbersdorf has been thoroughly understood and appreciated, that any real advance has been made. His method consists essentially in nothing more than skilled supervision, under which the patient is forced to surrender his liberty into the hands of his medical adviser, who, in his turn, does but little more than force the patient to live the kind of life, eat the kind of food, and breathe the kind of air, that is best suited to his particular condition. The patient is placed as much in the hands of his doctor as if he were prostrated by a fever of an acuter kind, nor is he permitted to consider himself convalescent until such time as his doctor may determine, although he may have felt himself restored to health at a much earlier period.

Under such supervision it is being proved by the experience of successive years that tubercular disease of the lung may be arrested, and the patient rendered capable of resisting further invasion of the disease; but the proof has thus far been left almost entirely in the hands of Continental physicians.

It is not, however, sufficiently recognised, either by patients or their medical advisers, that this arrest and this power of acquiring resistance can only be achieved by *prolonged* hygienic treatment of the earliest stages. It is not reasonable to expect that a patient who has apparently recovered from the effects of a "weak lung" will be prepared to submit himself to strict hygienic treatment for the next year or eighteen months, unless the necessity for so doing is very strongly explained to him by his medical adviser. Nevertheless, it is the duty of every such adviser to tell his patient fairly and fully that the sacrifice of a year or more at that stage of his illness will probably be the means of adding several years to his life, and also to make no secret of the fact that with each relapse of the disease the chances of ultimate recovery must be less. The cases of young men who have refused to take such advice, and have for the sake of a little present advantage made themselves permanent invalids in the course of a year or two, are only too well known to all who have had much to do with consumptive life. It requires some determination to throw up employment which promises future success, and to enter into a more or less restricted life for a couple of years; but the doctor knows, even if he cannot make the patient realize, that unless such a course is adopted the patient's life may have come to an end within the three years, whereas if those years were properly utilized, he might at the end of them be able to take