

and to so instruct the family as to prevent the infection of other members.

An objection has been raised that if such measures were carried out the patient's life would be rendered intolerable, as he would be shunned by his own relatives. In my opinion the very reverse would be the case. There exists at present among the laity a very exaggerated idea of the contagiousness of consumption, as well as a good deal of unnecessary fear. If the public were made aware that with precautions easily taken there is little or no danger, such fears would be allayed.

Spittoons partly filled with a disinfectant solution should be provided in our public buildings, in street and railway carriages, and especially in the staterooms of ocean steamers.

The existence of dried expectoration upon the street does not seem to be a source of danger, as Cornet (6) has shown that the disease is not prevalent among those who work constantly on the streets.

Pocket spittoons, such as that invented by Dr. Dettweiler, should be carried by phthisical patients.

The inspection of milk and other articles of food should be insisted upon.

The further discussion of these sanitary measures I shall leave to the department of public health and proceed with the prophylaxis as it comes under the immediate attention of the general practitioner.

We shall now consider the prevention of tuberculosis in those who inherit a predisposition to the disease.

As before stated, well authenticated cases go to prove that tuberculosis may be directly transmitted from parent to child. There are many instances of the presence of the disease in the brain, in joints, etc., when no avenue of infection from without can be discovered.

The frequent presence of tuberculosis in sucklings, as found by Frebelins, 416 out of 16,581, and the fact that Birsch Herschfeld was able to inoculate animals, and successfully produce tuberculosis, with a portion of the viscera of a foetus in which no bacilli were found, are very significant.

The statistics of Vignal, however, point in the opposite direction.

At the Paris Clinique d'Accouchment, for eight years, post mortems have been made in all cases of death of foetus, or fully developed children. Tuberculosis

has never been found, and no successful inoculation has ever been made. The same results were obtained experimentally. The baby guinea pigs of tubercular mothers were never found to be affected.

I quote the following statistics as given by Dr. Osler in his recent work. Although in the Berlin abattoirs for some years past, thirteen per cent. of the animals slaughtered were tubercular, out of 15,400 calves killed only four were found similarly diseased.

Taking it, however, for granted that in all of those cases of hereditary taint, the disease is directly transmitted, a conclusion which is not at all warranted by the facts, we have still nearly half of the cases to be accounted for. Hereditary taint is found in a little more than half of all cases. To the former the disease must have been conveyed from without. The facts, however, prove that in the great majority of cases the tendency to the disease is transmitted and not the affection itself.

Although I am quite of opinion that there is urgent necessity for the adoption of such rules as will result in the destruction of the bacilli outside of the body, or prevent them from being taken into the lungs, yet from the very nature of the case, we cannot hope in that direction to be more than partially successful. It is therefore necessary to so strengthen and fortify the system that it can successfully withstand the attacks of the bacilli.

It is one of the most important duties of the family physician to thus shield predisposed persons as much as possible.

An individual is not able to choose his own parents, but he can very often so choose his occupation and place of residence as to remain free from the successful attacks of his great enemy. During childhood such persons should live in the open air as much as possible, should sleep in well ventilated rooms, and should eat good wholesome food which can be easily digested. In infancy they should not be nursed by their mothers.

The dwellings should be bright, well ventilated, and free from emanations from the soil.

During convalescence after measles, whooping cough, as well as all debilitating diseases, great care ought to be taken to avoid lung complications, and if these occur to see that they quite disappear.

A regular system of lung gymnastics might be