

patient himself. Healthy blood is the most certain and vigorous of all germicides. Its white corpuscles, floating about among their red brothers, are engaged in a ceaseless hunt for the organisms of disease. When a white corpuscle encounters a germ, it tries to swallow the invader, and so put an end to its baleful activity. Ninety-nine times out of a hundred it succeeds, but the hundredth time the germ is too strong, the corpuscle is too weak, or there are too many germs or too few corpuscles—and the host of both grows ill.

In all infectious diseases modern medicine tries to aid the corpuscles, either by feeding them new serum and so making them strong, by directly attacking the germs, or by neutralizing the poisons secreted by the germs. These poisons do more harm than the germs themselves, for they attack the heart, the brain, and all the other organs, and so by interfering with the natural operation of the bodily machinery, deplete the blood and handicap the white corpuscles in their good work. Thus the germs wage their war upon health—by attacking the corpuscles directly and by attacking them circuitously and from the rear.

Now, the blood of the average healthy man is more than a match for the germs of tuberculosis. If a few of them happen to invade his body, his blood quickly pounces upon them and puts them to death. But if the invasion is made by tuberculosis germs in extraordinary number, or if the man happens to be exhausted, underfed, or otherwise out of form, his blood loses—and he is a consumptive. He may get out of form by working too much, by breathing bad air, by overindulging in alcohol, by eating impure food, or by suffering an attack of pneumonia, malaria, or influenza. Or he may be a born weakling, and foreordained to lose his battles with germs. Again, he may take in an extraordinary lot of germs by sleeping with a consumptive, by breathing infected street dust, or by drinking from a public water glass. If any of these things happen the invading germs find lodgement in the man's lungs, or in some other organ, and the man himself begins to lose weight and appetite and to have a fever.

What is to be done? Nothing could be more simple! The man must be transformed from a weakling into a man of strength. He must take clean air into his lungs, to ferret out and paralyze the germs and to aereate and invigorate the blood. He must take plenty of simple, nourishing food into his stomach, to make blood, sinew, and fat. He must keep himself clean. He must rest. He must put aside all cares and worry. If he does these things he will note an improvement almost immediately. His fever and cough