

exercise as it is possible to secure, are among the general measures that commend themselves to all.

Individuals specially predisposed to tuberculosis by heredity or otherwise should receive particular attention. Their food and clothing, their occupation and manner of living should be carefully supervised. If the family physician would make it his duty to watch out for badly formed chests and faulty breathing, he could do much to minimize the dangers. Adenoid vegetations and enlarged tonsils should be removed in order that there should be a free entrance of properly warmed and filtered air to the lungs. The experience of orthopedic surgeons with systematic physical training and deep-breathing exercises, shows how much can be done in increasing the lung capacity of narrow-chested, stoop-shouldered, shallow-breathing young persons. The tight-laced young lady who thinks it vulgar to romp, never expands the apices of her lungs, and the enterprising tubercle bacillus finds them admirable places for rearing his large and voracious family. Every precaution should be taken against cold-catching, and the convalescence from diseases involving catarrhal conditions of the respiratory tract should be carefully guarded.

For an individual predisposed to tuberculosis to choose a sedentary occupation is to court disaster. For him, large, well-ventilated living and sleeping apartments, and such amusements and occupations as will involve a large amount of out-door life are especially desirable.

In the prevention of consumption, as in its treatment, the great desideratum is "air, air, more air." Nor must we neglect the prompt attention to dyspeptic and anemic conditions so often the forerunner of tubercular infection.

*Treatment.*—In the time at my disposal I shall not be able to do more than sketch the general measures advisable. I shall not attempt to enter into the treatment of special symptoms.

The cure is altogether a question of nutrition, and if this is maintained, the disease usually shows a tendency to spontaneous cure. But before saying what ought to be done allow me to first take most vigorous exception to the utterly indefensible treatment which is even yet so common. The patient will clamor for cough-mixtures. You might as well put a man on a hand-sleigh on an icy hillside and expect to see him soon arrive at the top, as to expect a consumptive to make any progress whilst taking opiate cough-mixtures.

In our home treatment of tuberculosis the nearer we approach the methods of the sanatoria the more satisfactory our results will be. The only method of treatment worth discussing is the open-air method. Other measures may prove useful adjuncts, but without pure air and sunlight they will be of little avail.