

PREVENTIVE TREATMENT.

It has seemed to me that the prior use of some arsenical treatment (*arsenites, arséniates, arrhéнал, cacodylates, arsenobenzol, etc.*) would put the organism into a strong condition of resistance with respect to the "grippe". Persons undergoing arsenical treatment for other reasons, are not attacked even when thoroughly exposed to infection. Burlureaux and Camescasse have just pointed out to the *Société de Thérapeutique* that an injection of *gaiarsine* (*cacodylate of guaiacol*) before infection or at the very beginning prevents or slackens its development. Emery has observed the same fact. Hence, it is useful and safe to prescribe as a preventive measure in families where one of the members is suffering from "grippe", the use of *arrhéнал* (ten drops at each of the two important meals of the day of a five per cent. solution).

Glandular opotherapy, by the use of the supra-renal and thyroid, have appeared to me to possess an analogous efficacy and seems to increase the power of organic defence. Five centigrammes of the desicated powder of both these glands may be prescribed for not more than six days. Those of my patients who were under thyroid or supra-renal treatment threw off the infection which seized the other members of their families.

Opotherapy and arsenical treatment act probably by the same process, that is, by exciting the activity of the glands to internal secretion, particularly in the case of the thyroid, which is so important in the nourishment of the tissues and their defence against infection. Opotherapy may be prescribed during five days each fortnight, since the glandular excitation continues active for an equal length of time after the ingestion of the gland.

Preventive Hygiene. Contrary to the ideas of the layman, life in rooms tightly closed for fear of air, favors infection instead of avoiding it. So there is an advantage in allowing air and light to penetrate everywhere. Cleansing baths, with plenty of soap, applied to the body and the hair, are highly commendable. These remove the germs which may have fallen upon the skin. Brushing, airing and daily exposure to the sun of clothing and frequent change of linen produce a similar result. Washing the hands, face, mouth and teeth with soap and water should be done several times a day and particularly *before* meals.

DIRECT PROPHYLACTIC TREATMENT.

The microbial agent of "grippe", whether it be the doubtful *cocobacillus* of Pfeiffer or the filtrating virus of Nicolle and Lebaillly, invades the organism, and sometimes in a way hard to detect, by the outward mucous membrane, exposed to the air, which covers the nasal passages and the pharynx. It is particularly at the level of the pharyngeal tonsil of Luschka that we find the first centre of attack, and also of organic