

whether it be inherited or acquired; and the treatment of it in every stage appears to me to be "*support*."

Now, there are two classes of patients which present themselves to us from time to time. Among *the first* we find those who are surrounded by every luxury that wealth can produce; *the second* includes those who are exposed to every privation, who are ill-fed, ill-clad, living in badly ventilated apartments, and eking out a miserable existence. The only wonder in such cases is that they so long resist the development of disease.

I have already told you that it is a disease of debility, and it now becomes my duty to tell you from my own practical experience how you can best remedy that state of system which leads to the growth of tubercle.

First, above all, I recommend that the patient should breathe a pure air. I find that within the last twelve months there were admitted into the Workhouse Hospital of this (Cork) Union, 184 males suffering from tubercular phthisis. I have paid some attention to this important subject, and I find that they are principally composed of tradesmen and indoor servants; while cabdrivers, and those whose occupation keep them constantly in the open air, seldom suffer. Again, I have observed that consumptive patients who remain constantly in hospital, where they are well fed and carefully preserved from changes of temperature, succumb to the disease more readily than those who after a short stay leave, often badly clad, to resume their ordinary avocations. I need say no more to prove to you how indispensable is a pure air for the consumptive patient.

The next point to be considered is *the regulation of their diet*. A consumptive patient should be well fed, and his food should be easy of assimilation; meat, eggs, porter, wine, butter-milk, should be used; and his diet should be so arranged that, instead of giving him two or three meals daily, he should have five or six. I emphatically state that no consumptive patient should be allowed to remain longer than four, or at furthest five hours, without food. He should have food late at night, and very early in the morning, and some nutritious drink should be placed at his bedside for the night, should he wake.

I now pass to the medical treatment. If a consumptive patient has a fair appetite and digests his food, you had better take care you don't destroy his appetite by the use of what are commonly called expectorants, cough mixtures, sedatives, &c., &c., which, instead of doing the unlucky patient good, do him an immense amount of mischief. If, on the other hand, his appetite be bad, take care you don't overload his stomach; give him