

advice so emphatically given by Dr. Aikins upon the subject of fresh air. This system of treatment of tuberculosis which is now becoming more and more in vogue, both in Europe and America, is nothing more than the carrying out of methods for so many years advocated by Dr. Aikins.

Dr. Flint, in one of the older editions, speaks of patients sleeping in the woods in the open air in California, and the same plan has been pursued with benefit in Germany.

The open air treatment in warm climates, at or near the sea level, such as that of Florida, Southern California, Algiers, and the south of France ought to be reserved for those patients with advanced disease, or of poor constitution, who cannot endure the strain of high altitudes or cold air as well as for those in the incipient stage, who for other reasons cannot live on the mountain. There is a relaxation produced by the heat which is in strong contrast to the bracing effect of cold. In many cases, however, life is very much prolonged by residence in such climates.

Frequently too little care is exercised in sending patients away for their health. I have made it a rule not to send a patient away unless he can afford to procure the same comforts as at home, he should not be sent alone unless he goes to a sanatorium.

It is of advantage to send incipient cases to a country such as Colorado, where they may continue to live after the disease has been checked.

The diet of patients ought to be carefully regulated so that the amount of fats and carbohydrates should be somewhat increased in proportion to the albumens. It is often of benefit to consult diet tables, showing the composition of the various kinds of foods so as to choose that which is most nourishing. Milk and cream are always at hand, and in them the various principles are nearer the proper proportions than in any other.

It is of course absolutely necessary that food should be properly cooked, and here physicians experience great difficulty in the treatment of phthisis as of other diseases. It is sad to be compelled to confess that in our own country, both in rural districts and in cities, the preparation and cooking of food among the masses is very much inferior to what it ought to be. Prof. Goldwin Smith has truly said that pork and pie are two

great hindrances to popular progress in Canada. I have no doubt that in many instances fatal diseases become seated on account of weakness of the constitution, the result of living on improperly cooked food.

No specific has yet been discovered for tuberculosis, and it is doubtful if at any future time a remedy will be found which will more than mitigate the effects of the disease when it is in an advanced stage.

The treatment by Koch's tuberculin has now been almost discontinued.

Dr. Leo Berthenson, (9) of the St. Nicholas Hospital, St. Petersburg, has given in a recent number of the *Deutsche med. Wochenschrift*, the results of his experience in the management of thirty-five selected favourable cases. The treatment was continued five months. I shall quote some of the conclusions, as they are among the most recent given.

1. The diagnosis of tuberculosis by tuberculin is not always certainly made.

2. The possibility of curing tuberculosis by tuberculin has not yet been established, but there is often an increase in weight and an improvement in the chest symptoms.

3. There is no certainty with regard to the duration of the improvement.

4. It is a very dangerous remedy in cases of well developed tuberculosis. It may increase the local conditions in the lungs, or produce inflammation and destruction of tissue, which may be dangerous to life.

5. On account of the danger attending the use of tuberculin in advanced cases, it should be limited to those in the incipient stages.

6. Even in the latter its use demands the greatest care, as it may produce local congestions in the internal organs.

7. It ought to be given at first in very small doses, and increased with great care.

8. He would not advocate its use by the general practitioner until its indications and contra indications were better understood.

9. By choosing the patient and by careful administration, there is but little danger in the use of tuberculin.

My own experience with tuberculin is confined to about half a dozen cases, which I had under my