

and the seeds may then float in the air and get into the bodies of people.

WHAT WILL KILL THE SEEDS

Direct sunlight soon kills the seeds. Strong heat, burning and boiling, soon kills them and many poisonous fluids, such as carbolic acid and lye, consequently if one has to spit it is best to spit where the sun will get at it or into the stove or on some cloth or paper that can be burned or into a cup containing carbolic acid or lye, which can later be emptied into the sewer. This will, of course, always be done by those who think of their families or friends, as soon as they find out what is right, but some are so malicious that they boast that if they have consumption others can have it too, and so viciously spit anywhere.

TUBERCULOSIS WITHOUT SPIT

From what has been said above it will easily be seen that tuberculosis can exist without spitting. It is necessary for enough tubercles to be growing in the body to make a mass large enough to rot in the centre and for this to burst before one starts to spit. This may take months before it occurs, or it may never occur and the patient get well without knowing he has had this horrible disease, but sooner or later it may break out again. The cases that have tuberculosis without spit have usually afternoon tiredness, flushing of the face and fever, loss of appetite, loss of weight and maybe a little hacking cough, which may, of course, all disappear and be called malaria or something else or soon spit may appear, coming usually without cough into the back of the throat on rising, or after breakfast, and even then may get better or get worse with more spit.

TUBERCULOSIS WITH SPIT

When one suffering from tuberculosis begins to spit noticeably to himself or his friends, that one is usually pretty sick with the disease, and has lost a good deal of lung space.

WHY DOES A CONSUMPTIVE NOT FEEL WORSE?

One of the hardest things for a man with consumption to understand is, why, if he is as sick as the doctor tells him, he does not feel worse. He feels able to do some work and will not give up. Usually to his own destruction he keeps on working till he has to give up, then in a few weeks it is over and the priest and pallbearers take care of him. This lack of appreciation on the part of patients is mainly responsible for the difficulty in accomplishing the greatest good in this disease. A part of the same difficulty is that patients will insist against advice on going back to work too soon, only to relapse again. The reason the patients do not feel as sick as their loss of lung space makes them, is that the plant grows so slowly that the body becomes gradually used to carrying the extra burden and to the tiredness that accompanies it and hopes soon to shake it off.

EVERYBODY'S DANGER

While probably under existing conditions in Pittsburgh nearly everyone has a chance to take tuberculosis and probably 95 per cent of the people in Pittsburgh have had or will have it, in some form, it must not be thought that everyone will develop a case of tuberculosis that can be recognized even by skillful doctors. The fact is that the majority of cases get better and never know they have had it. But in Pittsburgh there are many thousands suffering from far advanced tuberculosis, who will never recover because they have not been taught how to overcome it, and these thousands are a menace as long as they are untaught to all the remainder of Pittsburgh's population.

PREPARING THE SOIL

Every piece of ground will not produce wheat, even though abundance of wheat be sown upon it. Much ground will only produce wheat when the ground has been prepared for the sowing. Some ground will produce wheat in the greatest abundance without any preparation. It is so with the human body and tuberculosis. In some bodies the seeds of tuberculosis will not grow at all. In other bodies, weakened by overwork, worry, loss of sleep, sickness, lack of food, lack of fresh air in the lungs, the ground is prepared for growing tubercle seeds, but if these cases be found early and be put under proper conditions, they soon get well. Also in some bodies if the seeds of tuberculosis find entrance they grow and grow and nothing will stop them and God's greatest creation yields and dies before the onslaught of his lowliest creation.

WHERE THE FIRST SEED CAME FROM

One is so often asked where the first seed of consumption came from. Was it floating in Eden? Of course the answer must be: "I don't know." Still the theory, based on evolutionary ground, is interesting. There is a seed that grows on grass, producing a fungus there called the timothy bacillus. This is very like the tubercle bacillus, and, of course, often found its way, like Tom Thumb, into the cow's stomach, and from the cow's stomach into her body in great numbers. Through years of living in the cow's stomach and body it changed its nature and developed the faculty of growing in this body and making tubercles; just as a man can accustom himself to living and working in the bowels of the earth or on the highest mountain tops, at the Arctic circle or at the equator. From the cow's body, in milk and butter, it passed to man's body and soon was able to produce tubercles there, and under these conditions the old timothy bacillus became known as the tubercle bacillus. Now it goes from man to man, as shown above, by those who already have it spitting the seeds up and these drying and floating around in the air and so into other lungs.