

phthisical diathesis, should be made to understand that he is a potential source of much sorrow and misery if he selects for a wife a woman with a similar record and constitution. Contrariwise, an intermarriage with a family free from all such predispositions will do not a little to curb that downward tendency. Therefore a child with good blood for a legacy, even from one parent, has every reason to expect immunity from the disease, if he is reared intelligently. Such children must be properly clothed, very carefully fed, and encouraged to spend the greater part of their daily life in the open air, and not in the too frequently ill-ventilated school-room. Probably nothing is more conducive to the complete renovation of the inner man than horseback riding. Vocal gymnastics is another useful exercise for the same object. And the regular practice of deep breathing with closed mouth out-of-doors, for both children and adult, while the blood-stream is coursing through the veins, is a purifier that is equalled by no drug in existence.

The necessity of destroying the expectation of consumptives is imperative, because the dry sputa still contain bacilli in great numbers, which lodge in every corner and cranny of a house, whence they are stirred up and inhaled by the patient as well as his associates. While rigid adherence to a thorough disinfection of all clothing and utensils exposed to contamination will reduce the danger of close companionship to a minimum, nevertheless, the only absolute safety lies in segregation; seeing that to occupy the same bed, or merely the same sleeping-room with a sufferer from this disease is to court a similar fate if not to insure it.

Our legislators would do well to investigate an impending danger from the laxity in the inspection of cattle and milk, for upon the nature of the food-supply depends the health of the citizen and the welfare of the commonwealth. In fact, the old saying that an ounce of prevention is worth a

pound of cure has lost none of its significance in the developments of bacteriology.

Although we have no drugs that will cure pulmonary consumption, yet we are in possession of many useful remedies for its trying symptoms. And, dealing with the disease, it is of primal consequence to keep in view the goal for which we may reasonably strive, namely, to elevate the tone of the tissues and the fluids that bathe them to a sanitary pitch, where they themselves are the best of germicides. Bacteria do not thrive upon such nourishment.

An explanation of the fact that rapidly gained fatness is not always attended by a like increase in the strength of a phthisical subject is found in the statement that this kind of accumulation implies physiological impoverishment, and, associated with it, there is often a deposit of oil in the tissues, where there should be more highly vitalized elements. That is to say, obesity is accompanied by more or less fatty infiltration, if not degeneration.

Migration promises much for a patient, but I desire to distinctly state my belief that there is nothing which can be deemed specific in any climate. Moreover, what special influence certain regions will have upon the individual cannot be foretold with that precision often attempted by the over-confident practitioner. To be sure it does not appear unreasonable to suppose that a mild sedative atmosphere is best suited to a delicate, highly nervous organization, which naturally shrinks from the all-important out-door life in the low temperature of the highlands; and contrariwise, a vigorous, phlegmatic subject of tuberculosis in its early stage would do well in the clear, cold, bracing weather of a mountainous country. But, notwithstanding all this, experience produces very anomalous results, inasmuch as one of the most remarkable recoveries from phthisis that I have known occurred in a charity patient at my clinic in the not over-salubrious air of New York.

Solar light and heat are the sources of all