

favour of fresh air, still in practice, especially during our winter months, the necessity is forgotten, and to many an in-door life and over heated rooms with lack of ventilation is the rule. We are all familiar with the fact that persons whose occupations are indoors, such as school teachers, typesetters, dressmakers, book-keepers, tailors and factory operatives, are very prone to tuberculosis.

The importance of a dry soil for the home must not be lost sight of. In houses which are damp and especially if built upon wet soil, consumption is most common.

At the present day there is probably no more common cause of low vitality and weakened tissue than dyspepsia. It may be called the fruitful mother of disease. Its baneful effects are numerous, but one of the most serious is that of lessening the resisting power against the tubercle bacillus. The copious draughts of iced water, bad teeth, fast eating, excessive use of alcohol, with the mental excitement and worry of modern business life are constantly undermining the organs which safeguard the body and furnish strength to the system. If we wish to avoid consumption we should keep the lung tissue strong and this we must fail to do if we destroy the food-factory—the stomach. The dietetic treatment stands side by side with sunlight and fresh air, and next to the destruction of the germ in the sputum, in our endeavour to prevent and cure tuberculosis. Dettweiler, who was one of the pioneers of the sanatorium treatment recommended “a proper system of feeding adapted to the needs of each patient and when it could be safely done, in over-feeding to a certain extent, with a moderate quantity of alcohol.” The body weight must show a gradual increase. This is the only safe test of the fighting power of the tissues. If the body weight will only show a slight gradual increase under treatment then the lung is becoming a more unfavourable soil for the growth of the germ.

While much was said at the congress about milk as a source of contagion, there did not seem to be sufficient attention given to the great value of milk as a food. Good pure milk properly taken and digested is one of the most valuable foods we have. It is one of the very few articles of diet which contains all the elements for the nutrition of tissue, and when pure and rich it is invaluable as a food both for the prevention and cure of consumption. A pint of good milk has more value as a nutrient and tissue builder than a bucket full of soup, beef-tea, bovril or meat extract of any kind. It is a food, *par excellence*, of the young. To have its full value it must be not only rich in cream but it must be pure. In case there is danger of infection in the milk, it should be pasteurized, that is, treated twice at least to a temperature of 160° F.

There are two ways in this country by which children are robbed of their milk supply. One is the habit of giving young children tea as a drink at their meals just as it is taken by the parents. The habit is injurious in two ways, the tea, as it is generally made, may be harmful and it prevents the child taking so much milk. Another habit among farmers, which may not be very common, but which occurs often enough to be noticeable, is to take the largest amount of cream possible from the milk to make butter for the market and to feed the children on skim-milk. By these means a great wrong is done to the child; its tissues are ill-nourished and it becomes an easy prey to the tubercle germ. Is it not possible that feeding skim-milk to calves has the same effect in the production of bovine tuberculosis?

The necessity for special sanatoria for treatment can no longer be looked upon as the view of a limited number of authorities; there is now a consensus of opinion among medical men that tuberculosis cannot be treated successfully in private houses. It is difficult to do so among those who are well housed and comfortably off, but it is almost impossible among the poorer classes, so that there are now being established, in all countries which have given attention to the subject, special sanatoria for this purpose.

The treatment demanded under our present plan: open air, sunlight, good food and proper feeding, sponge baths, with careful medication, and medical supervision, can only be carried out when a patient is surrounded by all requisite appliances.

It should now be made the rule that pulmonary tuberculosis can not be admitted to the wards of a general hospital. To do this is a double wrong, as it is an unfit place to carry out a plan of treatment which will give the consumptive even a fighting chance for his life (and at best this is all he has), and again it is unjust to the other