

red in the sputa indicates rest in bed, and enforced quiet till such symptoms disappear.

The loss of blood from hemorrhages, which could have been prevented, often throws the patient back for weeks or months, or even prevents any previous chances he may have had for recuperation.

More is to be gained by preventing hemorrhages than in checking the hemorrhage after it occurs.

This can only be done by having the patient under constant supervision after the disease has been once detected by physical and microscopical examination. It is not my intention to go into the special methods for the arrest of hemorrhage—these are well known to you all—but merely to emphasize the importance and practicability of the prevention of hemorrhage.

If there is fever, the patient should always be tested with the clinical thermometer; rest in bed, or in a reclining position, should be enjoined during that portion of the day when the fever is at its height, and no physical or mental exertion should be allowed when the temperature is above 100°. The heaviest meal should be taken at that time of the day (and this is generally the morning) when there is least fever. Even slight exercise on a heavy meal will often raise the temperature of a phthisical patient one or more degrees. Besides, a patient cannot digest his food as well, or stand fatigue as well, during the febrile state. By rest alone the temperature can often be brought down to the normal.

A common error is to recommend the consumptive to go to the mountains, live in the open air, take lots of exercise, spend most of the time in the saddle, etc., and never bother about a physician. This is suicide in many cases for the patient, as the over-exertion in this way often increases an already high febrile state, or brings on a sudden and possibly severe hemorrhage from an already weakened vessel, which throws the patient's recovery back for months, and it may be forever. Exercise of such kind should always be under the advice and guidance of a physician. Over-exertion in any way should be avoided. "Others may get tired and rest; *the consumptive must rest before he gets tired.*"

So many physicians tell their patients that outdoor exercise, and lots of it, is their only chance for life that it is not surprising, though truly pitiful, to see such patients literally drag themselves about, exhausting what little strength or recuperative power they may still possess.

The consumptive should be carefully and sedulously guarded against the contraction of other diseases, such as typhoid, pneumonia, malaria, la grippe, colds, etc. Diseases from which an ordinary healthy person will speedily and entirely recover will leave the consumptive a prey, in his weakened condition, to a more rapid progress of his tubercular trouble.