

by general sanitary improvements, in the three or four decades just previous to the Sanatorium craze."

Some advanced cases, with great emaciation and prostration, having come under my care and eventually recovered, being now, years after, practically as well as ever, I feel constrained, in the interests of the profession and the public, to draw attention to two of them, as an example of what we can sometimes accomplish, and to preface the notes of the cases with some remarks on treatment in general.

Being firmly convinced that the immediate cause of tuberculosis is an auto-intoxication, in a pre-tubercular stage, from deficiency or want of oxygen in the system, produced by imperfect, shallow breathing, commonly of already over-breathed air from imperfect ventilation of rooms or other apartments, I am as firmly convinced that there is no other specific for the morbid condition than abundance of "outdoor" oxygen—pure, crisp, zero oxygen (the colder the air, the more oxygen, bulk for bulk, and the greater its expansion in the more or less collapsed pulmonary air cells).

Remarkable it is that there is such a vast difference in the range of expansion in the lungs of the average of so-called "healthy" persons. I had occasion to examine the chests of nearly one hundred students attending the Ottawa College. In some young men with large chests the range from forced expiration to forced inspiration was less than two inches, while in others, with much smaller chests, the range was over four inches.

Oxygen, then, is the only specific—the only anti-intoxicant—with sufficient suitable nutritious food, to build up and revitalize the blood and with it the entire organism.

Except in the very earliest, the pre-bacillary, stage, when the patient is still able to be active out doors, ordinary respiration is not sufficient to successfully combat the disease. The patient must be taught to breathe deeply, get in more oxygen, and increase the respiratory capacity. Statistics show that all consumptives, in the earliest stage, have proportionately a small respiratory capacity.

Never in one instance have I found lung gymnastics, for increasing respiratory capacity, increase the tendency to hemorrhages. Of course great caution is necessary at first. And by this means the capacity can be much more safely increased than by ascending elevated mountains. On the contrary, the pure air tones up the lung tissues and tends to the prevention of hemorrhages, and the denser air more than that which is rarified.

To increase the supply of oxygen in the blood, then, is of the first importance, and absolutely essential to recovery, as I need