

CONSUMPTION, ITS VAST MORTALITY. PREVENTION AND CURE.

THE Ontario Mortuary statistics and the Mortuary returns from the Canadian cities show that about one-ninth of all the deaths in Canada are caused by consumption. As great as this proportion is, it is greater in most other countries. With a total mortality in Canada, from all causes, of not less on an average than at least 20 per 1,000 of population, per year, there are not less than about 120,000 deaths every year in the Dominion, and therefore at least 13,000, in round numbers, from consumption alone. It is estimated that for every death from consumption there are four constantly suffering from the disease.

According to the above figures then we have 13,000 deaths of human beings every year in Canada from this great "white of warm clothing and "sit around," or lie on a cot or hammock. Thousands are treated or treat themselves in this way in cold snowy weather on the continent of Europe, and with the best of success. If you must be in a room, as at night, contrive in some way to have a constant supply of pure fresh outer air to breathe and have your foul once-breathed air drawn off constantly by a small open fire; or an opening in a warm chimney flue or stove pipe makes a good exhaust ventilator.

Nutritious, digestible, plain food, all that the stomach will digest, is of the next importance;—good milk, eggs raw or cooked, beef and mutton and bread, and if the digestion be good, some fruit. No compound dishes or fancy food of ANY sort should be eaten when full nourishment is wanted.

If the digestion has begun to fail much or other symptoms are troublesome, consult your physician as to remedies for these. Hot water may be advisable before meals, for the stomach, for example.

All expectorated matter—sputa; must be destroyed, best by fire. This contains the infection,—the bacillus, and will, if allowed to dry in exposed places, not only infect the diseased and destroy their chance of recovery, but will infect others, perhaps friends near and dear. Use then, and carefully, a spittoon, to be frequently emptied

plague." and over 50,000 CONSTANTLY suffering from it.

Cannot something be done to lessen this great mortality and this vast number of sufferers? Yes, much: if the sufferers and their friends would but make a reasonable effort in the right direction.

Pure fresh air, with its oxygen, in abundance is the one great remedy for all suffering or threatened with this disease; not only around the individual but drawn freely into the lungs and blood and every part of the body by full, deep inspirations of it. Keep out of doors, don't house up as the weather becomes colder,—KEEP out. If you are not strong enough to move about in order to keep warm (and much exertion is not good, remember), put on abundance into a good fire or a strong solution of corrosive sublimate, or use bits of rags for taking the sputa from the lips. The burning must be carefully done, with a hot fire, or many bacilli may escape.

In view of the large proportion of consumptives whose circumstances will not permit them to carry out measures for checking the disease, as above indicated, the government should aid in some way in providing Sanitariae in healthy localities, as adjacent to pine forests, for aiding in the work. No hospitals are so important or essential, in view of the frequency of this disease.

In England there are eighteen hospitals for the treatment of tubercular diseases, chiefly consumption, in which are now treated about 7,000 patients. With the increase in this hospital accommodation it is said the mortality from consumption has decreased, and at a more rapid rate than has the mortality from all causes. This, it is stated, has not been the case in France and other countries without such hospital accommodation. In forty years the mortality from consumption has been reduced fifty per cent., while from all causes it has only been reduced twenty-five per cent.

Will not Ontario set the example on this continent of providing a complete hospital or sanitarium, in some choice locality, for consumptives alone; for both those able to pay and those who are not able?