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## PREVAILING DISEASES AND THEIR PREVENTION.

### I.—CONSUMPTION (Continued.)

**U**NDER the head of predisposing causes of tubercular diseases—causes which create a receptivity, or prepare the body for the exciting or direct cause—the infection or bacillus, may be enumerated anything which lowers the vitality of the body, and so interferes with its resisting powers. I am in accord with the views put forth by Dr. Flick at the meeting in January of the Philadelphia Medical Society, that consumption is entirely dependent for its initial starting-point on malnutrition; that without malnutrition and malassimilation such a thing as consumption cannot take place. “When one is run down he is then a fit subject for the bacillus tuberculosis, and unless he is run down and his digestive apparatus is out of order he will never fall a victim to consumption.” This, indeed, is almost the unanimous opinion of the medical profession.

Most persons who suffer from pulmonary or lung consumption have relatively small lungs and hence a small respiratory capacity. Individuals with small lungs doubtless the most readily fall victims to pulmonary tubercular disease. Such individuals indeed are probably never so strong, for obvious reasons, as those with well developed respiratory organs. This defect, therefore, usually hereditary, may be regarded as a predisposing cause of the disease. It is, too, or should be, the first cause to be considered, as when the lungs become properly developed, other causes produce less injurious or depressing effects upon the organism.

The size of the lungs may be increased by frequent deep