

so that they may be able to withstand the invasion of the germs, even after they have entered the body.

In the prevention of tuberculosis in all its forms, attention must be given to the precautions which the individual should take to protect himself, and the measures which municipal, sanitary and government authorities should enforce with the object of reducing these diseases to a minimum.

The individual should always endeavor to increase his vital resistance by maintaining his health in the best possible state of efficiency. He should avoid all conditions likely to produce, in the respiratory and gastro-intestinal tracts, alterations which would favor the absorption of the tubercle bacillus; and to remove these conditions if they exist. He should take every precaution to avoid the introduction into his system of infected air and milk. In the case of children, special attention should be given to the dietary and the condition of the digestive organs. Dirty feeding bottles, unsuitable diet, cold, and unsanitary surroundings should be avoided as tending to cause gastro-intestinal catarrh. If such should exist, it ought to be cured as speedily as possible. A catarrhal condition of the digestive canal is probably a potent factor in the production of *tabes mesenterica*, tubercular meningitis, and other tuberculous diseases. Care should be directed to the condition of the mouth and throat, as the bacilli may enter through an unhealthy condition of these. The organs of respiration should be developed by means of proper exercise. Those with a hereditary tendency should be well fed, clothed, and housed; and should live in a high, dry and pure atmosphere, they should take plenty of exercise, should be much in the sunlight, and sleep in a thoroughly ventilated bedroom. Certain occupations, such as those of the stonemason and knife-grinder, should be avoided; and some other chosen which is outdoor and active in character. Chest gymnastics should be practised with the view of enlarging its capacity. Wholesome but nutritious foods should be used, with as much good milk and butter as can be digested.

Persons living in close contact with phthisical patients should take the utmost care to avoid taking into their system tuberculous matter, and to see that no dust is allowed to accumulate. Phthisical patients should not kiss healthy persons; and cups and towels should not be used in common. They should insist on all sputum and excreta being at once destroyed. There should be a maximum of air and sunlight in the room, so as to dilute the infection. Sputum should not be allowed to remain on the lips and beard, and all clothing soiled with sputum, etc., should be thoroughly disinfected. Unaffected persons should not, if possible,