

life, as above named, may be termed natural therapeutics. Or, if I may be permitted to coin from the Greek a new term, for I have never observed it in print, a term more in accordance with medical nomenclature than the words hygienic treatment commonly used, I would suggest the term, Physiotherapy. Let us notice more in detail, yet briefly, a few of these therapeutic remedies.

*Pure air and sunlight* are recognized by everybody as being most valuable restoratives; yet they are not nearly so often prescribed and administered therapeutically to patients as they might and should be, and before drugs. Were they costly remedies and not free to all they would perhaps be more commonly prescribed. Besides, many people do not know how to breathe in, and get the full benefit of, pure fresh air, with its life-giving oxygen. They make only partial use of their respiratory organs. I have tried the experiment of inducing patients who suffered from weak, inactive lungs and consequent general debility, to draw in more fresh, cool air at each inspiration—to “eat the air,” as the Hindoos have it. From this prescription alone great improvement has resulted. Deep forced inspirations will increase the bodily temperature.

*The diet* being a common cause of bodily derangement and disease, we have in modification of it and in feeding or fasting, a potent remedy. While many patients need feeding, with a more nutritious or suitable, if not more abundant diet, many on the other hand require to let the digestive, nutrient and excretory organs rest by remaining in bed for a time and eating almost nothing—fasting. Regulation of the diet in these various ways has alone in my hands proved to be a very efficacious remedy.

*A complete rest* for the whole organism, in this rushing age, with feeding or fasting as indicated, probably a few days of fasting and many more of feeding, is not infrequently a prescription strongly indicated and much needed, and alone is often sufficient to restore health. And the “rest cure,” as it is called, is becoming as we know a somewhat common practice. It is to be hoped fashion will not abuse it.