

tion made by a French physician, Dr. Bertillon, some twenty years ago, that pulmonary phthisis ceased making progress, and that the symptoms disappeared, if the patient went to reside at a mean altitude between the level of the sea and the line of perpetual snow; but that the symptoms would immediately return with increased violence if he or she went down again to a lower level. He adds: "This theory has been amply verified, and the two following cases, which have never yet been published, fully confirm it. A French gentleman of fortune, after leading a very fast life in Paris, abandoning himself to every kind of excess, fell ill and soon displayed the characteristic signs of lung disease—cough, with hemoptysis, nocturnal sweats, loss of appetite, general debility, etc. He consulted Dr. Bertillon, who told him plainly that if he did remain in Paris he was a lost man, and that his only chance was to take up his residence at Briançon, an important fortified town in the French Alps, which fulfils exactly the conditions of altitude above mentioned. He obeyed his physician, and in a very short time all the symptoms of his malady disappeared, he recovered his appetite and good spirits, and remained a whole year at Briançon in excellent health. But in an evil hour, thinking himself cured, he returned to Paris, and once more joined again in the pleasures of his former associates. But his old enemy was anxiously waiting for him; he began to cough as he had done before, and to spit blood, and had to take to his bed, from which he never rose again, dying after a short illness.

"The second case is that of an Irish lady who died in the city of Mexico six months ago, aged sixty-eight, having always to the last enjoyed the best of health, although when she went there twenty years ago she was deeply consumptive, her left lung being almost obliterated, and herself given up as lost. But being a sensible woman, and having heard of the altitude theory, and that the city of Mexico fulfilled the conditions of being at the mean altitude between the snow line and the sea level, she wisely remained there until she died of general debility and break up."

In considering climate we consider *altitude*, the *dryness of the air*, the amount of sunshine, the diathermancy of the sun's rays, the absence of fog or mist, the absence of wind, etc., and we must think what effect all these may have on the blood pressure, and, therefore, on the secretions of skin and kidneys, the pace and depth of respiration, the secretions of the tubes and of cavities; on the blood-making tissues, on the blood itself, and on the tubercle bacilli themselves. Are all these conditions and effects the same in England as they are 6,000 feet up in the Alps? Certainly not; and yet other things taken together have more to do with the cure of consumption than climate. As Dr. Douy says:

"Fresh air is good and desirable in every disease; but fresh air will not cure consumption. You cannot get fat on fresh air. Overfeeding is the secret of the success of Nordrach—overfeeding, combined with the excellent judgment shown by Dr. Walther in