

Much has been written on the relative therapeutic value of various climates and different altitudes. While it may be stated that the profession is generally agreed that a pure dry air with a minimum of cloudy or stormy days, and comparative freedom from high winds, offers the most desirable conditions for the treatment of pulmonary tuberculosis, Leyden, of Berlin, and Osler, in Baltimore, both consider that to guard against relapse, and for the future well-being of the patient, it is better that treatment be conducted at an altitude not very different from that to which the patient has been accustomed. Many physicians, however, believe that an elevation of from 3,000 to 5,000 feet, in incipient cases, with little or no pyrexia, nervous erythsm, or cardiac disease, *ceteris paribus*, is of distinct advantage; and I have in no instance noted any especial tendency to relapse, or to suffer at a later date from other pulmonary or cardiac disorder in those who have been cured at this altitude. It is, however, a point to emphasised that a special climate is not an essential in the successful treatment of the disease, although it is important to have, as far as practicable, freedom from dust and smoke, protection from sharp winds, and a large number of sunny days. Many of the climates which have acquired a reputation for the treatment of phthisis are by no means to be commended. Foreign or strange surroundings often discount climatic advantages, and home treatment methodically carried out is in some instances the preferable plan. Even in towns and cities the air in open spaces, on elevated galleries, or even in the streets, is much purer than that within houses; and for those who can do no better, even such an air utilised to the fullest extent will produce results which may not compare unfavorably with those of many health resorts.

In all cases where we have to deal with febrile conditions, this life in the open air must, at the outset, be one of complete rest; for such the recumbent or semi-recumbent posture is preferable, especially in cold weather. As the patient becomes habituated to the treatment, considerable variations in the temperature or in the character of the weather may be disregarded. At the various sanatoria the treatment is carried out summer and winter, in rain and in snow. The results obtained by this treatment, when rigorously carried out, are very striking. A gradual reduction takes place in the amount of fever; the appetite improves; body weight increases; sleep becomes sound and refreshing; and night sweats to a great extent pass away. At the same time, physical examination reveals a distinct improvement in the pulmonary condition. While in all cases in which any indications of activity in the disease show themselves, life out of doors must be principally one of rest, afebrile cases may be benefited by moderate exercise, depending largely upon the general strength, the amount of lung involvement, and the condition of the heart. In no case, however, should exercise be carried to