

that¹ "in South America and other places the natives are crowded together, favouring contagion, and have food not adapted to proper nutrition; still, the rate from tuberculosis is very small, as compared to the rate of deaths from this disease among the same people living at a lower altitude, although other conditions, except the factor of elevation, are the same."

That altitude is an important factor in the treatment of tuberculosis is no new idea. So long ago as 250 A.D., Celsus wrote:—"Soon as a man finds himself hacking and spitting on rising in the morning, he should immediately take possession of a cow, and go high up into the mountain and live on the fruit of that cow."

In more recent times, Dr. Herman Weber was probably the first to advocate the high altitude treatment of tuberculosis. His experience was largely of Davos Platz, in the Swiss Alps, where the altitude is just the same as ours here in Prescott. His conclusions agreed with those of his American followers, among whom may be mentioned Drs. S. E. Solly and Charles F. Gardiner, of Colorado Springs.

Dr. Solly, who has had a very large experience with this treatment, gives us some very interesting statistics, in his article on climate, in Hare's "System of Therapeutics." He has collected reports of several thousand cases, treated by men like Weber, Williams, Trudeau and himself at high and low altitudes. In averaging the results obtained by these men, he found that, in the first stage 20 per cent. were cured and 44 per cent. benefitted in low climates; while, in the same stage, 62 per cent. were cured and 84½ per cent. benefitted in high altitudes. He says:—"The moral taught is that a consumptive treated, in an open resort in an elevated climate, has three times as good a chance of recovery as has one treated in an open resort in a low climate, and twice as good a chance as one treated in a sanatorium in a low climate. In prescribing a particular resort for a case of consumption, the application of this moral, however, is dependent on many minor points, that cannot be here described, but the broad truth remains that of all climatic factors in the treatment as well as in the prevention of phthisis, elevation is by far the most powerful of them all."

The question now arises, in what way do high altitudes affect tuberculosis? I cannot do better than quote from a paper by Dr. Gardiner,² in which he records the results of some painstaking and rather extensive investigations carried out by himself, as to the bacteriological condition

¹ Gardiner, the American Journal of the Medical Sciences, Feby., 1893.

² Ibid.