

Second treatment, 2 days later. Several adhesions seemed to give way under massage.

After second treatment, patient said foot did not hurt him as much; seems more moveable.

During the 5th treatment many adhesions gave way and ankle joint much more moveable and did not grate so much.

After 6th treatment patient stated he could spring off the front of the foot much better, walking giving him very little pain: none otherwise.

Patient received 12 treatments and made an uninterrupted recovery.

CASE 8. Man aged 42, had an acute attack of lumbago on the 19th April which confined him to bed for four days. He took hot water baths and rubbed embrocations until skin raw without any beneficial results. Patient suffering considerable pain in lumbar region.

First treatment, April 25th, 1901. Perspired freely, but complained of neuralgia in head while taking treatment. Pain in back felt somewhat relieved.

Second treatment, April 27th. Patient states that he had a severe attack of neuralgia after the first treatment. He, however, is subject to neuralgia. The lumbago is better than last day. After 4th treatment patient reports that he is feeling very much better; has no pain in the back to-day at all. This patient took three weeks treatment at St. Catherine's mineral baths and made an excellent recovery.

CASE 9. Patient, male aged 45, had an operation for a urinary trouble (probably stricture) about 6 months ago, and pain in back came on about two weeks later. Has suffered a great deal of pain in the back ever since. Complains of a boring sensation in both heels; has tried cupping, mustard leaves, liniments; had back cauterized, also tried hot air treatment in Royal Victoria Hospital, Montreal. The latter he said seemed to do him the most good, and his physician in Montreal ordered him to continue them in Toronto. Patient is very nervous and depressed; suffers from insomnia. He took 10 treatments without any apparent benefit, one day feeling a little better and the next not so well, so I decided he should discontinue the treatments for a time and watch the results. I received a letter from him dated Aug. 21st, last in which he says:

"I am feeling quite a little bit better and I hope I will soon be well."

CONCLUSIONS.

I find the super-heated dry air a most valuable addition to the ordinary treatment of all rheumatic affections, gout and interstitial neuritis. Of rheumatoid arthritis, that distressing and almost incurable disease, my experience has been too limited to speak. Yet most encouraging reports have been published by such well known men as Dr. Kessler, Brooklyn, Knowsley, Sibley, Dr. Willett, London, and Prof. Stewart, Royal Victoria Hospital, Montreal. The treatment almost instantly relieves pain, causes rapid absorption and repair of tissues, aids elimination and has a marked sedative action on the nervous system. To obtain the most benefit I find it necessary to subject a considerable