

and darkness; air with its varying shades of dissipation of heat from objects; and the medium of vibrations; the changing seasons with their variation of heat and cold; the cold and warm rains cleansing the air, plants and animals, and furnishing fluid for internal use to all? What a cluster of blessings. Try them on the human organism, and everyone plays on its cutaneous surface. Without the sunlight we had no eyesight, without vibration in the air we had no hearing, without the whole group we had not our cutaneous sensations.

In the open-air, sunlight, and forced feeding treatment of phthisis, we go back to the primal forces of organic evolution, and we have staggered upon them not by intelligent grasp, but by accident. Have we conceived the full range of possibility of the skin as an inaugurator of impulses and movements, and the uses of these in maintaining normal health, and in treating disease? We use in typhoid fever, the cold bath and secure rhythmic discharge in dosage of the harmful toxins and of defensive proteids into the blood circulation. In typhoid fever the height of the temperature is merely the indication, the reduction merely the accident of the treatment. We use massage to move stagnant lymph in conditions of neurasthenia, melancholia, Glenard's disease and other forms of mal-nutrition.

The relation of the modern treatment of tuberculosis to the lymph system is easily indicated. The forced feeding enables the cells' inherent activity to obtain the material for the formation of the defensive proteids. The sunlight and fresh air stimulates the skin not hourly, but almost continuously to activity, that defensive proteids may constantly flow into the blood stream to enable the long drawn out battle to be won on the side of life. Stagnation of lymph can occur from both warmth and cold. This is overcome in typhoid tubbing by friction.

If one concede so much to the skin as an inauguration of defensive process, what shall we concede to the great master tissue, the central nervous system in this regard. The influence of mind on the body has not yet attained its full recognition in medicine. The invigorating effect of sane courage in arousing the whole bodily forces is a medical axiom from the beginning of time.

"Know then, whatever cheerful and serene
Supports the mind, supports the body too.
Hence the most vital movement mortals feel
Is hope; the balm and life blood of the soul."

The splendid practice of training the sick mind is far too little used. The neurotic should be taught to cease complaining, to minimize his actual objective symptoms and to train his body and mind to gradually