

up, and the walls of the chambers everywhere attenuated and purified. Thus an improved breathing function is established, while there is in the expansion full compensatory action, perhaps for the time more than full, for the thin atmosphere, and so not infrequently improved general health follows.

As already intimated, however, and as we all know, great elevation is not necessary for the cure of consumption. Not only is this the case, but the indications can be better fulfilled at much lower levels where the proportion of oxygen in the same bulk of air is much greater.

The benefits which may be sometimes derived from compressed air—air containing an excess of oxygen—in the treatment of consumptives need not be dwelt upon here, nor need the fact that at sea, at which level the proportion of oxygen in the atmosphere is greatest, the mortality from this disease among sailors between the ages of 15 and 45 has been found to be sixteen times less than on land,—a fact not attributable alone to the purity of sea air.

There is no doubt whatever, as Davis, already quoted, in a later work, on Diseases of the Lungs, Hearts and Kidneys, remarks: "That the chest can be gradually enlarged by lung gymnastics quite as much as by high altitude life, provided only one will be sufficiently persevering." Dr. Davis in no measure opposes altitude;—on the contrary, he favors it. And, furthermore, not only can the respiratory function be quite as effectually developed and improved by suitable gymnastic exercises at home or in one's native climate, but increased and improved more safely. There is considerable risk in conveying persons somewhat advanced in the disease, with hæmorrhage, directly to a great altitude; with proper and careful lung expansion at home, no risk whatever.

The purer atmosphere of great elevations is an important condition. But in large regions of Canada we have a pure and highly ozonous atmosphere at all seasons, while over our snow-covered expanses during many months of the year is an atmosphere practically germless, or about as near to it as is sea or mountain air,—a fact which seems to be entirely overlooked.

Respecting the cold of our Canadian climate, the colder the air breathed, the more oxygen it contains, and the more invigorating it is, while at the same time, on becoming warmed in the lungs, it expands, in a proportionately greater degree, the air chambers. Consumptives here, who in nearly all cases have acquired a predisposition to the disease by means of indoor occupations or a habit of housing in overheated rooms, may be almost without exception, and notwithstanding the cold, gradually habituated back again to an outdoor life. By proper attention to the skin, suitable clothing, and, especially, by means of the cool bath, the most susceptible of such patients may be gradually inured to living outdoors, almost constantly at all seasons; more easily if the inuring process be commenced in the autumn, although it may be commenced at any time. Patients advanced in the disease, who had not been out doors for months, because, as they said, going out made their cough worse, I have induced to go out and spend much time out, in cold weather, sometimes with a little inconvenience at first, always with much permanent after-benefit; and never once have I known anything like serious harm to follow, the chief points to be attended to being, the daily cool bath, abundance of clothing, especially when exercise cannot be taken, and breathing through the nostrils.

The sudden changes from heat to cold in our Canadian climate, while invigorat-