

apt to have profuse hemorrhages from the stretching of lung tissue induced by the rarefied air. Dr. Reed, of Colorado Springs, has analyzed 70 cases in his own practice. Of 34 cases in the stage of deposit, 15 had bled before reaching Colorado, and in only one did hemorrhage recur. Of 34 in whom softening had taken place, 17 had hemorrhage, before and 7 after living in the State. The *rationale* of the cure in hæmorrhagic cases is ascribed to the cause of hæmoptysis, the breaking down of tissue being arrested. Nervous disorders, chorea, neuralgia, nervous headache, and also cardiac diseases, are often aggravated by the altitude. Yet I know a lady with lungs infiltrated with tubercule, with mitral insufficiency of the heart, and a martyr to facial neuralgia, a resident in the State about three years, who passes eight hours a day in the saddle, and is fond of mowing and irrigating her own lawn, who is an enthusiastic and jealous partisan of Colorado and its climate. That good results in phthisis are accomplished by a prolonged residence on the plains of eastern Colorado there can be no reasonable doubt, and cases of complete cure are not uncommon. Here is found a region sheltered on the west by the Rocky Mountains, which rise precipitously from the plain, the prevailing winds being from the south and east, possessed of a cool, dry atmosphere and a sandy soil, the heat being tempered in summer by daily showers. It would seem that all these conditions are favorable to the consumptive. The nearly invariable warmth of the morning allows the invalid to take daily rides or drives in the bright sunlight of a Colorado sky. Here is also found the stimulus, occupation. Invalids who have reached that stage of improvement which an active mind shows by a desire for occupation are able to find profitable employment in the diversified industries of the State. The vast cattle ranches furnish work for those who are able to live in the saddle. Gardening is a favorite pursuit. An Oxonian, whose lungs became tubercular during a sedentary student life, found profitable employment in selling strawberries from his own garden to the citizens of Colorado Springs.

Dr. Loomis objects to the Colorado climate on account of the enormous diurnal range of temperature. A perfectly equable climate was found in the Mammoth Cave, yet nearly all of the consumptives who engaged in that disastrous experiment perished in its sunless depths. If the lesser thermometric range of London and New York is more favorable to consumptives than the large diurnal variation of Colorado, why does phthisis pulmonalis decimate the population of London and New York while its development is rare in Colorado? Cold is most acutely felt in damp climates, and, moreover, the daily range of temperature in Colorado raises the heat to a point where the invalid can spend some hours in the middle of the day in driving or riding. During the winter of 1883, which I spent in Colorado Springs, in February the thermometer often sank at night to from 12° to 20° below zero, yet at noon the day

was sunny and warm enough for hundreds of consumptives to drive up and down the streets of that pleasant little town; and it is further to be noted that this intense cold was not so disastrous to invalids as the damp, chilly winters common in the Eastern and Middle States. In conclusion, it may be said that the best results of the Colorado climate to consumptives are secured by a prolonged residence in the State, with the important auxiliaries of proper diet, clothing, and personal regimen, including discretion in taking active exercise.

THE IMPORTANCE OF SHAMPOOING AND GYMNASTIC EXERCISE IN THE TREATMENT OF EPILEPSY.

Dr. John Kent Spender thus writes in the *Brit. Med. Jour.*, May 2d: Whatever may be the healing virtue of "rest" in a surgical sense, there are diseases in the treatment of which too much bodily rest and too much sleep may be medically injurious; that is to say, they are injurious in adding to the lethargic dulness which is the natural sequel of certain morbid processes; so that our duty as physicians lies in counteracting, by outward means, the depressing effects of internal and invisible forces. I do not wish to say that drugs have been too highly estimated in treating epilepsy; their effects are more striking than in the treatment of most other diseases, and are one of the approximate certainties of medical art; but other remedial agencies have been valued too little. It may be proper to think of drugs first; but long ago Dr. Russel Reynolds recommended "wholesome mental exercise," and I wish now to add a plea on behalf of wholesome bodily exercise as well. Bodily exercise means bodily education, or the training of the muscles into stronger and more harmonious action; and by soothing and regulating the nerves, all the disorderly phenomena of epilepsy may be brought into comparative subjection and quietness.

Among the useful hints which have been offered by Dr. Radcliffe on this subject, he has warned us that the "sleepy epileptic" must be roused early, and made to leave his bed. Similarly, the stupid and idle epileptic must be summoned to his martial drill, and his senses kept "alive" by stir and movement. But even when the faculties are acute and femininely sensitive, the stultifying effects of the long-continued epileptic convulsion may be appropriately met by gymnastic exercises and systematic shampooing of the whole body. In February, 1884, Dr. Radcliffe kindly entrusted to my care an epileptic lady of middle age, refined in manner, but almost emaciated in form, and the mother of two healthy and happy young children. Medicines of a special kind had been long administered, including cod-liver oil; but, during the last few months, the steady improvement has been materially quickened by the following plan of action: The body is sponged with hot water every day; the arms are moved up and down frequently (this