

these I propose to say a few words. First, as to the locality. As it is a disease that of itself rarely causes death, we have no statistics, that I am aware of, to point out its frequency. Yet I am satisfied, from my own experience, that it is exceedingly common all along our lake front, and I think especially so where the soil is heavy and clayey, less so where it is light and sandy. Moisture is an especially exciting cause, and many of my patients who have suffered severely when living near water have been comparatively exempt on removing to a distance from the water. Hyde Salter, whose elaborate work is perhaps the most thorough in its investigation into the exciting causes of this affection, after relating many cases which were benefited by residence in smoky cities, while suffering severely in country places, remarks of one case: "Here we plainly see what air offends most; it is that of low, damp situations abounding with vegetable life; and any air free from these conditions is beneficial, whether seaside or dry inland." I do not wish to detain you by going into details which have been gone into by him and others, but I must express my conviction that most, if not all, cases of asthma are relievable by change of locality. What this change should be must be determined for each individual case; some may be better by the seaside or at sea, others in high elevations, and only a careful study of each can well enable us to decide which kind of climate is suitable; but I believe that if local sources of irritation are removed, such as nasal growths, where these are present, and digestive excitants, such as special articles of diet found to disagree, or over-eating avoided, that a locality might be found for each case where the individual might live in comfort free from his disease. This is probably the most potent curative agent we possess, but, unfortunately, it is not in many cases available. Want of means or inability to leave one's business or employment are often inseparable obstacles, and we are thrown back upon the use of drugs. These are employed with two objects: the prevention of attacks, and their relief.

For the first purpose, there are but few drugs that are of much service. Iodine of potash has long been used with this object, but I must confess that I cannot, from my own experience, say that I have seen any benefit from its use in the majority of cases. In some few it may have mitigated the attacks or prolonged the interval between them, but in most has been of little or no benefit. For the relief of the attacks the number of remedies is as various and incongruous as the causes of the disease, and there would be little object in my taking up your time with enumerating them. Briefly, they are useful in one of two ways, either by their narcotic influence allaying the spasm by lessening the sensitiveness of the nerve involved, as is done by morphia, chloroform, bromides, and the different varieties of datura; or by their sedative and depressing effect, instances of