

every day. The reply was that it would kill him, and I could see by the mother's looks that she was of the same opinion. The doctor, too, I am afraid, regarded me as a fanatic. In the same week I saw a similar picture in a different setting, a young girl who had been in bed for many weeks, with high, irregular fever and a rapidly-progressing disease. I could see that the suggestion of an open-air course of treatment was extremely distasteful, but she was induced to go to the Adirondacks, where she has done very well.

Arrest or cure of tuberculosis is a question entirely of nutrition, and the essential factor is so to improve the resisting forces of the body that the bacilli cannot make further progress, but are so hemmed in that they are either prevented effectually from breaking through the entrenchments, or, in rare cases, they are forced to capitulate and are put to the sword. Of the measures by which the general nutrition of the body may be encouraged and improved, the first and most important is:

*Fresh Air.*—For more than two centuries the clearer-headed members of the profession have known that an open-air life sometimes cures a case of phthisis. One of the earliest and most interesting cases of this kind is reported by John Locke, the philosopher, in his "Anecdota Sydenhamiana." "Mr. Lawrence, Dr. Sydenham's Nephew after a fever fell into a Cough, & other signs of an incipient Phthisis, (the Morbific matter being violently translated in upon his Lungs) and at length the Diarrhœa colliquativa came on: then ye Dr sent him into ye Country on Horseback, (tho he was soe weak yt he could hardly walk) & ordered him to ride 6 or 7 miles ye first day, (wch he did) and to encrease dayly his Journey as he shd be able, untill he had rid 150 miles: When he had travelld half ye way his Diarrhœa stopt, & at last he came to ye end of his Journey, & was pretty well (at least somewhat better) & had a good appetite; but when he had staid at his Sister's house some 4 or 5 days his Diarrhœa came on again; the Dr had ordered him not to stay above 2 days at most; for iff they stay before they are recovered this spoils all again; & therefore he betook himself to his riding again, and in 4 days came up to London perfectly cur'd. The same course hath ye Dr. put others upon, especially in Pulmonick Diseases, & wth ye like Success when all things elce had faild him: & he was not ashamed to own yt he was fain to borrow a cure from this way now & then when he found himself puzzled with some lingering Distemper not reducible to a common & known (sic) Disease."

This reminds one of Dr. H. I. Bowditch's description of