

halt of three days during the most excited period of his disease tended greatly to promote a favorable termination. May was hauled the entire distance to Fort Laramie, not being able to perform any duty until we reached that point. On the 8th of August I was attacked with bilious remittent fever myself, and can testify from experience to the inconvenience from being sick on the prairies. My attack was not severe, and yielded in eight or ten days. These and the cases of intermitten were the only cases of fever that occurred in the party during the season.

The country through which we passed, up to this point, was along the Loup Fork. That portion of it most favorable to the production of fever is near its mouth. As you approach the sources of the river there are fewer wet tracts near the stream, and the country generally is not so flat. I notice the marshes particularly, as that is the only condition observed which could interfere with the health of the population if the country were inhabited. These are not numerous after you leave the mouth of the river some distance, and there is nothing to warrant the inference that the country is not highly favorable to health.

Indeed, in most respects, this region, so far as health is concerned, may be considered as highly favored. As you approach the elevated regions near the mountains, the atmosphere is exceedingly dry and pure. Much has been said of the favorable effects of a residence in this region upon persons laboring under pulmonary diseases. As this far-western region becomes more generally known, I think the subject will attract greater attention. I think the rational explanation of the improvement in consumptive cases that has been noted in this quarter is found in the dryness of the atmosphere. Sudden changes of temperature here, if not less frequent than in some of our Eastern States, are certainly not productive of the same bad consequences to the invalid. The lungs of those who are suffering with phthisis are here free from that constant irritation to which they are subjected in an atmosphere loaded with moisture; and the feeling of buoyancy and strength that is imparted encourages the invalid to make new exertions to promote recovery. A residence in such an atmosphere, combined with habits of active exercise, and constant living in the open air, might, in some cases I am sure, be productive of the best results. An intelligent friend, now residing at Fort Laramie, informed me that in his youth he was attacked with phthisis, that horrible disease being hereditary in his family. He was rapidly declining, and went to this far-western region in hope that the climate might prove beneficial. He made his home among the wandering bands of Indians, and avoided none of the exposure incident to such a life. He lay constantly in the open air, and took as much exercise as possible. His health improved, and in a year or two he was entirely restored, and is now residing at Fort Laramie a strong and healthy man. I have heard of many other cases similarly restored. In New Mexico consumption is unknown, I am informed, as a disease originating in the country, where the climate has the additional advantage of being warm.

During the extremely hot weather that continued during our journey up the Loup Fork, our party suffered very little with diarrhea or dysentery. A number of cases of the former occurred, but only a few required any treatment, and but a single case of dysentery, which was mild. After reaching Fort Laramie, those who had been sick rapidly recovered, and when we left that post all of the party were in excellent health.

During the fine weather that continued for a few weeks in the beginning of the fall no cases of sickness occurred. In October the weather

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