

in an unsuitable climate, to the most salubrious spot on earth, and there deprive him of proper food and the means of financial support, is a fallacy which those who live in a health-resort realize only too well. Climate of itself is only one element, but when it can increase the vigour of the individual, in enabling him or her to live in the open air and cultivate an appetite for plenty of nourishing food, it becomes one of the most valued in therapeutic measures. Therefore, it is evident that not only the disease should regulate the advice of a physician in exiling his patient, but likewise the physical maintenance which is dependent on so many varied individual conditions.

Consumption is a disease which is fostered by dampness, both of the air and soil, as statistics all the world over show, and this dampness is usually associated with lack of sunshine and great variability of climate. The large cities of the seaboard naturally possess these conditions to a very marked degree, and as man, undoubtedly, was healthier in his nomadic condition, the nearer we approach an out-of-door life, which will give sunshine, fresh air and dryness, the nearer we approach perfect health. Unfortunately, the personal conditions of each individual, such as the social elements which enter into the calculation, the financial matters and those which make him more or less dependent on mental resources, together with the tension of a high civilization, are well calculated to make the physician halt before passing sentence of exile. In fact, the physician deserves more credit than the average layman is willing to give.

One of the most delicate subjects of discussion in this connection is the widespread circulation of health-resort advertising literature. Naturally a physician is out of the advertising line and believes a good wine needs no bush. Unfortunately, there are a large number of hopeless cases who, realizing their desperate

condition, will grasp at any straw for improvement, and, after using all the quack remedies available, purchase a railroad ticket with their last penny, and find themselves stranded without visible means of support at some well-advertised resort, to die among strangers and to be buried by popular subscription. A dose of climate should be like a dose of medicine, prescribed intelligently after due consideration of the case in all its details, and these details include all the personal considerations before mentioned,—the financial, mental, and social conditions of the patient. There is no one particular climate nor one particular resort which is suitable for every case, but there are certain points where the proper combination of climatic-hygienic surroundings, suitable accommodations, and mental relaxation have produced marvellous results, arresting disease and prolonging life, which before seemed irrevocably doomed.

Medical men should feel grateful to the many eminent climatologists throughout the world who have at last succeeded in impressing upon the public that the study of the value of climate is no haphazard theory, but the outgrowth of careful scientific investigation. It is not necessary that patients from America should be sent to foreign lands in search of these climatic conditions. The public, even including the profession, do not fully realize what enormous resources we have on this continent in the perfection of climates. We have every climate and almost every mineral spring which one would need in the treatment of any disease, and for consumption, particularly, we have the great advantage of possessing places where individuals can live all the year round. For one to thoroughly secure all the advantages of a climate, one must become a resident and not a mere sojourner. This, unfortunately, is not sufficiently understood, as the average patient believes that in a few months he