

down. The climate has only an indirect effect by favouring the expenditure of energy. Contrary to the theory of Mr. Heustis, the practice of doctors is to send broken down neurasthenics to rest in quiet places in which they can enjoy fresh air and abundant sunshine, and the results justify the practice. It is scarcely necessary to say that the question of glare is not lost sight of, and patients learn to protect their heads from the heat. The necessity for rest is rightly insisted upon by Mr. Heustis, but I have my doubts as to the advisability of making a practice of the mid-day siesta even in the tropics, where however in any case work should be suspended in the middle of the day at the time of greatest heat.

In conclusion, I hope *Mr. Heustis will allow me* to say that such a clear and lucid paper from a layman in a medical journal is welcomed by all, and although my criticism of his theory is adverse, his paper itself is suggestive and interesting. I note that Mr. Heustis himself despairs of converting doctors to his views, and I am afraid that he must bring forward a few more facts before he will convince us of the error of our ways. I wonder whether I am too optimistic in thinking that the arguments I have used may shake Mr. Heustis' confidence in the truth of his theory!