

higher form of consciousness when it appears occurs, as it must, at the full maturity of the individual, at about the age of 35, but almost always between the ages of 30 and 40. There have been occasional cases of it for the last 2,000 years, and it is becoming more and more common. In fact in all respects, as far as observed, it obeys the laws to which every nascent faculty is subject. Many more or less perfect examples of this new faculty exist in the world to-day, and it has been my privilege to know personally, and to have had the opportunity of studying, several men and women who have possessed it. In the course of a few more milleniums there should be born from the present human race a higher type of man possessing this consciousness. This new race, as it may well be called, would occupy, as toward us, a position such as that occupied by us toward the simple conscious *alalus homo*. The advent of this higher, better, and happier race would amply justify the long agony of its birth through the countless ages of our past. And it is the first article of my belief, some of the grounds of which I have endeavoured to lay before you, that a race is in course of evolution.

Selected Article.

THERMOTHERAPEIA, OR THE HOT-AIR TREATMENT, AND ITS USES AND POSSIBILITIES.

By ELLWOOD R. KIRBY, M D.,

Surgeon to St. Mary's Hospital and Visiting Chief to Surgical Out-patient Department
St. Agnes Hospital; Instructor in Clinical Surgery in the University of Pennsylvania;

AND

JOSEPH M. O'MALLEY, A. C., M. D.,

[Visiting Chief to the Surgical Out-patient Department St. Agnes Hospital.

The effects of heat upon the human body are, of course, for the most part the opposite of cold. By surrounding the body with a temperature higher than its own the destruction of the tissues by oxidation is considerably diminished; and many curious facts have been discovered, but with few exceptions these facts still remain to be explained.

For the first knowledge of thermotherapeia the medical profession is indebted to Mr. Urquhart. He found that the treatment was adopted in various parts of the world, and that its use was almost universal in cold and temperate climates, but absent in the tropics. By the people among whom it was found the application of hot air was employed as a luxury and