

amount of sunshine in mountain resorts, is without doubt a very important feature. It has been shown that tuberculous rabbits will live much longer in the sunshine than in dark rooms. In this respect resorts on this continent ought to have a great advantage over those in Europe. Leysin sur Aigle, in Switzerland, enjoys perhaps the greatest average amount of sunshine of any similar place on the Continent—over five hours each day in the winter time, and seventy-four clear days between December 1st and March 31st, 1887.

The composition and structure of the earth's surface has an influence upon the condition of the patient. It is generally conceded that those situations are the best where the rocks, granite, for instance, come near the surface, and where there is little vegetable mould.

It is safe to say that, as a rule, a consumptive patient in the early stage, when under strict medical supervision, has a better chance at a high altitude than under any other conditions. This is not on account of the bacilli ceasing to grow merely because of the high altitude, but that the surrounding conditions are the best for restoring the general health of the patient, and placing him in a position to overcome the disease. It has certainly been shown that the bacilli not only grow but are conveyed to previously healthy people at Davos, and tuberculosis has been found at much higher altitudes, as in Mexico and in the Himalaya mountains.

Now, the class of patients suitable for such treatment are those (1) in the earlier stages of the disease, when sufficient sound lung remains to perform the respiratory function with ease under the changed circumstances; (2) when the other organs have not been deranged by the toxic agents found in the blood of consumptives; (3) when there is sufficient vitality to withstand the greater strain. It is difficult in many cases to draw the line, and often nothing but a stay for a few weeks will demonstrate their suitability for such treatment.

Then, again, the care with which patients are treated when in health resorts, is a very important consideration. On this account I am strongly impressed with the value of the sanatorium, where the patient is under the immediate observation of the physician.

The cases which should not be sent are (1) those

in the advanced stage, when the amount of healthy lung is insufficient for the respiratory function; (2) when the blood is, to a great extent, poisoned from septic absorption or want of aeration; (3) when other organs have become affected, either from the toxic agents in the blood, or from further invasion of the bacilli; (4) excessively nervous patients; (5) those having complications, as Bright's disease, diabetes, or cardiac disease.

Now what is the process of cure at high altitudes?

1. Digestion and assimilation are at once stimulated and the general nutrition much improved. It is remarkable how soon the appetite increases and the patient gains in weight after a few weeks' residence at Davos. This is no doubt largely due to the great number of hours each day the patient is able to remain out of doors, as well as to increased oxygenation of the blood.

2. The rarity of the atmosphere causes greater expansion of the lungs, which, as a prophylactic measure, is excellent and is beneficial even when the disease is somewhat advanced.

3. The dryness of the air has an excellent local effect which has frequently been observed by physicians at such health resorts.

4. Owing to the thinness and clearness of the air the sun's rays are easily transmitted without losing heat. The rays, therefore, exert a greater effect on the body.

I will now take into consideration the utility of special hospitals for the treatment of tuberculosis, whether these are situated at high altitudes or near the sea level.

Dr. Turban's sanatorium, at Davos, and Dr. Dettweiler's, at Falkenstein, are examples of each of these. The former is over 3,000 feet and the latter about 1,000 feet above the sea level. They are built and conducted in much the same way.

These institutions are so situated that the front is towards the south, and they are protected on the north side by mountains and forests. A deep balcony or verandah runs along the whole front of the building, which is well supplied with curtains to be used in unfavourable weather.

The patients are placed under a strict regime. The main features in the treatment are life in the open air, rest, and careful attention to diet. Each patient takes the full amount of food which he can