

most important factor in bringing about recovery." Precisely, and in an Alpine resort will be found every element that such state requires for its perfection. The climate there is the antithesis of that at home, and herein consists its efficacy. The peculiarities of each are known to men who read medical literature, and I do not propose to touch on that topic now. I would only remark that the Alpine climate invigorates the consumptive, and our climate depresses him. Abroad he can increase his weight through muscular development by exercise; at home he may put on some adipose tissue at the expense of his muscular system. Is it necessary to ask which is the more likely to be lasting? To benefit by exercise in the open air one must enjoy the exercise. Among the Alps the consumptive is never weary of exercise, but at home he loathes it.

Our great physicians are at last convinced that pure air is useful as a preventative and as a remedy, but it is now half a century since Dr. Henry McCormack urged with great earnestness the utility of pure air, and plenty of it. His advice was treated long enough with lofty sneers and contemptuous ridicule. Dr. Boddington pleaded in 1840 for what Dr. Williams is ably pleading now. It is worthy of reflection that we have not advanced one step in the treatment of phthisis for nearly half a century. Its rational treatment is still opposed by men deservedly eminent, but the educated public outside the professional circle have been to Davos in large numbers. They have benefited themselves by the change. Their friends at home have been apt in contrasting them on their return with other relatives who came back from Hastings, Bournemouth, etc., crippled and dying. We may go on to argue; the public will act. They are acting now. McCormack and Boddington lived to purpose; they gave a verdict.—*London Lancet.*

**SALOL TOOTHPOWDER.**—Salol 3, powdered sepia 6; prepared chalk 24; magnesium carbonate 16; powdered sugar 6 parts.—*Dental Reg.*

## THE SULPHUR SPRINGS OF GREAT BRITAIN AND THEIR THERAPEUTIC ACTION.

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At this season of the year, when holiday plans are made with a view both to health and pleasure, it may be well to consider the advantages offered by our own mineral springs, and to compare them with those of various continental spas. Visits to different health resorts often prove beneficial by mere change of air, of scene, of society, amusements, or occupation; most so by suitability of the climate selected, and in some degree by the directly medicinal properties of their mineral waters. To these last qualities attention is now directed, and chiefly to the efficacy and mode of action of the sulphurous waters. Many of our more noted health resorts are serviceable to the residents and visitors more by their climate, elevation of site, freshness of air, and by the purity of the water than by any mineral impregnation of it. Malvern is a capital instance in all these points. They are to be found on the chalk hills around London, at Chagford in Devon, Hinckley in Leicestershire, Otley or Ilkley in Yorkshire, and many other places in the north of England, in Scotland, and in Wales. The above qualities add to the efficacy of the small amount of iron found at Tunbridge Wells, or at San Moritz; with other excitants they aid the somewhat stronger chalybeate at Spa. The action of the equally potent alkaline waters of Vichy and of Vals is modified by the mild climate (hot in summer) of Vichy, and the more bracing effect of the higher site of Vals. The slightly mineralized waters of Contrexeville and of Buxton owe much of their efficacy to the elevated position in which they are used, both places being at a similar height above the sea-level. Thermal bath in the summer, when too relaxing in sheltered or low-lying situations, can still be enjoyed at Plombières, 1310 feet above the level of the sea.

Impaired health is not limited to one season of the year, and though our means