

AIR.

It is of very great importance in a large class of diseases that persons in order to recover should have pure air, and plenty of it, to breathe. Almost all the diseases (and they are quite numerous) which arise from deterioration of blood or from bad and imperfect circulation of it, may be said in good measure to be caused by want of proper aeration of the blood. Almost all diseases of the lungs are to be largely accounted for under defective use of air, springing either from want of it or from the impurity of it. Many of the diseases of the skin have their predisposing, and some of them their proximate origin in defective or insufficient use of air. Not infrequently are diseases of the bowels to be attributed to the same cause. Air, therefore, may not be simply regarded with great favor as a prophylactic agent—an agent whereby disease may be prevented; but as a therapeutic agent—an agent whereby disease may be cured. But in order to have it as efficient as possible it needs to be pure atmospheric air; not such gases as are found in cesspools, in pestilential districts of country, in large cities, in crowded halls, in unventilated churches, in close and unaerated sleeping rooms, but such air as is pure, arid therefore free from noxious or destructive elements.

It will take a great while for the medical world, and a good deal longer for the people at large, to learn that in the treatment of any disease arising from non-aeration of blood, no remedy can be found to work with such therapeutic surety as pure atmospheric air, rightly applied. Until the medical profession discerns this and instructs the people in it, resort will be had to all sorts of agencies supposed to be particularly curative for the overcoming of lung diseases. Meanwhile the whole system of practice will continue to be as it has hitherto been, a decided failure, and the subjects of such treatment will continue to die.

As the Psycho-hygienic treatment comes to be understood, death from diseases of any and every kind will be steadily less frequent, until at length persons who have accepted and followed this philosophy of living, will know nothing about sickness. They will live from birth, to death by old age, without aches or pains.

And when this philosophy of life comes to be universal, sickness, except from casualties or accidents, will cease to be. Children will be born, and have no diseases in childhood, in youthhood, at adolescence, at adult or middle age, but will go from the cradle to the grave without being sick, dying *when their time comes.*