

“ Vallais,” and “ in the lower gorges or ravines
 “ that open on its sides, both cretinism and goitre
 “ prevail in the most intense degrees : as we as-
 “ cend the neighbouring mountains, cretinism
 “ disappears, and goitre only is observed ; and
 “ when we reach a certain altitude, both mala-
 “ dies vanish [¶].”

Among the physical effects of the motion of the air, that of sound is among the most remarkable and important : of the intimate nature of which, however, and of the laws that regulate its transmission, I should not speak more particularly, even if I felt myself competent to the task ; being a subject of too abstruse a character in itself to claim a close investigation in a treatise like the present : besides which, it will be examined in a separate treatise by others. Whatever may be the moral effects either of simple sounds, or of certain combinations of sounds, and such effects though apparently of a fugitive character are occasionally very powerful, there can be no doubt that particular sounds act physically on our frame. Thus the gentle murmur of running water, or the repetition of any simple tone, even though not agreeable in itself, is calculated to soothe the whole nervous system so as to induce sleep. There are few perhaps who have not experienced such an effect, from long continued attention to a public

[¶] Change of Air &c. p. 58.