

many cases conditions which have proved perfect. But there is, perhaps, too great an absence of sunshine. Second: The climate of the foothills of the Rockies, from 2,000 to 4,000 feet in altitude. Cold, bright, dry, elevated prairies, they provide ideal conditions, only affected unfavorably in my judgment by often disagreeable winds. But this latter is largely absent in the remarkable elevated belt lying between the Rockies and the Selkirks; the East Kootenay Valley. It is a bright, always dry belt, where we have in addition great forests of pines in open park lands, lessening the wind and the too rapid radiation, yet permitting, owing to the absence of much snow, exercise on horseback or walking almost every day in the year. Yet it possesses the stimulating effects of 4,000 feet above the sea. Third: But there are cases for whom this high altitude is excessive, viz., those with poor circulation or defective hearts. For them we have the lovely valley of the West Kootenays and Kamloops country. There at heights not greater than the hills of the Gatineau, yet where 4,000 may be reached in an hour, almost daily sunshine, with light snowfall, permits of a constant outdoor life under pleasant, easy conditions; usually not very cold, no great daily variations, and yet more, a country where the cured consumptive can very readily undertake a healthy outdoor occupation in fruit growing. With dryness, brightness, slight elevation and with no excessive changes, this glorious climate with pleasant material prospects, may well lure the patient who, under the stress of modern life in our cities, has proved himself unequal to the task, and who may with good reason, expect to gradually recover health through a reconstruction of tissue, where a healthy life in our more rugged eastern climate may prove to him impossible.