

have been a foot deep, disappears, and before night everything is dripping. But before another night falls, all the water is lapped up by the thirsty wind, and the prairie is so dry that a horse's hoof hardly makes an impression, as you take your first welcome canter, after a prolonged and tedious spell of 'settin' round the stove.' "

It may be added to this that the elevation above sea level of the plains here varies from 2,700 feet at Lethbridge to 4,500 feet at the entrance to the Crow's Nest Pass, which may be taken as the base of the mountains proper.

Now, as to practical details, I might say that winter and early spring are characterized by the coughs and colds incident to their seasons in almost any country. Summer is very healthy, and in autumn there are occasional cases of malarial fever of a remittent type, of which more hereafter. Rheumatism is remarkably rare, when we consider the sudden changes of temperature that often occur and the fact that most of the male population have led lives of the greatest exposure. When it does occur it is almost always in the subacute and chronic forms. Affections of the lungs are also very infrequent. During eleven years' practice I never had a case of pneumonia until last winter, when four cropped up, two each of croupous and catarrhal. Summer disorders are almost unknown—a fact which must be attributed partly to the sparseness of population, but which is largely due, in my opinion, to the cool nights, which allow exhausted nature to recuperate even after the hottest days. About nervous affections I am hardly in a position to speak, but I judge that the rarified air and the sometimes high winds would not be beneficial. During the past four years I have had three cases of paralysis—hemiplegia—occurring in patients otherwise perfectly healthy, cowboys in the prime and vigor of manhood, who have had no specific disease, who were quite temperate, and whose family history the most careful inquiry found irreproachable. These cases were and are a puzzle to me, and I can imagine no cause but excessive riding. A cowboy's life, as you know, means often ten, twelve and fourteen hours in the saddle, day after day, week after week, and month after month, and it