

step, and we make the journey perhaps a dozen times a day. And often, while we are still shut up in our domiciliary Cuban climate, Iceland comes down upon us from an open window. Especially is this likely to occur in school-houses, where children will instinctively seek to get a breath of fresh air that has not had all its natural refreshing qualities quite cooked out of it by hot stoves, furnaces, or steam-pipes. And all these sudden changes and shocks of cold come upon us while the whole system has its vitality and powers of resistance gauged down to the low necessities of a tropical climate."

There is, of course, a great deal of truth in the above remarks, and those of us who reside in the northern part of the continent are, perhaps, a little better fitted to realize the fact, than are those who live where intense cold is not the rule in winter. Yet nature is wonderfully alive to the necessity which exists to train up those thus situated to withstand the sudden transitions to which they are subjected. Theoretically speaking, we should have a series of apartments, each of a gradually lower temperature, through which we should pass, with a brief sojourn in each, before passing into the outer atmosphere. This is the rule in Turkish baths. Of course, in our daily life, such a practice is quite impossible, and that we do not suffer by passing from a room at a temperature of 70 to a temperature of 20 below zero is simply because nature has trained our apparently delicate internal organization to it. Still even with us, there comes a time when our organization is so weakened, either by failing health or advancing age, that Pneumonia, Pleurisy or Bronchitis is a common result of this sudden transition of temperature. Can anything be done to prevent it? We think there can: Aged and weak persons should not go out during intensely cold weather, and any who may be compelled to do so should be taught to breathe through their nostrils, and to keep the mouth shut. This, we believe, is the route which nature intended air should pass on its way to our lungs. But to many this is a practice difficult of accomplishment. Such persons should wear a respirator, and in this way warm the air they breathe. If this was done we are satisfied that many a life would be saved, which is now lost during our severe winter weather.

PERSONAL.

Dr. F. W. Campbell, Surgeon of "B." Co. Infantry School Corps, took rank as a Surgeon Major in

the Canadian Militia in October last, after twenty years service as a Surgeon.

Dr. J. Leslie Foley, (M.D. Bishops College, 1880) has recently successfully passed the examination for the fellowship of the Massachusetts Medical Society. He is in practice in Boston. We hear he was lately offered the position of Assistant Physician of the Utica Insane Hospital at an excellent salary and perquisites. His prospects in Boston, however, are so good that he declined.

Dr. Howard, of St. Johns, Que., who has been so seriously ill since August, 1885, is, we are glad to say, so far improved as now to be able to get out occasionally. We but echo the wish of his many friends when we express the hope that before many months, his improvement may be still more marked.

Dr. Blackmer (M. D. Bishops, 1883) of St. Louis, Mo., was in Montreal this month on his wedding trip.

Dr. J. M. Mackay (M.D. Bishops College, 1879) has been appointed Inspector of Anatomy for the City of Quebec.

Dr. Kannon (M.D. Bishops College, 1879) has removed from Montreal to Los Angeles, California. He was doing well in Montreal, but he made the transfer on account of his wife's health. We regret to hear that hardly had he arrived at Los Angeles than the house in which he was staying took fire, and that the Doctor lost most of his goods, including his Diploma from Bishops College, and the License of the College of Physicians and Surgeons of Quebec.

Dr. Gillard, (M.D. Bishops College, 1885) of Jamaica, is at present in Montreal on six months sick leave. Dr. Gillard is employed in the Colonial Service.

Dr. Blackader, Instructor in diseases of children in McGill University, Faculty of Medicine, has returned from a three months' sojourn on the Continent in search of the latest medical knowledge. We are glad to find Dr. Blackader looking much improved from his trip.

Dr. Roddick, Professor of Clinical Surgery, McGill University, has gone to Florida on a trip for the benefit of his health.