

to Winnipeg about noon, and shortly after one o'clock left by special train for Banff. The trip across the prairie was enjoyed for a time, but by night became somewhat monotonous. About ten o'clock the cry of "prairie on fire" drew our attention to a magnificent spectacle—one which I will not soon forget. For a mile or more the prairie was a mass of flames. Being a special, our train made few stops. On the day after we left Winnipeg the prairie was undulating, with patches of trees here and there. We passed many dry alkaline lakes, the deposit making them often look like marble quarries. About five o'clock p.m. we approached Calgary, striking the Bow River, a beautiful stream, whose wooded banks were a great relief to the eye, after the hundreds of miles of prairie land we had crossed. After leaving Calgary, we followed the Bow River for some thirty miles, the land gradually rising into good sized hills, and then into magnificent mountains, which to our amazement we learned were only the foothills of the Rockies. About eight o'clock we reached Banff, and the entire party were rapidly conveyed in busses and carriages to the hotel. This was not capacious enough for the new arrivals, many of whom had to double in rooms. The manager, Mr. Matthews, however did all he could to make us comfortable. At ten o'clock on Monday, the 12th, the meeting of the Canadian Medical Association was called to order in the theatre by the ex-President, Dr. George Ross, of Montreal, who introduced the newly elected President, Dr. Wright, of Ottawa. This gentleman delivered a very able and instructive address—but altogether too long—tiring out many of the members. The afternoon was passed in sight-seeing, the only business done being a meeting of the Nominating Committee at five o'clock. In the evening the Association undertook to amend its by-laws, the whole evening being occupied in this work. On Tuesday the real work of the Association was en-

tered upon, and many valuable papers read; one of the most interesting being on the Climate of Southern Alberta, by Dr. Kennedy, of Macleod, formerly surgeon in the North-West Mounted Police. In such a letter as I am writing it is impossible to give details of the Association's proceedings. This Dr. Bell, Secretary of the Association, has promised me in a few days, and will be duly sent to you. The situation of the Banff hotel is grand almost beyond imagination—nestling on the side of a high hill at an elevation of 4,500 feet above sea level—it is surrounded on all sides by gigantic mountains, many of whose sides are well wooded by pines, whose odor fills the air. The springs are several in number, one known as the Hot Sulphur Springs issues from the mountains 500 feet above the hotel and is conveyed by pipes to the splendid bath-house attached to the hotel. Those who may wish to take baths from this spring, in its immediate vicinity, may do so, there being bathing houses on the spot. The temperature of this spring is 113 f. in summer and 118 in winter. The water has a very strong sulphurous odor, and I learned from several who were using it that in chronic rheumatism it had been productive of excellent results. The cave is a series of hot springs issuing in a cave dome-like in character and deep and large enough to allow several persons to swim in it. It is much frequented, and the temperature of its water is about 96 f. The basin, only a few feet from the cave, is another series of hot springs enclosed, and filling a large basin to a depth varying from 8 feet 2 inches to 4 feet. Its water is of a light blue and so clear that the bottom is very distinctly seen. Its water is also quite warm. Separate hours for male and female is arranged for at each, and both are much patronized. In addition to the Banff Hotel, Dr. Brett, formerly of Winnipeg, has erected a fine commodious sanitarium, which, I am glad to say, seemed well patronized, and is destined to be a very