

THE HEALTH RESORTS OF CANADA.

In health resorts, no less than in rich mineral deposits, Canada has been singularly blessed; and while the returns from the latter are attracting most attention at present, a time will come when the Canadian summer resorts will be a very important source of revenue to the country. Not only does this apply to the Arcadian spots which may eventually be patronized by wealth and fashion, but also to those wilder regions which satisfy the needs of the sportsman.

The *waldeliche* will always be a strong instinct in the Anglo-Saxon race, and to the thickly populated republic immediately south of us, Canada must always be what Scotland has for more than a century been to England, a cool and bracing retreat during the heat of the summer months. This is a very considerable advantage, and to the medical profession especially, the development of our rugged northland in this way will be attended with results the most gratifying.

But the first step towards popularizing Canada rests with the frontier cities. In this way Montreal has already done a great deal, and all summer long that city wears a bright gala aspect which pleases from the start. Its sumptuous hotels are crowded with wealthy American and English tourists, many of whom are led to spend the summer in some of the picturesque resorts upon the lower St. Lawrence.

Toronto seems to have maintained a somewhat different policy. There is not a single modern hotel in the city; and while the modest hostelries which we have may suit the needs of commercial travellers, they are not what the wealthy touring public are accustomed to. One step has been taken in making the visitors' lot tolerable, by allowing the cars to run on Sunday, but much is still left to be desired, and the Toronto Sunday

is still the derision of the American newspapers, and could hardly be more rigorous under the old blue laws of the Puritans.

The disgraceful condition of the streets is another defect which the stranger within our gates cannot forgive. The general impression upon the newcomer is of a place far gone in decay. The air of shiftlessness and neglect is everywhere present. No wonder, therefore, that so few find Toronto attractive, and prefer Montreal with its gala dress, going away without ever knowing what a grand region for sport and recreation stretches northward from Muskoka to the shores of Georgian Bay.

TONICS AND STIMULANTS.

A certain amount of discrimination should, we think, be used in the use of tonics, and especially in neurotic cases where the reserve power is probably very limited. It has been proved already that constant alcoholic stimulation is hardly a wise proceeding, and in cases of this sort often leads to dipsomania. In a similar manner the patient's habit of using some powerful "nerve tonic" to help him through with his work eventually produces a condition of the nervous system quite as perilous as that produced by the unwise use of alcohol. A great many such tonics have been exploited in the last year or so. Some of these are probably worse in their ultimate effect than others, but all, we feel assured, should be used with much caution and even with a certain amount of doubt. The preparations of strychnine, by reason of their disagreeable taste, have been in a measure superseded by phosphatic syrups, extracts of kola, sweet preparations of malt, and a multitude of medicinal wines. These are all excellent tonics, and when given under medical supervision will be found very useful, but the indiscriminate use of these by the laity ought, we