

ciation to undertake, and which was fully laid before the meeting last held in this city, was, to bring before the proper authorities the question of medical experts at coroner's inquests. I am not aware that anything was done, though the importance of it was strongly dwelt upon by the reader of the address. The value of such expert evidence would probably be admitted by any educated layman; but we medical men appreciate much more fully the difference between the opinion of the average practitioner and that of a thorough pathologist who is constantly making autopsies and conducting pathological investigations of various kinds: and when we think of the enormous interests so often hanging upon such opinions, we might well consider it a duty to seek some means for skilled evidence being furnished when the object is, to determine the cause of death in a doubtful case.

My predecessor in this chair offered, in his address, some timely advice to his *confrères* upon the necessity for allowing themselves a due amount of recreation at reasonable intervals, and he draws a disheartening, but perfectly true, picture of the results of neglecting this important matter. In accordance with such sound doctrine, I last month rested from my labors and spent twenty days in our Great North-West. There is something particularly attractive to the Eastern city-man in seeing something of the open and free life of our great plains, ranches, mountains and Western coast. Having myself derived much pleasure, profit, and renewed health from this short tour in the Western Provinces, I would say to any of my medical friends who feel jaded or overworked, try the tonic effect of a combination of fresh lake breezes, balmy prairie winds, keen mountain air, and soft ozone draughts from the Pacific Ocean. The variety is charming, and whilst the body is being refreshed and renovated, the mind is being delighted with some of the finest scenery in the world. Upon the route, one spot in particular engages the attention and excites the interest of all medical visitors. I refer to the hot sulphur springs at Banff, which are only now becoming known, and are not nearly as well known as their merits entitle them to be. The springs, as every one is aware, are situated in the heart of the Rocky Mountains,