

and during the period of slowly ending winter, are all unfavourable to the rapid progress of the tuberculous patient, although they are not so unfavourable as the climatic conditions prevailing at the same periods on the plains and nearer to the sea.

The Kamloops district is remarkably, nay, extraordinarily, free from the various disadvantages here enumerated. Situated in a rolling plateau between the Gold and the Coast ranges, the altitude is moderate, from 1200 to 1500 feet, herein resembling and possessing the advantages of the Adirondack and Ste. Agathe districts; the mean annual temperature is a degree higher than that of Toronto, *i.e.*, it is 46.3° F.—although the latitude is 7° higher; the rainfall is only 11 inches per annum, as compared with 45 inches in Montreal, and 37 in Toronto. Whereas at Gravenhurst in the Muskoka district there are 15 rainy days in November, 12 in December, with a minimum of 9 in April, at Kamloops there are 4 in November, 1 in December, 2 in January and February, 6 in March! Throughout the winter months, that is to say, the climate is remarkably dry and sunshiny. Its position protects this district from high winds; at no time is there extreme cold or extreme heat, and even in the middle of summer the high latitude coupled with the moderate altitude give to the atmosphere a tonic quality, which at the same period is largely wanting in the Adirondacks and Laurentians. Indeed, to quote Dr. P. H. Bryce (to whom we are indebted for these statistics):—“In Kamloops we have a climate which possesses in a degree, probably not excelled in any climate in the world, the several elements which theory, as well as the experience of hundreds of persons, has proven to be of the greatest importance in the reconstruction of tissues and the rapid restoration to health of those persons suffering from consumption and other diseases due to defective nutrition.”

Judging from the accounts of cases mentioned to us by Dr. Tunstall, of Vancouver, Dr. Jones, of Victoria, and other leaders of the profession on the West Coast, Dr. Procter, in the paper which we print in this number, does not nearly do justice to the remarkable recuperative effects of the Kamloops climate. It will be noted that the cases he mentions of relapse are both cases which transgressed the rule about length of stay in a pure atmosphere. It is generally admitted that where there is marked disease of both apices three years is insufficient to ensure against relapse. Vancouver during the rainy season, and the interior of a modern ironclad, would be recommended by no one as places of immediate return for old tuberculosis patients. But the very frankness and modesty of Dr. Procter's statements is in itself a strong support of our contention.

It is, however, one matter to have a favourable climate to recommend to our patients, quite another matter to advise them to take advantage