

ing to persons in fair health, are sometimes trying to the already debilitated consumptive; although most consumptives bear great changes of temperature wonderfully well if not directly exposed to strong drafts of air. Such changes, however, are less marked and sudden here than they are at high altitudes. At Davos (Switz.), for example, less than 6,000 feet above sea level, the thermometer has registered 166° F. by day in the sun, and fallen at night to 16° F.—a “drop” of 150° F.

In conclusion it may be said, then: we have at our own doors, in Canada—in Ontario and Quebec,—probably some of the best localities for consumptives on this planet; and it is my opinion that, not in one case in a hundred need there be a change to another climate by any consumptive, being a native Canadian, in whom there is a prospect of recovery.

Of special localities more particularly favorable to this class of persons there are several in these provinces. Muskoka has acquired a reputation for being a highly favorable place for consumptives. It is sufficiently elevated, has a pure, invigorating atmosphere, and a large number of sunny days.

The ideal place of all for promoting health and vigor, so far as I have been able to learn, and which I beg leave to here very briefly describe, is a somewhat limited locality in the Gatineau Mountains, a few miles from Ottawa, in the neighborhood of Chelsea station and Kingsmere and Kings Mountain—Kings Lake Mount, and, it may well be named, Kings Plateau. It is about 1,000 feet above the sea level and 500 above the adjoining country, the mountain side rising rapidly, somewhat precipitously, although providing for a good driving roadway. Hence it affords the best of drainage and freedom from malaria, while any possible atmospheric impurities gravitate to the lower strata of air. It is most pleasantly

exposed to sunshine by a southeastern aspect, while behind it, protecting it from northern and western blasts, is a well wooded ridge towering paternally and kingly up 300 feet higher. According to the meteorological record of the locality, the number of sunny days is about one-sixth greater than in Toronto and one-third greater than in Montreal. The air is of the purest and most exhilarating character, and Kingsmere is a very pretty, though small, body of clear spring water, and speckled trout. From this plateau one may view about 4,000 square miles of a beautiful country—from 40 to 50 miles in each of the three directions—to the right, to the left and in front, hill and dale, cultivated fields, meadows and woodland; the Ottawa, Rideau and Gatineau rivers, their valleys, windings and waterfalls; with our beautiful capital city, built on the hills at the junction and mingling of the three waters, and our stately Parliament buildings, as if silently watching their tumultuous meeting, a very Greek (or Persian) *Παραδεισος* (park or paradise) of health and beauty.

THE ETIOLOGY AND TREATMENT OF INFLAMMATIONS OF THE UTERINE APPENDAGES.

Dr. Augustin H. Goelet, of New York, read a paper on this subject at the recent meeting of the American Medical Association at Baltimore, in which he stated that the contention was not that these inflammations of the tubes and ovaries can always be cured, but that it is frequently possible, and unless immediate operative interference is absolutely demanded, the patient should be given the chance, and the attempt should be made before submitting her to a radical operation. This he thought particularly important since treatment directed toward attaining this end did not militate against a subsequent