

THE
MONTREAL MEDICAL JOURNAL.

VOL. XXIII.

MARCH, 1895.

No. 9.

Original Communications.

THE CLIMATE OF CANADA AND HOW IT
AFFECTS US.*

By WM. H. HINGSTON, LL.D., D.C.L., M.D., L.R.C.S. Edin., etc.

It may be said, in a general manner, by way of preface, that the climate of a country affects the stature, strength and complexion; that it causes sometimes, sometimes cures, and often modifies disease; that it sometimes prolongs, sometimes shortens life. But the influence of climate proper is most evident where its effects are least interfered with by other circumstances. The aborigines therefore of a country, and those who live much out of doors, are those who feel most the influences of climate.

Climate, in its most restricted sense, is but one of the many causes which affect man. Neither here nor elsewhere, therefore, can climate be considered without those other influences of great potency—the relative conditions of wealth and comfort.

A knowledge of the physical geography of a country is necessary to those who would wish to be familiar with its climate, and ours doubtless is well known to you. (While using the second person "you," in this paper, I mean you, most welcome visitors from across the line; "we" will apply to us on this side. This is by way of avoiding fre-

* Read before the American Public Health Association, September, 1894.