

which we sometimes have in the transformation of the bacillus coli communis by intestinal toxins.

In the rarified air of high mountains with the climbing, there is great and forced expansion of the lung membrane. The subject actually gasps widely for breath in order to compensate for the thinness of the air. The whole function of respiration is aroused and improved, and the body purified and invigorated, but altitude is not necessary. This function can be more readily improved at lower levels with the richer air of Canada by suitable lung gymnastics, if the patient will only persevere in the exercises; and more safely too in hemorrhagic cases, in which there is considerable risk in going somewhat suddenly to a much elevated climate.

Dr. Playter refers to the benefits of compressed air, and of the dense air at sea, where the mortality from consumption has been shown to be sixteen times less than on land; results not attributable alone to the purity of the sea air.

The purer air of great elevations is an important condition. Yet we have in many parts of Canada a practically pure highly ozonous atmosphere at all seasons while over our snow-covered expanses during several months of the year is air probably as germless as on sea or high mountain. The colder the air breathed, the more oxygen it contains, and the more too it expands in the air chambers on becoming warmed to the lung temperature. Consumptives in Canada in nearly all cases have acquired the predisposition by means of indoor occupation, or a habit of housing in close, over-heated rooms, and they may be, the most susceptible of them, gradually habituated back again to an outdoor life, even in the coldest season, by proper attention to the skin,—suitable clothing and especially the cool bath. The sudden changes in temperature in Canada, although trying, are invigorating and often less mark-

ed and sudden than on high altitudes. At Davos the thermometer has shown a drop of 150° F. (from 166° to 16°) between the midday sunshine and the following night.

Dr. Playter contends that we have in Ontario and Quebec some of the best localities for consumptives on this planet. Muskoka has a reputation as a good one. It is sufficiently elevated, has a dry, pure and invigorating atmosphere and a large proportion of sunny days. The ideal place, the doctor thinks, is on the Gatineau mountains, a few miles from Ottawa, in about the same latitude as Muskoka. With a pure and highly bracing air, and a large number of sunny days, it has a south-eastern aspect, and protection on the north-west by a much more elevated wooded ridge, and is hence suitable for all seasons. It has a delightful outlook, with a view of about 4000 square miles of beautiful country,—the Ottawa, Rideau and Gatineau Rivers, their valleys, windings and waterfalls, and the beautiful capital of the Dominion at the meeting of three waters.

A PLEA FOR EFFICIENT LEGISLATION REGULATING MEDICAL PRACTICE.

BY PERRY H. MILLARD, M.D., OF ST. PAUL.

(*Concluded*)

Having submitted satisfactory evidence of preliminary fitness, only such persons should be admitted to undergo the professional test as have received their courses of professional education at schools of medicine whose curricula of requirements are acceptable to the respective boards. A minimum of requirements, both as to time and teaching facilities, are as essential in measuring professional fitness as it is for similar purposes in universities, colleges, and our public school system. A school should not be recognized unless it is working under a minimum that will assure the graduation of a class of persons that can safely be entrusted with the care of the sick. In arriving at a conclusion upon this most important function I desire to particularly impress upon the members of these boards the fact that medicine as at present understood and practised is radically different from that of a few years ago. To comprehend requires years of study and a training in laboratory methods and surgical technique that can only be grasped when afforded by a person