

the rarity of the air being particularly dangerous in these affections, especially if well marked.

It is a well established fact, that in persons suffering from chronic disease, environment has a great deal to do with the curative action of purely medicinal remedies. Therefore at Banff Springs the sublime scenery of the surrounding country, with its wealth of rugged beauty, its pine covered ridges, the majestic peaks towering in every direction, its mountain lakes, and romantic rivulets, which tear down icy cold from the melted snows of the summits, to join the rapid greenish-blue waters of the Bow River, which trails its serpentine length through our National Park. All these most potently assist the recovery of the invalid, who is taking a course of the sulphur waters. Every possible inducement exists for the enjoyment of physical exercise. For those fond of walking, there are pleasant paths, which wander in all directions, sometimes through balsamic scented pineries, others along the bank of the river, which wanders through the valley at the foot of the Titiatic Range, which towers in rugged masses in every direction, as far as the eye can reach, disclosing new beauties of nature to the delighted pedestrian at every step.

For the sportsman, the speckled beauties, dear to all disciples of Izaak Walton, abound in nearly every roadside brook. While at a greater distance may be had the famous mountain sheep, which are becoming rarer every year, and like the buffalo seem doomed to extinction. Riding and driving may be had by those who desire it, good livery stables being quite near the hotel. So we see that Banff holds out inducements, of a very superior quality, to the ennuied health seeker.

Having told of the climate and scenery we will now discuss the "Hot Springs," which are becoming ustly famous throughout America and even Europe as well. The waters bubble up from the bowels of the earth, laden with medicinal virtue, heated to a temperature of 100° to 108° in nature's cauldron; and belonging to the class of alkaline sulphur waters.

The following are said to be the ingredients, according to the Government analysis of 1887, but I cannot vouch for its correctness, the analysis not having been made on the spot, and during transportation to Ottawa some of the gases must have escaped or changed their chemical composi-

tion; nevertheless the curative effect of the water is beyond cavil in certain diseases, which I will hereafter enumerate. In 100,000 parts of water there are the following saline and gaseous constituents:

Sulphuric anhydride	51.26
Calcium salts	24.48
Carbon dioxide	16.47
Magnesium oxide	4.14
Sodium oxide (calculated)	27.53
Silica	traces
Organic matter	traces

Total solids, parts 123.88

And who may use these springs with benefit? It seems that their predestined function is for chronic invalids, and it may be encouragingly added for all, except the unfortunate victims suffering from such incurable maladies as advanced Bright's and malignant affections, which of course are not amenable to successful treatment.

The large quantity of water taken at the hot springs acts most beneficially, especially in the long category of affections belonging to what is now termed the uric acid diatheses. Upon this subject Fothergill speaks in the following terms:

"The good effects of watering places are largely due to the increase in the bulk of the fluid taken there, irrespective of any special property of the water. Especially is this the case of ladies who, as a rule, habitually take too small quantities of fluid."

Further, there is an impression abroad that it is dangerous to dilute the gastric juice too freely, and this has a tendency to cause many who should know better to use less fluid than is necessary for the proper maintenance of the bodily functions. This idea it is needless to say has been exploded by recent researches by noted physiologists. Then there can be no doubt as to the efficacy of fluids in the treatment of uriasis, or defective metabolism of the heterogenous portions of the ingesta, by the liver, where instead of the highly soluble urea being formed, the insoluble uric acid is the product manufactured. This being the case, large quantities of water should be taken so as to render as far as possible the circulation of uric acid in the blood, where it becomes a powerful irritant, as inert as possible thereby avoiding the long train of ills which gradually lead up to that medical bugbear