

physical, and climatic, of that now celebrated plateau situated in the north-eastern part of New York State, and stretching from the Mohawk Valley in the south 150 miles north, almost to the frontier line. The average elevation of the two regions is about the same, being from 1500 to 1800 feet. The immense pine forests, together with the moderate temperature, constitute the chief characteristics of the Canadian district from a medical point of view. No very systematic meteorological observations have yet been taken of the Ste. Agathe region, but the indications will probably prove to be very similar to the American resort. It is in contemplation to erect a Sanatorium on Trembling Mountain, which will doubtless in time rival the Adirondack Cottage Sanatorium near Saranac Lake, which has proved such a marked success under the able management of Dr. E. L. Trudeau. The elevation of the Sanatorium will be 2500 feet, thus having an altitude of nearly 700 feet greater than the establishment at Saranac. The Quebec Government has set apart a sufficient portion of the Crown lands to form a natural park in that part of the Province. It will be called the Trembling Mountain Park, and will cover an area of 100,000 acres of land, in which are many beautiful lakes. Within the boundaries of this park the Sanatorium will be constructed. There is, therefore, no reason to doubt that we shall shortly have within our own line a health resort possessing all the advantages of the Adirondack region, and capable of affecting for good the same class of patients now so decidedly benefited by a residence in those mountains."

Dr. Wilkins says :—" I have some patients living there all the year round, and are doing remarkably well. I consider these mountains quite as good as the Adirondacks \* \* \* Many cases—in fact most, when seen early, can be cured by residence in either of these places."

To the foregoing might be added the testimony of a great many practitioners in the City of Montreal who have sent patients there with marvellously good results. The great drawback,