

Vancouver by the Canadian Pacific Railway, and a trip from ocean to ocean along this great national highway forms one of the most instructive and delightful itineraries for the summer which could well be imagined. The splendor of the scenery in its rapid transitions from forest to plain, and simple pastoral to the terrible grandeur of the mountains, awes while it uplifts. In this journey one is brought face to face with some of the most sublime monuments of nature.

The climatic influences will also be found to be specially favorable, and the resort at Banff Hot Springs can compare advantageously with anything to be found elsewhere in America or Europe. The surrounding scenery is inspiring in the extreme, the climate is Alpine, and the atmosphere ambrosial. The coast and the mountains of British Columbia offer a great diversity of climate; and it is in every way desirable that the various conditions existing there should receive the thorough and scientific study which the medical profession demand. Too much weight altogether has been given in the past to the valueless opinions and impressions of casual tourists, which, while complimentary and no doubt gratifying, carry no authority in a matter where the careful conclusions of the specialist are required.

For example, this province is in one of the most favorable positions on the continent for the treatment of tuberculosis by a residence in the forest, a plan of climatic treatment which has met with such admirable results in the Black Forest country of Germany. The terebinthinate quality of the air well marked in British Columbia, and the variations of temperature are neither sudden nor great. Space will not, however, allow for speculations by the way. It is sufficient to point out that the matter has not received adequate attention.

The table lands and the plains of the interior also offer many inducements to the health-seeker. When practising medicine in Calgary in 1889, the writer was struck with the stimulant action of the atmosphere. The air is so clear at this point, and the peaks of the Rockies may be seen with such distinctness, that many new comers can scarcely believe, against the apparent evidence of their senses, the statement that the mountains are eighty miles distant; and are irresistibly inclined to set out on foot during the afternoon for a ramble among the ravines which are so distinctly visible. For many, a life on the table lands or on the plains is preferable to a residence in the mountains, where the altitude is often great, the air rarer, and the exertion of getting about very fatiguing. Brandon and Winnipeg have a severe winter, it is true, and in the summer occasional periods of extreme, though dry heat. Yet the effect of a residence in Winnipeg, continued throughout the year, I found to be eminently conducive to health; and a large number of cases came under my notice where the indi-