

from the sweltering and enervating warmth of the plains or Eastern Provinces. "The Springs" are situated at an altitude of 4000 feet above the sea, so that Banff combines the climatic advantages of the mountains, the therapeutical virtues of the ingredients of the water, with the social benefits of the palatial hotels, with which the place is amply supplied; although to the Canadian Pacific Railway must be awarded the palm, their magnificent structure being, *par excellence*, the finest in the mountains. It resembles a picturesque Swiss *chalet*, of very substantial appearance, and a closer inspection reveals its many excellent qualities, the rooms being large and airy, each lighted by the incandescent light; the sewerage system as perfect as money and expert skill could make it, in fact it fulfils to the letter the plan of its design, that is to say, a perfect home for the tourist or invalid. The table cannot be surpassed. Every delicacy of the season, being served in a manner equally pleasing to the vitiated palate of the gourmand, and the fastidious stomach of the valetudinarian. Nothing makes a prettier sight than is presented by a view of Banff just about dusk in the evening. The myriad electric lights of the C. P. R. Hotel, twinkling through the slender greenish-brown pine trees; the dim masses of the surrounding mountains beginning to vanish, gradually fading in color at their summits, which are tinged an orange red by the rays of the setting sun; finally, the last beam of light dying away, silence reigns supreme, broken only by the chirrup of the cricket or the purling of the river, as it makes its way down to its destination in the plains to the east.

Discussing the subject of the mountain climate, we find that as we rise above the level of the surrounding plains of Alberta, two facts are impressed upon us: 1st. The air becomes more and more rarified, and secondly, the heat diminishes. The higher we rise, the greater these meteorological peculiarities become marked, proving important factors in certain classes of disease, as we shall see.

The climate of mountains exerts a proverbially healthy action, owing to the purity of the air, and perhaps to the sparseness of population. As Quain remarks, they have been highly praised by many Continental authorities, in the treatment of phthisis, the freedom of the air from irritating germs,

its coolness and rarity being of great benefit to sufferers from incipient lung trouble.

The atmosphere being, as we said, of a lower density than at the sea level, is also less humid, or damp, although owing to local winds, mist and cloud occasionally form. The temperature too is lower, especially at night, thus ensuring better sleep to the invalid, who awakes refreshed from a balmy slumber, to which he perhaps had long been a stranger. The general effect of this dry and rarified atmosphere, is to produce an increase of the cardiac action, with concomitant freedom of circulation; one curious effect of this is a buzzing in the ears, which affects some visitors for a day or so, but then passes away. The respirations become deeper, the lungs more vascular, and the air cells expand to a greater degree, thus increasing the vital capacity of the chest. Some are known to have had their chest measurement increased two inches, after a residence of one year in the Rockies, which fact speaks for itself. Bodily movement is more easily performed, thus ensuring a desire for exercise, while owing to the lowered temperature, more food is necessary, the appetite improves, and a gain in weight results as a sequence, the effect being tonic and stimulating in the extreme.

And what class of diseases may be benefited by a climate such as Banff affords? According to practical experience, they are as follows:

1st. In the early stage of phthisis, before much structural damage has been done.

2nd. In hereditary tendency to chronic pulmonary mischief, especially in young people, with badly developed chests, and a history of struma, the coolness of the air being of great benefit to consumptives, who suffer severely from the heat.

3rd. As a restorative, in the neurasthenia or nervous prostration, in overworked professional or business men, who frequently find here the relief, long sought for, by the aids of bromide, strychnine and the hundred and one alleged cures, for this, too prevalent affection.

4th. In cases of hay fever, which is unknown here. (The "Hay Fever Association" should make a note of this fact.)

5th. In Dyspepsia, and convalescence from acute illness, in persons not much over middle life.

A mountain climate is, however, contra indicated in chronic Bright's, heart disease, and emphysema,