

reserved for the comfort of travellers and not for their exploitation. An infirm person is passed on from one to the other with a kindly introduction and mention of his peculiar needs.

The Château Frontenac, in Quebec; the Place Viger, in Montreal; the Royal Alexandra, in Winnipeg; the Hotel Vancouver, in Vancouver; the Empress Hotel, in Victoria, belong to the same system, which owns, in addition, many smaller places, chiefly in the mountains. These are mainly used as health resorts, and two of them entirely so, namely, Banff and Caledonia Springs.

Banff well deserves a place amongst the health resorts of the world. It is easily accessible by a main line of railway. The hotel accommodation is excellent. There are good sanatoria for the invalid. The elevation is 4,521 feet. There are few spots in the world with a more complete aggregation of scenic features, within so small a compass—snow-covered mountains, warm valleys, a river with falls and still pools, sweet springs, ice-cold, and mineral springs with a temperature of 123. Of the Banff Hot Springs, the official analyst supplies the following report:—

Fixed solids in grains, per gallon:—

Chlorine (in chlorides) .....	0.42 grains.
Sulphuric Acid ( $\text{SO}_2$ ) .....	38.50 “
Silica ( $\text{SiO}_2$ ) .....	2.31. “
Lime ( $\text{CaO}$ ) .....	24.85 “
Magnesia ( $\text{MgO}$ ) .....	4.87 “
Alkalies (as Soda, $\text{Na}_2\text{O}$ ) .....	0.62 “
Lithium .....	A decided trace.

Each gallon contains dissolved sulphuretted hydrogen to the amount of 0.3 grains (equivalent to 0.8 cubic inch).

In the vicinity of Banff mountain-climbing is well organized. Swiss guides and sheltering chalets are provided, and a summer may well be spent amongst the various hotels. Throughout the Rocky Mountains and the Selkirks, at intervals of about 50 miles, the Canadian Pacific Railway Company has provided small but excellent resorts. Some of these are the Mount Stephen House, Glacier House, and Sicamous Hotel, at the entrance to the Okanagan Valley, which enjoys a climate much like the south of England. From all these points trails lead up the valleys, and living is made most agreeable for those who require to gain strength and health.

Caledonia Springs, situated near to Montreal, have been of good repute for more than a century in the treatment of rheumatism and its allied manifestations. A competent physician is in residence, and