

food, sunshine, fresh air, are all essential. If he comes with an idea that he must attend the theatre or opera, or places of amusement generally, which involve late hours or large assemblies; that the country is too quiet and lonely; that he must live in a city where he can find plenty of society, with parties and amusements to make the time pass pleasantly—he might far better remain at home. His chance of recovery will be no better here than anywhere else. If he can enjoy walking or driving, or sitting in the sunshine during the warm hours of the day, finding pleasure in the beauties of nature around him, or in reading or conversation or other occupation that will profitably occupy his mind and give him sufficient physical exercise, his chance of improvement in health is good; but he must not be discouraged if at first the improvement is slow. A disease which has perhaps in many cases been developing for years cannot be cured in a few weeks. One of the first things for the patient to decide upon is locality. Some can do well and improve in one position, while others may find another place at a higher or lower altitude better suited to their condition. It is a long distance from the eastern part of Canada to this country; but fortunately there is a wide range of choice as to altitude and position, and by travelling only a few miles one may be beside the ocean, or any where up to an altitude of three thousand feet above it, sheltered from the trade winds of the Pacific which would be injurious to some, and yet not to others. I have found people living in Santa Barbara and on the foot hills of the mountains beside it, thinking that they were in the best place in the world for health; while Riverside, Redlands, Ontario, Pasadena, and other places are each claimed by their respective advocates to be the best,

and no doubt each has its good points. The Ojai (Ohi) valley is also a favourite place. It is situated in the mountains about fifteen miles from the Pacific Ocean at the town of Ventura, and at an elevation of nearly one thousand feet, surrounded by mountains which afford protection from the ocean breeze, making it a very desirable resort for invalids. The small village in the valley is known as Nordhoff, where there are one or two hotels; and about a mile from the village there are a number of cottages in the midst of a beautiful grove of live oaks where good accommodation can be had.

Where the mountain valley Ojai far below
the sea-fog leaves,
Driest airs and rays sun-burnished give the
store of golden sheaves
"Eagle's nest"—this vale—an eyrie perched
by nature far aloft,
Trimmed with oaks and edged by mountains,
lined with bloom and grasses soft.

After conversing with a number of medical men and a good many invalids on the subject of health, I have come to the conclusion that the places where the conditions are most favourable for the cure of diseases of the throat and lungs are those with an elevation of between one and two thousand feet, where the mountains afford protection from the trade winds and from fogs which are common at some places along the coast. Perhaps a few words regarding expenses may be of interest. Good hotels charge from \$2.00 to \$3.50 per day, with a slightly reduced rate by the week or month. Board and lodging may be obtained at various rates in private boarding houses, ranging from \$8.00 to \$15.00 per week. A bedroom having a good sunny exposure should always be chosen, and, if possible, it should be arranged to have a fire in the evening now and then when necessary.

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