

the microbe is not the only element to be taken into consideration in pathology. The microbe does not alone constitute the disease, it requires a suitable soil and favorable circumstances for its development. It is the germ, the seed, but this germ will forever remain sterile should it fall on a soil unsuitable to its culture, and this is what explains the absolute or relative immunity we possess in the midst of the morbid causes which surround us. The teachings of bacteriology itself have placed us in a position to explain this immunity already revealed by clinical experience. This immunity consists in the integrity of our organism, the tissues of which possess in themselves their means of defence against the parasites which threaten to invade them. An impermeable barrier, for example, is set up to the entrance of bacteria by the epiderma and intact epithelia. But, even when the microbes have succeeded, owing to a rent in the cutaneous or mucous surfaces, in penetrating the subjacent tissues, a real defence is being organized by the reaction of our organism. Very soon a rush of fluids takes place to the spot in danger. White blood-corpuscles and wandering cells emigrate by diapedesis through the walls of the blood vessels; they surround the infectious agents. They, at first, encircle, imprison these invaders, but soon take them up within their cell-envelope there to be devoured and digested.

This is the phenomenon to which Metschnikoff has given the name of phagocytosis.

Leucocytes are especially endowed with this property of seizing and digesting the microbes, but they are not alone to enjoy this privilege. The connective tissue-cells, the cells of the spleen, bone, marrow, the vascular and lymphatic endothelia possess also in a greater or less degree the power of taking solid particles into their interior, virtually, as we say, of eating them. In short, there exists after the entrance into the blood of microbes, a period of collectedness, so to speak, during which they sustain an intra-cellular struggle. Human cells may remain victorious, but if the microbe is the most energetic, it will grow, develop, and infection continues.

The life of animal cells, the activity of their nutrition is a guarantee of the organism against the microbes. Wherever life is diminished or suspended in some part of the economy, the in-

fectious agents that are there multiply and triumph over our cells.

Nervous perturbations, the impression of cold, physical and moral commotion, sorrows, night-labors in lessening the action of vaso-motors and rendering therefore diapedesis and consequently phagocytosis more difficult, become the occasional causes of the development or aggravation of infectious diseases. The above has been demonstrated by Charrin and Gley, whose experiments were recently cited by Bouchard at the Berlin International Congress.

(To be continued.)

BANFF AS A HEALTH RESORT.

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As accessories to medicinal agencies, we are all well aware of the great therapeutic advantages to be derived in chronic affections of various kinds, from the application of such hygienic measures as may be obtained by a sojourn at some "Spa," or watering place, where, united to the efficacy, more or less pronounced, of the saline and gaseous ingredients of the waters, in promoting metabolism, we combine the undoubted benefit of environment, such as scenery, change of air or latitude, and the freedom from the cares and worries of business, or professional pursuits.

Having recently visited Banff, I was simply charmed by the combination of advantages which it possesses for the invalid, in its mountain climate and sulphur hot-springs. Therefore, I thought a paper to the LANCET might prove of utility in furnishing some of our medical men with information which may come in handy at any time, although the fact that the Canadian Medical Association held a most successful meeting last year at Banff, must, of a necessity, have rendered a great many practitioners thoroughly conversant with the health resort of the future. Banff is nestled among the crags of Canada's National Park, in the Territory of Alberta, on the eastern slope of the Rockies, surrounded on every side by the towering peaks of this famous mountain range, some of which, even at this time of year, are covered at their summits by a mantle of stainless snow; which lends a delicious coolness to the atmosphere, proving a most agreeable change to those arriving