

## MEDICINE.

UNDER THE CHARGE OF DRS. FINLEY, LAFLEUR, HAMILTON, AND HOWARD

ANDREW MACPHAIL, M.D. "Health Resorts in Canada." London  
*Practitioner*, July, 1908.

There are no "health resorts" in Canada which may be well compared with those in older communities. Life is not sufficiently organized, and Canadians do not fully appreciate the luxury of a leisurely convalescence. There is not yet a class of idle rich who require to divert themselves from their amusements by a period of illness. Occasional patients of this kind, who are attracted by the allurements of a health resort, prefer to obtain a change of scene and of climate at the same time. Accordingly they join the stream of travel to the United States and to European countries.

This is not to say that Canada is devoid of certain initial advantages, such as a dry, cold climate in winter, a dry, warm climate in summer, upland forests of pine, and foul-smelling springs of water. Whilst these resources might well be considered in any discussion of climatology, they are not in themselves, unless made available by art, sufficient to constitute a resort where health may be regained.

And yet there is much to attract and interest a visitor from England, who is not too ill to be benefited by a journey over seas. The voyage across the Atlantic is in itself a remedial measure. The best ships of the great transatlantic Canadian Steamship Companies are entirely satisfactory. There is a certain intimacy of life amongst the passengers, and the saloons are free from the turmoil which one finds in travelling to United States ports. There is also a trace of the old-fashioned kindness which used to be a feature of life on ship-board, when voyages were longer than they are in these days. Besides, the ocean passage occupies only four days, and after that there are a thousand miles of sailing up the still waters of the St. Lawrence before Montreal is reached.

Certain of the hotels in Canada have much to recommend them to persons who are more or less invalid; and it is common enough for Canadians to spend a week or two in them for purposes of recuperation. The reason is that these hotels are designed primarily for the comfort of travellers making long journeys, and are in reality part of the railway equipment. There is thus a continuity of management and a sense of familiarity with all the hotels belonging to the same system. For example, one of the Railway Companies owns hotels in Quebec, Montreal, Winnipeg, Banff, Vancouver, and Victoria, which are especially