

long winter, full of the new life and energy which is given to them by the great Creator. There is a pleasure also when the summer comes, with its bright, clear, warm days, when all nature is at its best, and the fields are covered with waving grain or hay, to gladden the heart of the farmer and every one else as well. And the autumn too is a joyous season, when the grains and fruits are gathered into the barns and storehouses, and the beautiful colour of the foliage gives a glow and brightness to forest and hillside that even spring or summer can hardly equal.

At the same time I believe there are many in the east who have contracted diseases of the throat or lungs who would receive great benefit, and frequently a positive cure by a residence for a time, under proper conditions, in the milder and more equable climate of Southern California. Many have come to this country from the Eastern States and also from Canada too far gone in consumption to get well in any climate, and have been much benefited by the change, and when properly cared for have been enabled to add a good many years to their lives. Others have come under similar conditions of health, without any one to take care of them, without sufficient judgment to take care of themselves, and perhaps without sufficient money to provide the necessary comforts, and death has often been the result. I have seen at different times young men whose pale, thin, bloodless faces and hands would indicate that consumption was rapidly doing its work, sitting or standing in the common sitting-room of a hotel, with smokers all around them, and looking as if they had not a single friend in the world, or anything to interest them or take them out to the fresh air and sunshine, where they might at least have a chance of improving, and I could not help feeling

sorry for them. It would have been far better for them to have remained at home and died among their friends than to have come here to die among strangers; and yet, with proper care, they might in many cases be able to live in comparative health for years. In travelling through this country we meet many who came as invalids, suffering from some bronchial, throat or lung trouble, but who are now in apparently good health, and have remained in the country from choice, or because they fear that a return to the colder and more variable climate of the east would make them invalids again. Strictly speaking, however, the climate does not itself effect the cure; but it does furnish a most important condition. The invalid in a cold country during the winter and spring months, would necessarily be to a great extent confined to his home in a close room, breathing air heated by fire or steam, which, in many cases, where ventilation is not very good, may have been passed through his lungs a number of times. Here, he may be out over three hundred days in the year in the fresh air and sunlight from nine o'clock in the morning until four in the afternoon; and during the long, dry summer months, he may, if so inclined, live in a tent, breathing pure air all the time, and with proper nourishing food, and care, and possibly also some good medical treatment as well, his general health should gradually improve, and although a permanent cure might not always be effected, yet he might be able to live and enjoy life under such conditions, when in a colder and more changeable climate the disease would be aggravated, and duration of life necessarily much reduced. Any one coming here for the sake of health must use common sense; must observe the universal rules for gaining and preserving health. Good nourishing