

is relieved. It has fewer and less toxins to excrete. The albumen, if present, disappears, and it does its work without that handicap.

THE TREATMENT OF RHEUMATISM AT CALEDONIA SPRINGS.

BY

E. S. HARDING, B.A., M.D.

Caledonia Springs is situated five miles from the Ottawa river on the line of the Canadian Pacific Railway, and almost half way between Ottawa and Montreal. Unlike most of the spring resorts in different countries, no town has grown up in the neighbourhood, and this has probably been altogether due to the monopoly of ownership of the springs, and to the lack of natural attraction about the locality. The country about is flat and uninteresting—an almost level plain interspersed with meadows, bogs and woods. The soil is almost pure clay for some distance around, and the roads of a certain smoothness in dry weather, become slippery, soft and adhesive under the influence of rain. The streams running to the Ottawa river are sluggish and are discoloured by their windings through fields of clay and dark bogs of peat. In spring under the influence of the freshets, the streams quickly overflow, and large tracts are converted into shallow lakes. The wooded slopes of the Laurentians, rising boldly on the north side of the Ottawa relieve the landscape of its flatness, and the beauty of the river itself at this point is well worth the drive of five miles.

The climate is that of the Ottawa valley in general, being slightly more humid than the surrounding places on account of the stretch of impervious clay. The temperature is about two degrees below that of Montreal, and the nights, even in hot weather, are usually delightfully cool. Breezes spring up quickly but are seldom violent and do a great deal to temper the heat of a hot summer day. The thunder storms are not heavy nor frequent.

The character of the geological formation along the Ottawa valley seems to be favourable to mineral springs, as a chain of these exists along the course of the stream. The better known are at Eastman and Casselman near Ottawa, Plantagenet and Caledonia (several springs) lower down, and at Maisonneuve, and Varennes, near Montreal. Although differing greatly in ingredients they are all fairly strong in mineral salts.

Caledonia Springs have been known for their curative properties since 1803. A hotel was in existence for the accommodation of health-seek-