

free breezes of heaven would probably be far more beneficial, provided the effects of chill and damp were guarded against."

In most parts of Canada, where there is much less humidity in the atmosphere, the climate is, of course, much more favorable for this treatment than in England. The plan, though systematically adopted at several places on the Continent of Europe, is said to be most completely carried out at Dr. Dettweiler's large establishment at Falkenstein, in the Taunus Mountains, at an elevation of about 1,300 feet above sea level. There the consumptives are placed on open balconies, sheltered from wind, and exposed to the sun. Here, on mattresses or bamboo couches, they recline in loose but warm clothing, with tables alongside for books, etc., or they sit in shelters movable on pivots to protect them from wind, or in kiosks with open sides, but, whatever the form of protection, the invalids live all day in the open air, independent of the state of the weather.

Early rising is enforced, and the patient commences the day with a friction to the skin in the form of a dry rub, or with a towel moistened with water or alcohol, the stronger ones being submitted to the action of the douche. After a rather simple breakfast, they betake themselves to their couches, from which they occasionally rise to take short walks, generally up a gentle slope, at the same time throwing back the shoulders, and each quarter of an hour drawing at least ten full deep inspirations through the nose and thus emptying and filling completely the organs of respiration. The more hardy take long walks through the neighboring forest. The dinner and supper are both substantial meals. Milk is taken between meals. Expectoration into handkerchiefs or on the ground is forbidden, spittoons being provided. The patients sleep with the windows of their bedrooms open at the top and all curtains, carpets, or hangings are removed. Stoves appear only to be allowed to be lighted during dressing in the morning, and never at night, but sleeping in woollen underclothing, and the avoidance of too many coverings to the

bed is advised. French physicians appear to be advocating this open-air treatment of phthisis, and especially sleeping with windows open.

The open-air treatment pursued at Davos and St. Moritz differs from that at Falkenstein in the larger amount of lung gymnastics it includes, and surpasses it in results, it is said; but these may be due in a measure to the effect of the mountain climate.

At the Banff meeting last August of the Canada Medical Association, Dr. G. Kennedy, of Fort McLeod, Alberta, read a valuable scientific paper on the climate of Southern Alberta in relation to health and disease.

He said that from a private record kept during the five years, ending December, 1888, he was able to state that the number of days recorded as overcast, raining and storming was respectively, 51, 49, 56, 53, and 44: or an average of a fraction over fifty, all the rest being noted as fine. Over fifty per cent of these (fifty) were simply overcast, so it is fairly presumable that in the large majority, confinement to the house would be unnecessary. These observations were taken very close to the mountains, where local storms are more prevalent than on the plains.

For certain classes of cases, Dr. Kennedy says, "Southern Alberta offers inducements hardly excelled by any place on the continent." "We have the dry aseptic atmosphere the dry soil, the clear sunshiny days, and the necessary elevation." "Seekers after health are not obliged to remain for a few months at the approach of winter or summer, only, and then go away again. They can live here with equal benefit all the year round. And being a stock-raising country, it is easily possible to spend almost all one's time in the saddle. It was Sydenham who said that 'unlimited horseback exercise is almost as good a cure for phthisis, as quinine for ague.' Alberta is in Canada, so why should Canadian physicians send their patients to Colorado, when they have a climate equally as good within the confines of their own Dominion?