

walked to Les Avants, first through orchards, and then through a thickly-wooded gorge. The views of the lake and the mountains were in places indescribably beautiful. The Hotel Les Avants is situated on a plateau over 3,000 feet above the sea, and protected on three sides, north, east, and west, by mountain peaks which rise several hundred feet above it. The south, that towards Montreux and Lake Geneva, is the only side exposed. It is thus protected from the north, east, and west winds, and, owing to its altitude, is not subject to fogs. In fact, the amount of sunshine during the year compares favorably with Davos and other resorts in the Engadine.

Although the Hotel Les Avants is filled during the summer by patients and tourists, it is principally as a winter resort that it has become famous. Its advantages are pureness and dryness of the air, the almost complete absence of high winds, and the abundance of sunshine. In the early spring months, while on the north side of the hotel in the shade the thermometer may register several degrees of frost, in the sun it may register 70 or 80 degrees. Sun-boxes, about twice the size of sentry-boxes, are quite an institution at Les Avants. In these, patients, while sheltered from the wind, may remain in the sunshine several hours each day. Tobogganing and skating are much enjoyed in the winter time.

The class of cases to which Les Avants is best suited are patients with tuberculosis in its very earliest stages, convalescents, and those suffering from anæmia and nervous debility. On account of the great majority of patients suffering from diseases of a curable character, there is an air of brightness and hopefulness about the place which is of great advantage to one in the earlier stages of phthisis.

Leaving Montreux by the train, and ascending the Rhone valley, Aigle is reached in less than an hour's time. Above Aigle there is a consumption cure, Leysin, which is every year becoming more noted. The average sunshine there in the winter of 1887 was much greater than at Davos. I shall probably visit Leysin before I leave Switzerland.

Ascending the Rhone valley still further by train, we arrive at Leuk, above which are the famous hot sulphur baths of Leukerbad. These

I think I described in a former letter from Switzerland.

In making the journey from Geneva to Davos by train, there is nothing to note until one passes along the shore of the Wallensee. Here the scenery is equal to any in Europe. On the opposite side of the lake, the rocks rise almost perpendicularly out of the water to the height of a thousand feet or more. After leaving the Wallensee and passing up the valley of the Rhine, Landquart is reached, and from there a road branches off to Klosteos and Davos. The entrance to the valley leading to Klosteos is guarded by almost perpendicular walls of granite, which rise to a great height. The ascent from Klosteos to Davos is very steep.

The Davos valley, 5,200 feet above the sea, runs from northeast to southwest, and is protected on each side by mountains thickly wooded at the base, which rise from two to three thousand feet above the town.

There are two distinct centres of population in the valley, Davos Dorfli and Davos Platz. The latter is altogether the most important, as nearly all the large hotels and pensions are situated there. The native population of the valley amounts to between three and four thousand, while the number of patients varies from about five hundred in the summer to fifteen or sixteen hundred in the winter. There are many very handsome hotels, which have every convenience for guests. The streets are well paved, and the town has good drainage and an excellent water supply. Several churches, concert halls, a very pretty theatre, and streets lighted by electricity give Davos the appearance of a miniature city.

The principal features of the climate are the rarity, purity, and dryness of the air, the freedom from winds, especially in winter time, and the large amount of sunshine.

"In midwinter the snow lies dry and powdery on the ground, whilst the radiating solar thermometer marks from 110° to 130° F., and at the same time the temperature of the air in the shade is perhaps 10° F. below freezing point; and, notwithstanding this low temperature of the air, one sits out of doors without an overcoat, barely supporting the heat of the sun. The explanation of this seeming paradox is not