

the constant supervision of his patients, and the careful gradation of their daily exercise, whereby the heart is kept strong and healthy, and is able to maintain a brisk circulation through the somewhat obstructed channels of the pulmonary vessels, and the dropsical condition of the lungs induced by too much of the recumbent position in the *Liegehalle* of sanatoria is avoided. Thus not only the lungs, but all the organs, including the heart and all other muscles, are brought into the condition of a gently but well-trained athlete, and the patients are ready to return to their work, if not absolutely cured, at any rate in such good condition that they can continue to be useful members of society, and if they have the sense to continue the high-feeding and careful exercise can eventually live down their lung lesion and lose it. In too many cases it is a weakened heart that prevents their doing so. I believe that the same excellent principles of treatment, carried out in a totally different climate, will give even better results than those of Nordrach, though they are, I believe, the best yet produced; *but they are produced by the system of treatment in spite of and not because of the climate.* Hundreds of cases have been cured at Davos without any rational system of treatment whatever."

There is good reason to believe, therefore, that even in countries where the winter climate is severe, as in Canada, curative results can be obtained in the treatment of consumption. For instance, the following report from the Gravenhurst Sanatorium is encouraging.

MEDICAL REPORT FOR THE YEAR ENDING SEPTEMBER 30TH, 1898.

Number of patients treated during the year.....	116
" at Sanatorium still under treatment.....	33
" to be reported on.....	83
Of these 83 patients there were	
Discharged apparently cured.....	12
" with disease arrested.....	33
" with marked improvement.....	29
" unimproved.....	11
" failed.....	8

Of the 83 patients 64 gained in weight an average of 11½ pounds. Average stay of each patient 98 days.

The altitude of the Gravenhurst Sanatorium is only about 850 feet above sea level. In British Columbia, however, residence can be obtained at stations having a suitable elevation above the sea, and, when climatic advantages such as they possess are made to co-operate with overfeeding, regulated exercise, and medical supervision, the curative results to be looked for in Canadian sanatoria ought to be of the most satisfactory character.

An important feature in the prevention of consumption is the isolation of cases of the disease in sanatoria, thereby removing a considerable source of peril from healthy people, who meet them in all the vocations of life, and more particularly their families, who live in the same homes with them. The number of cases of tuberculosis in Ontario is, however, so large (probably 10,000, there