

110-4-5-7  
CHRONICLE & THE WEST  
CASES BY ALICE  
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- 1st. Phthisis.
- 2nd. Phthisis.
- 3rd. Spasmodic Action of the Abdominal Aorta, a rare disease often confounded with Abdominal Annurism, except that on asculation there is no bruit, the porpulsion felt on pressure is the same as in Annurism even more pronounced.

cases of Annurism reported occasionally as "Cured" by benighted and be famous Doctors are sufferers from this disease; Abdominal or oracic Annurism is incurable. Spasmodic and undue action of the Arterial tem, especially when confined to the Aorta is curable but requires time, nge of scenes, Tonics, etc., In eight years of practice I have met with if cases.

The two cases of Consumption now in Hospital are doing well, especi- / that of Sub-Constable Chisholm, Haemorrhage of the Lungs, a prominent npton in this case ceased over four weeks ago; he is gradually gaining h and his strength is also on the increase. The other case is also doing I but not so rapidly.

This gives me a chance to write a few words on the climate of this ntry so much vaunted by the Doctors "out East" for its bracing effects the lungs and the system generally. As it is a question of much import- e and open to many sided views, it is with diffidence that I offer a few arks on what may influence the future actions of many poor sufferers. utilize for, and transit, to, suffering humanity whatever knowledge a fessional man gathers in the course of his career becomes a sacred duty, iver small that knowledge may be. It is by the constant gathering and umulation of isolated facts that science in all its branches has attained present grandeur and magnitude. I will offer no theories as to the effects igh or low altitudes and latitudes, but merely report the few cases that e come under my notice since my joining the Force:-

1st. Sub-Con. N. . . . About 27 years, family history uncertain, dissi- d habits. He was sent to Fort Ellice from Roche Perceé during the ch of 1874. Two cavities in left lung, spitting of blood, night sweats, ication and loss of strength. *Treatment*, Tonics combined with Alter- es, nutritious diet, "Off Duty", i.e. no fatiguing work, regular exercise early hours, to live in the open air as much as possible, i.e. Tent Life s was in Summer). Result cured, with the exception of a slight flattening he left Chest the general form is good, strength completely recovered.

2nd. Sub-Con. C. . . . Age 30. Family History good; good habits; *good sique* but not healthy, began spitting blood early last fall, found tubercular cists on examination, night sweats, loss of flesh and strength. *Treatment*, e as above, has gained flesh, gradual recovery of strength, evidence of plete recovery.

3rd. Sub. Con. D. . . . Age 28 (French), family history bad, rather ipated habits, was through the "Franco-Prussian War", delicate appear- ; but fine *physique* and full chest. Began by spitting blood, Night Sweats, at upper left Chest, loss of flesh and strength. *Treatment* same as above, ospital (Hospital Ward, large, roomy and well aired), out door exercise ne weather, even in severe cold weather so long as not windy. Result: it sweats checked, spitting of blood almost nil, somewhat stronger and etter spirits. I am doubtful somewhat as to the ultimate result of this . The Family history is very bad, both parents having died Consumptives the results so far are favorable and speak well for the country. I need add that the *Treatment* followed in each case is the same as that ricted in other countries but with *different* . . . .

of humidity from observations taken since is 62. Latitude 51°54'31" N probable altitude 1700 feet above the Sea.

I would respectfully state that the Rations furnished by Govern are unexceptionally good. No one article of food can give reason for *complaint*. On two occasions it was found necessary to increase the ratio Meat from the one and a half to two pounds, when we got a ple supply of Buffalo west of Cypress Hills; the march was severe and the required more food which was willingly granted, and this Fall wher men were obliged to do heavy fatigue work it was found necessary to increase the rations of Meat and accordingly recommended and or to be issued. I would respectfully suggest that under similar circumst the ration of Tea be increased when on the march or doing heavy se of whatever nature. There seems to be a natural craving for Tea. I now acknowledge not to be a delicacy only whose stimulating effect transient, but a *food* of no mean value, and having an effect on the ne system which should class it among the nerve Tonics. On the marc men constantly grumble as to the insufficiency of Tea and never wh Barracks and performing only the ordinary duties of the Force. Respec submitting the above considerations I would suggest that the ration of be increased from half to three quarters of an ounce when on the n or doing heavy fatigue work.

A word about the clothing. The underclothing furnished is of suf quality, well made and warm. The Grey Breaches answer the purpos the Force better than the Trousers; those do very well for parade. Scarlet Norfolk Jacket altho' made of superior quality of cloth are f in shape. It is my humble opinion that the Tunic would be more comfor better fit, more seemly in appearance and warmer in cold weather. Jacket when once it gets wet draws in every direction; the belt, whic fixture, is drawn towards the arm-pits and thus allows cool air, dust a free entrance between it and the Breaches or Trousers. The Buttons placed far apart have a "draw" game with their fellow button-holes give a scolloped appearance to the front. Altogether I believe the Nc Jacket to be a failure and would humbly suggest that it be substitute the Tunic. The Cloak and Cape are also of good material but certain not answer the purpose for which they are intended; they are not enough for Winter use and *not* being waterproof I cannot see their us Summer. They answer very well for cold evenings in summer. I believe a Skin Coat with the Fur on as Buffalo Robe or Sheep Skin (White) so as to cover the hips only, to be by far a more suitable covering tha present Cloak - lighter, warmer, cheaper and certainly more durab Sheepskin Coat will last six or seven years with pretty severe usage I know from experience.

A light waterproof may be furnished for summer use.

As there is a possibility that this Force may be increased and it of the highest importance that men chosen for this service should be physique and sanitary condition beyond criticism I would respectfully comment that the Honorable Minister of Justice draw the attentio whatever Medical Examiner be appointed to the "causes of refusal" down in the Regulations for the admission of candidates to the Kir Military College, as they are very carefully drawn out. I insert them with a few remarks:-

"1st. Feeble constitution, unsound health from what ever cause, in tions of former disease, as leech bites, traces of Blisters and Nodes, Gi

the Groins and other signs of Constitutional Syphilis. Syphilis as a distinct disease has caused us more troubles, vexation and loss of time than any other one disease, not to mention that other diseases are exaggerated by the presence of this virus in the system.

"2nd. Chronic Cutaneous affections especially of the Scalp.

"3rd. Severe injuries of the Bones of the Head.

"4th. Impaired Vision from whatever cause.

"Inflammatory affections of the Eyelids, immobility of the Iris, fistula la chrymalis, etc.,"

I would strongly advise the use of the Opthal microscope to detect any disease of the eyes not apparent externally, and Gaegens or Snellings Test Type to ascertain the power of vision.

"5th. Deafness, copious discharge from the Ears.

"6th. Impediment of the Speech.

"7th. Want of *due capacity* of the Chest or any other indication of a liability to pulmonary disease".

Here I would respectfully state that *capacity* as ascertained by the usual measurement of the circumference of the Chest, the so-called "Military Measurement" the arms being extended horizontally, laterally does not give the true capacity of the Chest. It would perhaps be better to change the word "capacity" for that of elasticity, at the same time keeping in mind a certain number of inches as a standard for the circumference of the Chest allowing for variation of height. What I mean by *elasticity* is the difference in inches between the mean circumference after the complete act of expiration and the maximum circumference after a full inspiratory act bringing the action of the elevator muscles of the Chest to bear on the ribs. It is easily seen that by this means the real capacity quantitatively speaking can be easily ascertained. My experience has led me to the conclusion that it is not the biggest man that has the greatest elasticity but the middle-sized wiry and active man. In the Force we have a man over six feet in height and large in proportion whose elasticity is only two inches, the circumference of his Chest being 42 inches; he suffers from Chronic Bronchitis. We have another man Five feet nine and a half inches in height weighing 160 lbs whose Chest capacity is six inches within a fraction. I have set down as my standard *three inches*, and anything less than that should be considered as suspicious. My remarks on this point may appear lengthy, but the importance of it is a good apology. All those that I have invalidated for Chest affection, and those in the Force suffering from the same have demonstrated this to be a fact beyond doubt.

"8th. Impaired or inadequate efficiency of one or both of the superior extremities, from Palsy, Old Fractures (especially of the Clavicle), Contraction of a Joint, Mutilation, Extenuation, Deformity of, Ganglions, etc.

"9th. Unnatural excorviture or incurvature of the Spine.

"10th. Hernia or a tendency to that disability from preternatural enlargement of the abdominal Ring."

The Physician should make a very careful examination of this part of the body and not many know how to do it. The tip of the fore-finger should be thrust along the Spermatic Cord into the External Abdominal Ring and a tightness on the tip of the finger should be felt like that of a string strung on a bow. Should these parts be flabby and the Ring preternaturally large they are first excuses for rejection. The old Dragon may do good service with the help of a truss but would be perfectly useless for the Mounted Police. So far we have had only one case of rupture.

"11th. Varicose state of the veins of the Scrotum and Sp (one case of Variocele was admitted into the Force at Oriternally on the Daily Sick Report until he was invalidated). Variocele, Haemorrhoids, Fistula imperines, and any other Fistula

"12th. Impaired or inadequate efficiency of one or both from Varicose Veins, old Fracture, Malformation, as "Flat mine), Palsy or Lameness, Contraction, Mutilation, Extenuation, Unusual Length, Overlying or Supernumerary Toes, G

"13th. Ulcers or unsound Cicatrices of Ulcers, likely afresh.

"14th. Diseases whether acute or chronic for which Medicine is required."

Before closing this Report I would respectfully call to your consideration the services of Hospital Sergeant Price. Having ledge of Medicine, he, on several occasions was enabled to take and performed the duties of Surgeon in a very creditable manner towards the Sick has always been marked by kindness a strict observance of Order as becomes a soldier.

The whole respectfully submitted.

I have the honor  
Sir,  
Your obedient  
J. Kitson

Forwarded:-

It is much to be regretted that this very able and instructive report was not written in time for last year's published report, owing to the illness of Dr. Kitson.

G. A. French, C

The actual number of cases of each disease treated will be given in the next mail.

G. A.





Commissioners of the Royal North-West Mounted Police, OPENING UP THE WEST BEING THE OFFICIAL REPORTS OF THE ROYAL NORTH-WEST MOUNTED POLICE FORCE FROM 1874 TO 1881 Toronto: Coles Canadiana Collection, 1973 (RPL PHR R351.75)

P. 65 James Macleod, Asst. Commissioner, Ft. Macleod to Lt-Col. French Dec. 1, 1874  
-met with the chiefs of the three branches of the Blackfeet (Bloods, Peigans & Blackfeet) "All the Indians I have so far met appear to be a very intelligent lot of men; they have all the name of being extremely hospitable to strangers, and from what I can learn have no objection to white men settling in their country. It is my impression that the Government will not have much difficulty when they come to deal with them."  
-only diff, the meetings of hostile war parties Crees & Assiniboines are said to be at war with the Blackfoot