

parated from the mainland of Invernesshire and Argyleshire, in which counties, and in Bute-shire, they are included, by Applecross Sound, the sound of Sleat and smaller lochs or arms of the sea that pierce the mainland shores.

The term Long Island is applied to the outer isles from the Butt at the extreme north of Lewis to Barra Head at the south end of the little island of Bernera, the southernmost of the outer group. The extent of The Lewis may be judged by the fact that it covers 501,000 acres, large tracts of which are useful in the raising of stock, while many acres are under successful cultivation.

The Minch may well be called "the Stormy Sea." The journey of 63 miles from Kyle of Lochalish to Stornoway is most enjoyable on a swift-going steamer when weather conditions are favourable. But there are times, when even with clear skies and bright sunshine the north-east gale, no stranger to these waters, makes the sea of pleasure and gives even enthusiastic tourists evidence that the restless sea, the tossing current white with foam, is a fact and an itinerary that is not always enjoyable.

The Pentland Frith, the most turbulent of the Scottish seas, with its swift changing current and dangerous eddies, comes all of Scottish waters, and yet for the tourist the Minch is up in competition for the medal of discomfort.

The British Channel, that silver streak whose waters between Dover and Calais are, by the aid of the turbine, covered in fifty minutes, sometimes reminds the tourist that there is more than a murmur in the joyous sea of even a summer's day. And yet on more than one occasion has the Minch, with sky bright and clear, and air wild with wind, and seas rising as the steamer cleaves its way, reminded the traveller that perhaps there are other voyages fashioned much upon the same lines as that of the channel, which foams the sea in sight of the cliffs of Dover.

But there are pleasant days for the journey during many months of the year to these northern isles, so that the tourist dreads the seclusion that a cabin grants, may pocket his fears, and sitting on the spacious deck of a grey-hulled boat of the Minch, in-breathe the life-giving ozone of a Scottish sea; yes, and have the heart gladdened as from the spacious harbour he views a bright and picturesque town — that of Stornoway—with its well constructed buildings for business and residence, its quays of concrete, its esplanade covered with barrels for the product of the herring fleet. Then its throng of sailor men, its smart and active women, young and old, clad in homespun, working in hundreds at the packing of the herrings and betimes carrying "creels" that would stagger an ordinary athlete. To say nothing of the business men, active and sharp, who with always an eye to the main chance, have a reputation for integrity and honest dealing that is said to be a distinguishing characteristic of the folk who first saw the light in this water-circled land.

Some writer in giving an account of the Island of Lewis has