

While Pike Lake, by reason of its nearness, is an attractive spot at which to spend the summer, it is principally the scene of half-day and whole-day picnic parties and a spot where the tired business man goes for brief recreation.

LITTLE LAKE MANITOU

A pleasure resort of a more distinctively holiday type is to be found at Little Manitou Lake, about 60 miles southeast of Saskatoon (nearest station Watrous on the G.T.P. Ry.). The lake is easily reached, the trains running out in the evening and citywards in the morning, so that citizens whose families live at the lake can visit them without loss of valuable business time. The lake is about 14 miles long and has high wooded banks, upon which are built literally hundreds of cottages. Besides these, there are two hotels and a sanitarium, as well as a Y.W.C.A. establishment for ladies. Facilities are offered for boating, bathing, tennis, golf and dancing. Reference to the usual refreshment booths and other attractions would be superfluous, but a word should be said about the bathing, which is excellent. The lake has a gently shelving beach, with a firm, sandy bottom, and as the specific gravity of the water is very high owing to the amount of chemicals in solution, it is exceptional as a safe place for swimmers. It is quite evident to any observer that the buoyancy is very great, and the first drowning fatality is yet to be announced.

MEDICINAL VALUE OF THE WATERS

It is only during recent years that the curative properties of the waters of Little Lake Manitou have become widely known. They are recommended as a cure for rheumatic patients and for the treatment of intractable skin diseases. It is not easy to convince a sceptical public in matters of this kind, but unbiased testimony is becoming quite common that for the diseases mentioned the waters do provide remedy as good or better than that offered by the world's famous watering places. The specific gravity of the water is higher than that procured at Hunyadi Janos or Carlsbad, two of the world's most famous watering places, and by solution of similar chemicals. The waters at Carlsbad contain Magnesium Sulphate, Potassium Sulphate, Sodium Chloride, Calcium Sulphate, Oxide of Iron, Silica and Carbonate of Soda, and the Specific Gravity is 1.02. The waters at Hunyadi Janos contain Magnesium Sulphate, Sodium Sulphate, Potassium Sulphate, Sodium Chloride, Calcium Sulphate, Oxide of Iron, Silica and Bicarbonate of Soda, and the Specific Gravity is 1.05. The Specific Gravity at Little Manitou Lake is 1.06, and the following is an analysis of the water:

Sodium Chloride.....	1405.60
Sodium Sulphate.....	50.92
Magnesium Sulphate.....	308.88
Oxide of Iron and Aluminum.....	0.28
Calcium Sulphate.....	104.96
Potassium Sulphate.....	116.62
Magnesium Bicarbonate.....	63.42
Silica	0.69

The lake at its centre is of great depth. The evaporation of from seven to ten gallons of water will produce one pound of pure sun-dried crystals, and a light oil may also be extracted, which, used as an embrocation for rheumatism, is claimed to possess remarkably remedial properties.

As a matter of commercial fact, the crystals and oil are being extracted in large quantities from the lake and shipped by the earload to Winnipeg, where they are sold as proprietary medicines. Intelligent steps are now being taken to make Little Manitou Lake more popular, a movement which is gaining momentum and which will result in the curative properties of these waters becoming much better known.