family had to be either in very humble circumstances, or else very tightly bound by the ties of labor, who did not, at least for a brief period, fly to the woods and the lakes, the mountains and the streams, the seashore and the rural home, to breathe in from Nature's own scenes new powers for the future.

For these reasons it is now a common topic around the family hearth, through the winter and spring, to decide what will be done for enjoyment during the regular summer respite. This question is now-a-days not so difficult to decide as it was a few years ago. The matchless beauty of the seenery of the Thousand Islands and the St. Lawrence River, its wonderful resources as a sporting locality, and the deserved popularity of the Tuousand Island House, (over twelve thousand guests registered there during the season of 1882), are now so well known throughout the whole country that it needs little discussion to turn the faces of all seekers after rest, health and recreation in that direction. It is now the popular Mecca for thousands of all classes of people, the numbers of whom are yearly increasing-people who seek the locality where they may spend any length of time amid the most romantic scenery on the continent, enjoy the most exciting sport, and at the same time secure any degree of comfort, from a tent on a wild island to a sumptuous room in the Thousand Island House, one of the finest and most complete hotels to be found anywhere.

Of course, in selecting a summer resort, the first attribute should be its health-giving attractions. That the St. Lawrence River, especially in the vicinity of the Thousand Islands, possesses these in an eminent degree, will be seen by the following comments from the pen of an able writer, who has spent many summers there:

"The air is light, dry and mellow, and is adapted to the constitution of almost every one, producing a kind of peace-with-all-theworld feeling, and endowing one with a new and wondrous activity. Fogs rarely occur here, and you can remain day and night out of doors without peril to health. Neither is the night atmosphere damp and heavy, as it is near the sea-shore and at many of the inland resorts; it is generally with tardy steps that one withdraws indoors at meal time or for the night.

"Many a time have we, after retiring to our bed, opened the blinds and windows of our room so as to obtain one more view of Nature in her evening dress before closing our eyes for the night.

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