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springs ; marshes are remarkable for their absence ; malaria is unknown. Certain grasses and rye—the pollen of which, while in blossom, is claimed by celebrated nasal and throat specialists to be the direct cause of "hay fever"—are not indigenous to the soil. 'Tis a literal fact that the people resident on the shores of the Lake—excepting the Indian—die of old age.

Quoting from a letter written by Prof. E. Stone Wiggins, M.D. (Feb., 1898) he says :

"I am greatly indebted to the salubrity of its climate for the recovery of my health, which had become shattered from official confinement. I know of no region in Canada where the atmosphere is so delightfully cool, and pure, during the hot season. There are no low lands to create carbonic gases, and consequently no malaria or endemics of any description. If foreigners knew of the health-yielding elements of those mountains and streams in their wild nobility, it would become one of the great summer resorts of Canada. With partridge and deer



OPEMICON—LOOK NG DOWN LAKE.

in abundance, here and there the giant moose, the shining trout in every stream, it is the fairyland of the sportsman—the Adirondacks of the Dominion."

Dr. P. H. Bryce, M.A., M.D., of the Ontario Province Board of Health, thus writes in a pamphlet, from which we quote :

"Lying between the Ottawa River and Lake Huron, and extending northward to the "Height of Land," are series upon series of lakes and streams, similar to those of Muskoka, attaining in Lakes Temiskaming and island-dotted Temagaming even larger areas, and marked notably in Temagaming by a loveliness as unique as it is rare. . . . There, removed from the dust and smoke of cities, and those many impurities ever attaching to settled human habitations, thousands from the cities to the south are destined to find not only vigor in exercise and