

for the enfeebled. They are all easily accessible, and in the early autumn are at their best. The convenience of invalids has been fully considered in the travelling and hotel arrangements. Another place of note is Murray Bay, below Quebec, where is the excellent Manoir Richelieu. There one may have the advantage of sea air and mountain air combined in a place of much natural beauty.

For those who are unable to endure a long ocean voyage, there are the vast inland lakes of Canada, which are navigated by steamers as perfectly appointed as those which cross the Atlantic. These lakes are in reality inland seas of pure, cold water at an elevation of 600 feet. The effect upon the invalid is at once stimulating and sedative, and, as a result, rest, appetite, and sleep are promoted.

There are also peculiar conditions in the prairie country beyond the lakes, which make for recovery. From May to October the intensity of the sunshine, the long daylight, the rapidity with which the ground dries after rain, the cool and bracing afternoon wind are all of value in stimulating metabolism and eliminating waste products. The prairies run quite to the foot of the mountains, where the patient may obtain in a few hours the benefits of intense insolation at mid-day, a low relative humidity of the atmosphere, very rapid and great changes of temperature at nightfall, all due to the small rainfall and the elevation above sea-level.

Up to this point I have been speaking only of those places, which have acquired merit in virtue of their natural advantages, and the adaptation of them to purposes of health by natural means. It yet remains to make mention of one place, at least, where health is restored by means of miracles. The best known of these temples of healing is the shrine of Ste. Anne de Beaupré, or *La Bonne Ste. Anne*.

It is situated 20 miles below Quebec, and may be reached by a railway which was constructed especially for the accommodation of pilgrims and pilgrimages, and appropriately blessed by Cardinal Taschereau, upon the occasion of its opening in 1889. For 20 years the shrine has been visited by seekers after health, the average yearly attendance being 150,000 persons. There is no place in the United States where miraculous cures are performed on any considerable scale, and citizens of that country, who expect benefit from that method of treatment are obliged to come to Quebec, or go to Mexico. Many marvellous cures are reported as a result of a visit to the shrine, which are attested to by a monument of crutches and *ex voto* offerings. The most hopeful moment for a visit is on Ste. Anne's day, July 26th, which fortunately falls at a time of year when large pilgrimages are easily handled by the railway companies.