

Bedford Basin, a beautiful sheet of water, covering an area of nine square miles, completely land locked. The city is protected by substantial fortifications, armed with powerful batteries. A hostile vessel could not possibly enter the harbor without being destroyed by the numerous guns which would be turned upon it.

Looking at Halifax from the town of Dartmouth, across the harbor, a few weeks ago, I thought that I had never seen a more picturesque view. The city showed off to good advantage, with the blue haze of Indian summer resting on its fine public buildings and church spires; while the vessels along the wharves indicated maritime commercial activity of the

A Healthy Climate

THE Canadian winter is conducive to health. Probably no country in the world, taking in all its seasons, is so generally healthy. Statistics, I think, show this to be abundantly true, and, strange as it may appear, the winter is the most generally healthy of all seasons in this remarkably healthy country. "The death-rate is lower in cold months than in July and August. Twenty times as many persons die from the effects of sunstrokes than from the effects of cold in nearly all the large cities. We have to be careful of our diet in hot weather, but in winter we can eat what we



LAND OF EVANGELINE

greatest importance to the people, and the ships, lying at anchor here and there in the harbor, presented a panorama of marvellous attractiveness.

Citadel Hill, 256 feet above the level of the harbor, seems to be about in the centre of the city and is surrounded by a large common which is used as a playground by the children. "On this hill are fortifications, begun by the Duke of Kent, altered and improved for a time to keep pace with the advances in the science of warfare, but now regarded as obsolete." In the past, Halifax has enjoyed the distinction of being the only Canadian city garrisoned by the Imperial troops, but during the past few months these have been removed and Canadian soldiers have taken their places.

The Halifax Park is a beautiful bit of forest, with a lovely drive skirting the sea shore. Along the Point Pleasant road, and around the north-west arm, is a road as pretty as can be found anywhere on this continent.

The limits of this article will not permit any description of Cape Breton and its wonderful scenery, neither can any space be given to the Sydneys with their great industrial development, which is scarcely less wonderful than the material progress of the West. These have already been pretty thoroughly treated in these pages, and the beauties of Prince Edward Island have also been described and illustrated. The hospitality of the Eastern people is proverbial. They open their hearts and homes to the visitor in the most charming manner, so that the most delightful memories are carried away.

The people of Ontario and the West, who have never visited the Maritime Provinces, will find the East full of interest and charm. It is remarkable that more of them do not spend their holidays on the Canadian Atlantic Coast.

[For the fine pictures illustrating this article we are indebted to the courtesy of *Sunshine*.]

please and plenty of it. The Canadian winter has its compensations, and although the cold is a distinguishing feature, it does not prevent thousands of our people living to number as many years as are attained by the oldest in the most favored lands."—*Rev. F. A. Wightman*.

Our Land

BY THE "KHAN."

What land is that which welcomes him
Who flees Despair and follows Hope?
What land is that which first he sees
Along the high Atlantic slope?
That land is ours! it queens the main!
And ours it ever shall remain!

What land is that which further wades
Far in the deep Pacific plain,
And welcomes first the east-bound ships
That speed with Oriental gain?
That land is ours from main to main—
And ours it ever shall remain!

What flag is that which proudly waves
Above the happiest and the best;
O'er seas of soil and lakes of land,
The widest Empire in the West?
That flag is ours! it bears no stain—
And ours it ever shall remain!

And shall we shut our eyes to that
Fair promise in the future hid,
And sell our splendid birthright as
The hungered hunter Esau did?
Not so, we've got a goal to gain—
What's ours shall ever so remain!

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