Mill trons

first became known when gold was discovered at Kieniwisik Lake, forty-five nules to the South. Over 3,000 acres of land have been taken up in the vicinity of Amos, and there is any quantity of good land awaiting settlement.

The choice of canoe trips from here is really wonderful. Up to the present these waterways have been known only to Indian traders and a few white men. The Harricana River divides the town of Amos, flowing northwards in an irregular course for 300 miles to James Bay. Going down the river is not practical, however, on account of the many rapids and consequent long portages. From Amos to the south the river is navigable for good sized motor boats, and by this route the sportsman may make connection with various streams and rivers that afford hundreds of miles of canoeing. The Harricana has its birth in the midst of a country abounding in immense lakes, which are all more or less connected by a network of streams and rivers. It is doubtful if any other part of Canada can furnish such splendid opportunities for a summer outing, for it is possible to motor or paddle for days and hunt and fish without restraint.

Two sawmills contribute to the industrial activity of Amos. There is considerable mining also, the most important being the operations at Kewegama Lake, and the Height of Land, where valuable deposits of molybdenite are mined. As the chief use of this metal is for the tempering and toughening of steel its value at the present time is greatly enhanced.

The Canadian Government Railways have issued a special booklet. "Out of Door in Northern Quebec, Northern Ontario and Eastern



Spirit Lake. At one time used as an internment camp, now as an experimental farm