

Near the height of land, the valleys between the low hill ridges are often quite wide, and are everywhere covered by innumerable lakes, many of which are of great area, but more often of small size.

These lakes are always connected by small streams, with rapids or falls between them. The streams flowing from these different lake chains join to form the many large rivers which flow out of this area. Along the lower courses of these large rivers, lakes are not common, the greater volume of water having cut through and removed the boulder drift and solid rock barriers, which cause many of the lakes in the interior. From this description it will be seen that our northern country is everywhere covered with a net work of waterways, navigable without much difficulty in any direction with light canoes capable of being transported across the intervening portages.

It was by one of these waterways, the Bersimis river route, that we reached Mistassini.

This river empties into the Gulf of St. Lawrence some 160 miles below Quebec. At the mouth is situated a large village of Montagnais Indians. These Indians are under the care of Roman Catholic missionaries, and are well advanced in civilization, many of them owning log houses and resorting to the woods only in the fall, where they hunt furs all winter, returning to the village in the spring, and there remain mostly in an idle state during the summer, living on the proceeds of their winter's hunt.

The journey was undertaken in small bark canoes, two men paddling each. The first 45 miles was a monotonous paddle along shore against a strong even current; between high vertical clay and sand banks, in a river valley from $\frac{1}{4}$ to 1 mile wide, with walls of gneiss rising from 300 to 600 ft. above the river. The hills and river bottom are covered with a dense forest, the trees being white and black spruce, tamarac, balsam fir, balsam and aspen poplar, white and yellow birch. There is no pine. These trees afford logs 24 inches in diameter at the butt, and are cut into deals by a steam mill at the river mouth.

At the end of this stretch, which took three days to paddle, the first of a long series of portages was reached. The first portage passes a double fall of 100 ft., with a large whirlpool between, on the edges of