

About six miles further south down this same upper Arrow Lake brings us to St. Leon at the mouth of the creek. Some 3,000 yards back from the lake, also on the eastern mountain's slope, and 700 feet above, are two other hot springs 126° F., and similar in character to those at Haleyon.

Resuming our steamer trip still south another fifteen miles, we reach Nakusp, and I understand that about six miles to the W. N. W. of Kooshanax Creek is another hot spring, though I have not visited the spot.

Albert Canyon.—It is now necessary to return to the main C. P. R. line at Revelstoke and retrace our steps northeast for twenty miles to Albert Canyon, alt. 2227 feet, (where we might have stayed off before reaching Revelstoke.) Within a mile of the station is a warm spring of rather less importance, possessing a temperature of 80° F., and curiously enough the water is almost identical in composition with that derived from a cold spring many miles further east at a place called *Leancoil*, about midway between Field and Golden on the main line.

Harrison, alt. 30 feet—As far as I could learn, there are no hot springs of any importance known between Revelstoke and Harrison, which is within sixty miles by railway of Vancouver.

There are several springs at this point, about five miles drive from the station. The average temperature of the waters is 150° F., being much hotter than any of the others visited, and they vary somewhat in composition.

Not having visited these springs, I cannot give my notes on their external appearance, but I understand that the evidences of a former geyser basin are very defined, and that the flow of water must at one time been something stupendous.

COMPOSITION AND CLASSIFICATION

That some earnest effort is needed to classify and designate waters, so as to establish a nomenclature of waters, is evident from the lack of such expression, and the fact of several classifications at present existing, those by (a) Peale and (b) Crook being considered the best.

(a) A system of Physiologic Therapeutics, edited by S. S. Cohen.

(b) Mineral Waters of the U. S. A. and their Therapeutic Uses.—Cohen.