

experienced shooting and other pains in my knee joints, the consequence, probably, of several days crawling through soaking sallow and underbrush.

Being of a companionable disposition, I induced a well-known West Coast prospector to accompany me by suggesting that, although he, as he stated, was not afflicted with rheumatism, that anyhow a bath was always beneficial. For some reason he eyed me with

The geology of this promontory is interesting, the rocks are chiefly sedimentaries, highly altered and rendered crystalline by contact metamorphism. The heated waters of the spring well-up from clefts which distinctly mark a fault plane, up which the mineral laden spring rises. The source of heat is most probably occasioned by recent and extensive rock movements. Although I made no chemical examination of the waters



BEACH AT SYDNEY INLET.

suspicion, but my innocent and child-like expression evidently reassured him and we didn't come to blows.

We rowed down the inlet one charming summer morning in a little skiff, skirting the north shore towards the open sea and landed at a deserted Indian reservation peacefully situated in a little cove, the only convenient place of landing adjacent to the springs. Here the traveller is completely sheltered from the never-ceasing swell which rolls in from the wide Pacific. The rancherie itself forms an ideal place for camping, as



DEER SWIMMING CREEK NEAR THE SPRINGS.

it was apparent from the taste that the saline content was small. Silicic acid was present, as the waters in cooling deposited silicious sinter. The mineral in solution was therefore evidently derived from the decomposition of the silicates of the heated rocks by underground waters. We both thoroughly enjoyed bathing in the warm pools below the steaming waterfall, but first found some little difficulty in becoming accustomed to the high temperature of the water. The salts and silicic acid are, however, present in sufficient quantity



ROCKY PROMONTORY, SYDNEY INLET.

there is an abundant supply of fresh water and an open grassy place for pitching the tents. After lunch and a rest, we continued on our journey and rowed round the point of the promontory and landed at the point where the hot water of the springs meets the salt water. The landing here, even in the calmest weather is a matter of difficulty, and when a storm is in progress, quite impossible. To the less adventuresome, by far the best plan is to land at the rancherie and to make one's way through the comparatively open bush along the centre of the narrow promontory. A good trail could be made in a few hours.



A CABIN AT THE HOT SPRINGS.

to act as a mild counter irritant. One remarkable feature of the spring is the large amount of hot water welling up at the extreme end of a very narrow promontory jutting out into the Pacific.

The place is of easy approach. The genial captain of the *Queen City* is always ready to oblige passengers, and he would gladly drop the camper and his boat load of supplies opposite the sheltered cove.

The promontory is an ideal spot for the sportsman, as the waters, at certain seasons, teem with salmon, which may readily be caught with a spoon bait early in the morning or evening. The deer, which seem to love the