

as cheese or butter in Lower Canada, because most of the French eat their cream along with the milk. Montreal is the reverse of Quebec; for whereas Quebec is unspeakably formidable on the contrary, Montreal possesses no other defence, but that of being on an island.

Berthier is a handsome town, the first you come to in Upper Canada, in coming from Montreal, and 7 miles from Sorrel. The town of the Cedars is the last town I came to where the French had a church: this too is in Upper Canada. Here the St. Lawrence is very terrific. Soon after this I got among the Glengaries, who are Highland Scotch Roman Catholics. These people are by no means destitute of hospitality in time of peace; but are fierce in war. It was somewhere here that the brave General Covington fell. Finally I reached the British garrison of Prescott and crossed to Ogdensburg in the state of New-York, rejoiced to set my foot once more in the United States, from which I had been absent more than thirteen years.

The practice of medicine in the Provinces is not very respectable. The professors of that art, in all the places I have described, are greatly inferior to the physicians of the United States. I speak in general terms, but some few are to be excepted. The typhus fever is a frequent visitor of the Provinces. It spread through the parish of Wakefield, in New-Brunswick, in 1816 and 1817, and is always worse in cold weather. The dysentery, it is another common disease there.

The plant known here by the name of Pipsissiway, is common in New-Brunswick and Nova Scotia, but it is not the same as the winter green, and I caution physicians to beware of this mistake. The Pipsissiway is common in Pennsylvania. A young lady by the name of Cook, in the state of New-York near Tarrytown was not long since cured of a cancer by drinking it in decoction and poulticing with the leaves, and her mother requested me to make it known to the public. I have reason to think it grows in Connecticut. I procured some of it very lately between Jewel's city and Plainfield, and falling in soon after with young Doctor Eaton I presented it to him, advising him to shew it to the Faculty. The tree called the Balm of Gilead is common in Nova Scotia and is famous in beginning consumptions. They gather the

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