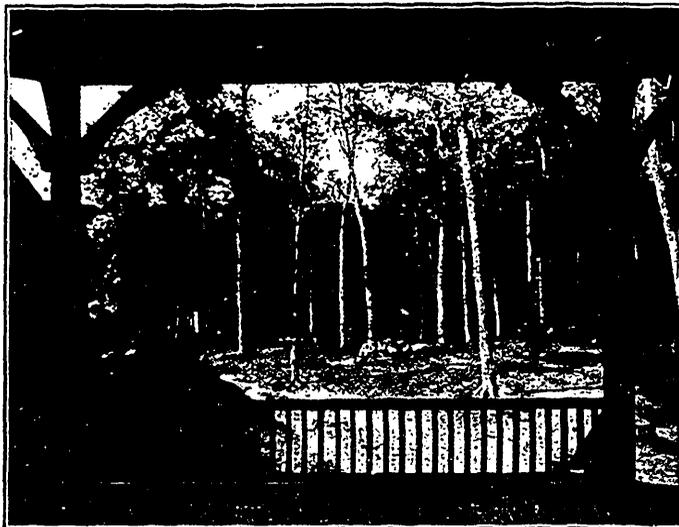


Methodist Magazine and Review.

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THE PLAYGROUNDS OF CANADA.

MUSKOKA HIGHLANDS.



MUSKOKA—A VIEW FROM THE VERANDAH OF THE "ROYAL MUSKOKA" HOTEL.



THE gospel of play is being more and more recognized as essential to physical health. In our strenuous modern life an interval of rest and recreation is often the best investment one can make. We will do more and better work in a year for a few weeks' holiday, and we will continue to do it longer. Even the bow of Achilles cannot be always bent. It must be unstrung sometimes. Pre-

mature breakdown will often follow unremitting toil.

The best form of recreation is to get back to the heart of nature—to its green, cool silences; to its peaceful lakes; to its dim old forests. We are highly favored in Canada with many such places. None need go far for sylvan solitudes. One of the most delightful of these is the far-famed Muskoka Highlands.

The word "Muskoka" is derived from the name of the great chief of the Hurons, "Musaquodo," signifying "clear sky," and the district well