

NIAGARA-ON-THE-LAKE FROM A HEALTH STANDPOINT.

PERHAPS the most prevalent ailment of the town dweller is brain fog, and the most frequent prescription given by physicians at this time of the year is change of scene and recreation in its truest sense. A hotel, not a sanitarium, is so often preferred by nervous people, yet it is necessary that pure food, good milk and farm products, clean rooms filled with cool air, and plenty of amusement should be supplied. A rest for the body, good nourishment for the inner man and diversion from household or business cares. A place where, also, a convalescent patient may be sent, leaving home so ethereal that his inmost thoughts can be read, and returning opaque and cheerful. Such a place is old Niagara, the scene of battle, now a peaceful camp for the soldier boy, and the trysting place of old Lake Ontario's breezes, and such a hotel is the old yet ever new Queen's Royal, proved by its household name among the families of Toronto, Buffalo, and New Orleans, many of whom are still going "where grandma always went to spend her summers."

So it goes almost without the saying that Niagara-on-the-Lake has for many years now been noted as a health resort, being situated at the mouth of the famous Niagara River, less than two hours' sail by steamer from our city. This resort is an exceedingly healthful and at the same time restful place, and any patient referred there can be guaranteed not only quiet by night but by day also. The management are very anxious to bring their hotel under the immediate notice of the medical profession all over Canada, as they feel that physicians are in a position to benefit their patients and themselves and be able almost to guarantee their complete recovery. The rooms of the Queen's Royal are bright and airy. The cuisine has earned for itself quite a notable reputation, all that can be procured from both the Canadian and American markets being served on the table, as the season permits.

In order to convince medical practitioners that the management are anxious to receive their endorsement, they have recently built for those desiring more quietude than is usually obtainable in hotel life, several beautiful little cottages in the grounds of the hotel, each fitted with a bathroom, hot and cold water, and electric light. These cottages can be rented at very reasonable figures, and arrangements made for meals at the hotel at special rates. Physicians may rest assured that any patients referred to the Queen's Royal will be much in the gardens during their stay, as the management have paid particular attention to providing out-door recreation of almost every kind. The tennis courts are too well known to require more than a passing mention,