

in the Temiskaming district, are the paradise, the winds of which carry healing on their wings to all who are afflicted with consumption. This is forcibly true of the latter, as I learned from personal experience. On the shores of this great lake there are no marshes; the mountains are clad with coniferous trees from base to summit—the red pine being in abundance—and the pure air, laden with the odor of balsam, is healthy and healing to the respiratory organs. Hence some physicians have suggested that a hospital for patients suffering from any lung trouble, should be established on this lake."

To that suffering class afflicted with Hay Fever, Temiskaming Lake District offers, through its atmosphere, an immediate balm. The words of a prominent New York physician, who has spent part of several summers here: "As to hay fever, I cannot imagine any person suffering from that affliction in that



ACROSS TEMAGAMING—FORTY-TWO ISLANDS IN PICTURE.

locality," tersely expresses what is well-known to a few to be a fact. Endemic and epidemic diseases are unknown. Persons slowly convalescing, and others whose systems are run down and in need of change of rest—to all such, by the healing effect of the pure air, rich in ozone, and permeated with balsamic properties derived from passing over and among the almost countless miles of coniferous trees—the benefit obtained is at once perceptible and permanent.

TOURISTS' RATES TO TEMISKAMING.

FOR TOURISTS, HUNTING AND CANOEING PARTIES.

FROM	FROM
Boston.....\$29.15, via. Montreal.	Montreal.....15.80, via. Montreal.
Buffalo.....16.90, via. Toronto.	New York.....31.25, via. "
Baltimore.....36.90, via. Buffalo.	Philadelphia..36.25, via. New York.
Chicago.....33.40, via. Toronto.	Pittsburg.....32.30, via. Buffalo.
Detroit.....21.25, via. "	Washington..39.30, via. "

Tickets on sale at all Canadian Pacific Railway Ticket Offices at the above mentioned places, and all principal points, from May 1st to October 30th, good to return until November 30th, inclusive.