

ing pilgrims as early as 1830, and probably even before. A good sized hotel was built in 1836 and the reputation of the waters even at that time extended through Eastern Canada and the Northern New England States. Since that time the history of the place tells of regular advancement interspersed with various important events—horse races, walking contests, miraculous cures and hotel fires. Many interesting stories are told of the old days. People are still living who have known the place since 1840, and many have made almost annual pilgrimages for 30 or 40 years. Until about 10 years ago, the trip from Montreal was an arduous undertaking. First, by train to Lachine, then by steamer through Lake St. Louis and Lake of Two Mountains to Carillon, again a ride on the cars over the famous narrow gauge to Grenville, thence by boat, to L'Original and finally by means of a stage-coach ride of 14 miles the destination was reached. With such a trip on perhaps a rainy day, the faithful rheumatic pilgrim must have believed great things of Mecca. Now the main line of the Canadian Pacific Railway runs through the property and ten trains a day with modern telephone and mail service make it almost a suburb of the city.

At Caledonia Springs there are four distinct and well marked springs constantly flowing. These differ in amount of flow, mineral ingredients and contained gases. Three rise within an area of fifty yards and the fourth is about two miles distant. Some salts are common to all and the uniform temperature of the water is 45° F.—said to be the average temperature of the locality.

The distant spring is known as the Duncan. The water is of the alkaline—saline—carbonated group. It is much the strongest in the amount of chlorides contained and especially sodium chloride. The action of this water is strongly aperient and its use is confined entirely to cases of constipation. The taste is rather bitter, but this is lost when taken hot.

The Gas Spring is also an alkaline-saline water and derives its name from the presence of carbonic acid gas. The carbonates of magnesium, calcium and sodium are present. In taste it is most pleasant. Its therapeutic use is derived mostly from the presence of carbonic acid and the carbonates, making it of value in gastric conditions.

The Saline Spring is a mild saline-alkaline and is the most popular of the waters, being the one largely bottled and shipped. It has an agreeable taste, although, to the newcomer, the faint odour of hydrogen sulphide is noticeable. The flow formerly exceeded 15 gallons a minute, but the outlet having been raised it is now only 7 gallons a minute.