

contains no less than sixty-five active volcanoes, and thousands of extinct craters which are either the cups of cerulean lakes or the birthplaces of magnificent glaciers. The Muir is most accessible and best known, but one which issues from Redoubt Mountain leaps from a cliff of a thousand feet, in huge emeralds, which whirl and flash as they fall. It is admitted that nowhere else can so delightful a voyage be found as that between Seattle and Juneau. There is nowhere a more beautiful island than Kadiac; nor is there any coast where mountains, snow-clad from head to heels, rise sheer thirteen thousand feet out of the sea—spectacles of incredible and appalling grandeur.

More quietly delightful and yet as health-giving is an outing of tent-camping, easily accessible and small of expense. Better, however, is a log cabin and a camp-fire in some locality chosen for its waters, wildness, and beauty. Such outings are supposed to be appropriate only for men, but women should go. More than men they need to break the monotony of life squarely off, and make a summary riddance of it. Let them make wood-nymphs of themselves. Whoever heard of a Diana suffering from nervous prostration, or a naiad sending a satyr post-haste for Hippocrates?

A woman can never fully appreciate the refinements of her home till she have an opportunity to contrast them with their opposites—not the opposites found in poverty, overcrowding, and squalor,