

settlers were exposed to intense cold during the whole winter, they managed, provided they could keep off the wind, to pass the cold season in comfort. Our cold does not enervate or depress; on the contrary, while it pinches it invigorates and disposes us to activity.

The long continued influence of our cold has not yet produced that congelation of the imagination which Dubois prophesied. Your own esteemed traveller, Dr. Kane, whose memory we here venerate, noticed the same thing among our neighbours, the Esquimaux, to the north of us, whom he described as a "happy race of people, happy so far as a contented and an elastic temperament go to make up happiness." Yet is the cold they endure greatly in excess of ours!

The influence of our springs and autumns is much like that of those seasons elsewhere. The ratio of mortality in Canada is low. When Canada was a military station it was, with the exception of Malta, the healthiest station under the British crown, and soldiers, debilitated by residence in other climates were sent hither to recruit their strength and vigour. The valuable statistics furnished by the surgeons of the American Army show your stations to be healthier as they approach the great northern lakes, which separate, yet join, your country and our own.

Most countries, indeed most sections of countries, can boast of some malady peculiar to the soil; but Canada can make no such boast: she has no disease exclusively her own. The fevers met with—the intermittent, the remittent, the bilious remittent—are mild. The first of these is becoming rarer and rarer, and in a few years bids fair to be unknown. It is still met with in the west, but according to our highest authorities is unknown as far east as Montreal. The ephemeræ, as their name implies, are of a mild type. They have nothing to do with the country in which they occur, but may arise anywhere from drunkenness, exposure, etc. With a poetical license I might say of them with Longfellow, "They can be cured by wearing a spider hung round one's neck in a nutshell."