

the daily bill of fare enjoyed by the Scots Guards in England. And the men themselves are encouraged to have a hand in the choice and management of their own messing, and do take the keenest interest in it. The consequence is that after joining men improve in weight and physique in a really remarkable way. Then, the canteen and coffee bar funds are so rich, in spite of the goods being sold at almost cost price, that a well-managed battalion is rich in games and sports of all sorts. In fact the life of a soldier is an unusually happy one, and the proof that this is so is found in the fact that slowly but very surely the old prejudice against "going for a soldier" is dying out. I remember that a color-sergeant of my own regiment, chosen on account of his respectability to give evidence before Lord Wantage's committee, (a committee to look into the whole question of recruiting, etc., etc.) told the committee that when he ran away from his home to enlist, his people (Scotch) looked upon him as a disgraced man, and would for years have nothing to do with him. All this is changed now, and this prejudice is slowly disappearing, and will ere long disappear altogether. Perhaps

some of my readers may not quite follow me in this, for not long ago I read in a Canadian paper the argument made use of against the proposed re-introduction of English regiments into Canada, that it would not increase the respectability of the places where they were quartered. This was true formerly, now it is not.

In conclusion, I would like to call attention to the improved physique of my late regiment during the four years in which I had the honor to command it, and these statistics, the truth of which I can vouch for, will go far to prove the truth of much that I have said.

In 1891, the regiment (two battalions) was 270 men short of its full strength of 1500 men. Its standard of height was 5 feet 7½ inches. In less than a year it got over its full establishment, and the standard was raised to 5 feet 7¾ inches, and then to 5 feet 8 inches, and then to 5 feet 8¼ inches. When I gave up the command in July 1895 the average (not standard) height of the regiment (over strength) was a fraction over 5 feet 10½ inches, and the average chest measurement over 38½ inches. It would be difficult to find 1500 such men in any other service in the world.

W. J. Gascoigne.



[Concluded from July number.]

THE PROSPECTIVE PROVINCE OF NEWFOUNDLAND.

BY M. HARVEY, LL.D.

IN addition to the pure air and noble scenery, salmon and trout fishing to an unlimited extent can be obtained in Newfoundland. The countless lakes of the interior are swarming with the finest trout. Then, in the fall, ptarmigan, snipe and curlew shooting begins. If the nobler game are wanted, it is only necessary to take the railway at St. John's, and in a few hours the

sportsman will be set down in the heart of the deer country. Here the caribou are abundant, by far the finest in the world. Stags weighing 600 lbs., with magnificent antlers, are often brought down, and the enthusiastic deer slayer finds himself in a perfect paradise.

For others who prefer less exciting enjoyments, there are scenes novel and attractive to be sketched or photo-