

the Richelieu, for several miles above and below, appear now in the same state they were in thirty years ago, absolutely irreclaimable by draining, or other agricultural labor, and hopelessly swampy. Nor are these extensive swamps and marshes the only probable sources of malaria: there is one nearer home, though fortunately at present latent, and probably innocuous. The barracks occupied by the garrison are surrounded by a broad ditch of stagnant water, eight or nine feet deep, which is half filled with animal and vegetable putrefaction. Yet this rotten sediment appears to be harmless beneath four feet of water. As the deposition increases and approaches the surface, it may no longer be in this state; but at present it would be most unwise to disturb it. And it is to be hoped that no ultra-zealous and unscientific commandant will venture to clear out the ditch.

From its position and accessories Isle-aux-Noix might be considered a favorite *nidus* for cholera; yet that disease has never extended there, even though brought in accidentally. In July, 1854, a soldier of the garrison came in to Montreal, caught cholera, returned to the Island, and died the same night. His body was buried in the military burying ground the next day, but no other case occurred.

On the banks of the Don and Humber, near Toronto, and in the bay above the bridge, at Kingston, great sanitary improvements have taken place within the recollection of the writer. In 1830, and some years before, remittent and intermittent fevers were of common occurrence, in the autumnal months, amongst the troops in the Tête-du-Pont barracks at Kingston, and the civil population of the eastern part of the town. The 71st Regiment in 1828-9, and the 46th a few years after, suffered much from these fevers in Kingston. Now a case rarely occurs amongst the towns people or the military. The marshes above the bridge are contracting and drying up under the labor of the farmer; and this appears to be the secret of the important changes for the better that have taken place in different parts of Canada.

It has puzzled, and still puzzles eminent men to account for the comparative exemption from endemic sickness which boggy districts possess, in Ireland, Scotland, the North of England and other parts of Europe. The writer believes he has seen the same thing in some parts of Nova Scotia, New Brunswick, and one or two places in this Province. Persons residing in the middle of swampy districts of Peat Bog in Ireland, enjoy excellent health; and when wet to the middle, half the day, in their hard labor, the turf cutters rarely catch cold. In fact they appear to think that such wetting cannot injure them, this condensed moss being as conservative of human health, as of the innumerable trees, which it