

its severity in the winter. Consequently, the destruction of a large portion of the forest growth of a country is generally attended by a deterioration in its climate. History proves that many countries which once possessed forests became sterile after having been deprived of them.

A NATURAL SANITARIUM.

Owing to the altitude of this region, and its bracing atmosphere—redolent with the resinous odours of the pine and balsam, it is a great natural sanitarium, where consumptives may recover lost health and vigor. The idea has been shown to be well founded that pine forests are of specific value in the cure of lung disease. The old Romans sent sufferers of this class to Libra, where, by breathing the balsamic emanations of the pines which there abounded, they are said to have received much benefit. In the Adirondack Forest of New York State a sanitarium has been in operation for many years, with the special object of relieving patients in the early stages of consumption. It offers to such the benefit of climatic treatment, a systematic out-door life, hygienic habits and suitable medical treatment, and its reports show that twenty-five per cent of the patients are apparently cured; while twenty-five or thirty per cent more are sufficiently restored in health to resume their work or support themselves by their own efforts while living in a suitable climate. The Gravenhurst sanitarium on Lake Muskoka is a newer institution, which has also attained a considerable measure of success in this sort of treatment, but perhaps the results obtained by the famous Dr. Otto Walther, at the sanitarium at Nordrach, in the Baden Black Forest, Germany, are better than those obtained at any similar hospital in the world. However, there can be little doubt but that a sojourn in the pine forests of this Nipissing upland, with its pure air, good water and aromatic breezes, would be beneficial to many afflicted with weak lungs.

THE PARK HEADQUARTERS.

The Park headquarters were at first situated on Canoe Lake, but, for various reasons, Cache Lake was considered a more suitable spot for them, and they were removed thither. Suitable buildings for the accommodation of the superintendent and his