

as this, and should the next meeting which is held outside the British Isles be held under the Southern Cross our hospitable Australian kinsmen may count on a large contingent from the Dominion of Canada.

CLIMATIC CONDITIONS.

As it may be presumed that to many of those present here to-day Canada is almost an unknown country, I have thought that among one or two other subjects a few remarks on the atmospheric conditions and health resorts of the Dominion would not be without interest.

The best way to understand the atmospheric conditions of a country is first to understand its physical features. The physical features of Canada are very remarkable. Broadly speaking the country is separable by climatic and physical conditions into three great regions, the Eastern, Central, and Western Regions, which approximately run north and south in the general trend of the continent. The Eastern Region, which includes the older provinces of the Dominion, Ontario, Quebec, Nova Scotia, New Brunswick, and Prince Edward Island, besides the great fur territory stretching far to the east and north-east of James' Bay, extends from the Atlantic to Lake Superior and the chain of Great Lakes running in a northerly direction from Lake Superior to the Arctic Ocean. Between this great chain of lakes and the eastern base of the Rocky Mountains is the immense interior continental plain which constitutes the Central Region of Canada, its southern part consisting of open prairie, its northern part of forest lands. The third part of the division, the Western Region, is naturally very well defined, consisting of the wide and wild mountainous border of the Continent on the Pacific side—the Rocky, Selkirk, and Gold Ranges, which form the great Cordilleran belt, whose average width in Canada is 400 miles.

Eastern Canada, our first and largest region, is geologically of very ancient origin. Here geologists have placed the nucleus of the continent—the broad belt of crystalline rock of great antiquity called the Laurentian Plateau. This region is remarkable for its immense number of lakes large and small, and for its irregular and winding rivers with numerous rapids and falls. Between the Laurentian Plateau on the north and the Appalachian mountain system on the south, lies the great Valley of the River St. Lawrence. The basin of this majestic river covers 530,000 square miles, of which 460,000 are in Canada. Above the city of Quebec, the base of the Laurentian highlands and the ridges of the Appalachian system diverge, and the mighty river