

The electrical condition of the atmosphere is remarkable ; the atmosphere almost always exhibits a sensible electrical state, be that positive or negative. In clear weather, the atmosphere is vitreous, or positive ; and during hail or snow-storms that condition is usually preserved. When clouds drift with violence, the electricity often becomes negative ; but in clear frosty weather, and in winter, the electrical condition is positive. The electric condition has much to do with the well-known energy of the inhabitants in stimulating them to exertion.

Our warmest weather is grateful to the senses. The quality of the atmosphere is such that its heat preserves the temperature of the body by exciting the functions of the sudoriparous glands of the skin ; and, by bathing the body with moisture, it lowers, at the same time, the temperature of the surface by rapid evaporation. A temperature of 85° , in Canada, is more agreeably borne than is a temperature of 70° in a damp atmosphere, as that of England. The heat of the summer does not continue long enough to produce those disturbances of the gastro-intestinal system which are so common in hot climates generally ; while the malignant and putrid disorders of those countries are here unknown. Affections of the liver are not common even in hot weather, and are not troublesome to the temperate (I mean the temperate in eating as well as in drinking).

But judging from what you observe from seeing pictures of our ice-palaces exhibited periodically, you would be disposed to think that we had to do with winter's cold rather than with summer's heat. The human constitution is not affected here as it is in countries rendered cold by their great altitude. Here the cold is exhilarating and does not lead to early destruction. What is dreaded in other countries, where cold is severe, is moisture ; here the air is dry. We have remarkable instances of persons exposing themselves during long marches to a temperature of 40° to 50° below the zero of Fahrenheit without inconvenience. In the earliest period of our history, when our Canadian