

ate and carefully collected statistics to prove that few portions of the British Empire have a climate equal to that of Canada. In fact his statistics prove conclusively that out of every 1,000 of the troops stationed at the various garrisons throughout the Empire, the percentage constantly ineffective from sickness was smaller in this country by 7 per cent. than at Gibraltar, which was then taken as the type. I think it can be satisfactorily proved that Canada is expressly fitted to develop a hardy race capable of great endurance. The races of the British Isles and the French race have certainly not degenerated here. Hingston proved this very conclusively some years ago by observations made upon the medical students attending the various schools in this city. He found that the lumbar strength of the British Canadian of the third generation exceeded by 20 lbs. that of the recently arrived English and Scotch students. But the French Canadian of the tenth generation did better than all by nearly 30 lbs. Not only has the French Canadian increased in strength but also in height and weight over the original Normandy stock.

Has the intellectual improvement in our people kept pace with the physical? We are a modest people, but I think we can say it has. We have a very respectable literature of our own, but the best intellect of the country is as yet absorbed in the practical affairs of life, and has too seldom found expression in art and literature. It is not very long since a distinguished American litterateur, Charles Dudley Warner, gravely attributed what he called the literary inactivity of Canada to the coldness of the climate. He said, in short, that the cold benumbed our intellectual faculties, and we had to spend so much of our energy in trying to keep warm that none was left for any other purpose. It must be admitted that if we measure the intellectual capacity of our people by the number of books produced in Canada the result is not all we might desire; but the climate is not to blame. Especially it is not the cold, for the winter is the season devoted pre-eminently to intellectual effort and intellectual amusements. If Mr. Warner had said that the heat of our summer was an unfavorable factor in our intellectual life he would not have shot quite so wide of the mark; he would not have been right, but he would not have been quite so wrong. The very vicissitudes of our climate, by training the system to endure severe physical conditions, must react favorably upon the mental attitude.

CANADIAN SPAS.

We have in Canada several mineral springs of undoubted therapeutic value, and they are pretty generally distributed all over the Dominion, although differing materially in temperature and composition. The best known Canadian spas are the Caledonia, the St. Leon and the Plantagenet Springs, in the Province of Quebec, and the Banff Springs, in Alberta. Other springs in the Province of Quebec are the Abenakis and the Caxton. Besides these there are at least three or four artesian wells or springs. Of these the chief are the Laurentian Spring in the east end of this city (a mild alkaline water with sodium bicarbonate as its predominating ingredient), and the Radnor, a well of some considerable repute situated in the County of Champlain. This was discovered a very few