

ROSE-BELFORD'S

# CANADIAN MONTHLY

AND NATIONAL REVIEW.

JULY, 1879.

## THE NORTHERN LAKES OF CANADA.

TO emancipate oneself, at intervals, from the toils of business, to determine to turn one's back upon the depressing influences of routine occupation, is now happily a recognised necessity. Quitting commercial and industrial centres and hieing off to give a fillip to the mind by a few weeks' recreation amid nature's solitudes is, moreover, a wise and laudable act, the mental and physical refreshment of which is well-nigh incalculable. Of places of desirable resort there are many in Canada to which the wearied and over-worked business or professional man may hasten to take a *bain de vie*, and to reinvigorate his system, in a period of



EAGLE'S NEST ISLAND, LAKE ROSSEAU.