

gement of Providence the sharp cold of the North quickens the circulation, and exercise only is needed for warmth. To admit of the walking being unimpeded, wraps are as far as possible dispensed with, and an overcoat is seldom worn. The hands, feet and ears, however, need much protection. Under soft mooseskin shoes are generally worn two thick socks of blanketing, and the leather mittens for the hands are also lined with blanketing. A fur cap is worn on the head, with covering for the ears." The above might easily be a description of some of the backwoods parishes of the diocese of Montreal.

Continuing Bishop Bompas says. "One chief characteristic of Arctic life is the precarious supply of provisions. To have no certainty whence next week's meals are to come, and the knowledge that these could not be bought for their weight in gold if absent or lacking, is a new experience for one used to the neighbourhood of butchers' and bakers' shops and the powerful aid of present cash. Scarcity of food obliges to a trust in Providence which is not disappointed. When one source of supply fails, another opens. If moose are scarce deer are plentiful. If meat fails, fish appears. When fish are absent, rabbits swarm. When these decline, birds arrive. Thus by a kind Heaven the wants of all are met. The Indians are so confident in fresh supplies that they finish their last mouthful without anxiety and seem to need no more storehouse or barn than the sparrows or ravens." How beautifully this shows the faith of the man who has not seen our modern civilization for over twenty years.

His quaint humor is illustrated by the following: "As meat and fish, and even milk will keep when frozen all winter, there is no danger of provision spoiling at that season, but the frozen meat will need to be cut up with an axe unless previously thawed. The inkstand may have to be taken to bed to avoid freezing the ink, which pales it."

"In winter, a white spot on the cheek or nose is a sign that these are freezing."

"The chief characteristics of an Arctic Life, however, consist not so much in what is present, as in features that are conspicuous by their absence. No cities, towns, or villages, streets, roads, or lanes; no markets, farms, or bazaars; no flocks or herds, or carriages; no