

the whole the best months for a rest, as then the system is most relaxed from the heat and the least fitted for labour, mental or physical.

WHITHER then shall the weary flee? It is not at all necessary to go far for change and rest. The great majority can not. To breathe the pure air from the sea is doubtless a great advantage for those who can do so, provided, always, there is no crowding, that there are well ventilated rooms, pure water and good, well-cooked food; few of which essentials can be obtained at the ordinary "watering-places," where, indeed the opposite conditions are very liable to prevail, with too much dissipation. Small towns on the shores of lakes are often resorted to, but the water and the drainage in these is frequently bad, and there are often more inconveniences than comforts. Wherever one decides to go, the sanitary conditions of the locality and the lodgings should be well looked after, and often medical advice on these points, from disinterested physicians, might be profitably obtained. There is in Canada a great want of well located and well constructed buildings where summer lodgings could be obtained at reasonable rates.

CAMPING-OUT is becoming common. And perhaps after all there is no better, while after the outfit is once obtained, there is certainly no more economical way of spending a holiday. Almost any man who can obtain a tent or two, or rough boards for the construction of a shelter from rain, can go from his home during the warm season, with a family too, and live for a few weeks at less expense, as a rule, if he desires to do so, than he can live at home. High ground should be selected, the higher the better, a safe distance from any swampy locality, where abundance of good water may be readily obtained. In many such localities good milk and eggs can be procured, and in some of them, fish. With a supply of good bread, or flour with which to make it, and carefully selected canned meats and fruits, with lemons and other little luxuries, according to circumstances, no one could suffer for want of "good living" and ought not to desire anything more. In this way, many thousands of professional men, artisans and even hard-

worked laboring men, and their families, might secure the blessing of a change and a vacation.

THE Caledonia Springs is the favorite Canadian watering place with many on this continent, a large number visiting them annually from the United States. They are highly spoken of by many leading physicians, both in Canada and the "States." Dr. Grant, of this city, who is, we need hardly write, one of the foremost of the Dominion, writes as follows: "At this season of the year most people who can take a holiday are looking forward to the selection of some place where change and rest will, if possible, renew the vigor of life. Two points are usually most attractive to the lover of change—our sea side resorts and our mineral springs. One naturally asks, where am I to derive the greatest benefit? Sea bathing and sea air are certainly invigorating in a sense, but after careful observation it has been ascertained that the greatest degree of benefit is brought about by first enjoying, for two or three weeks, the influence of some of our mineral springs, in order to place the internal system in a healthy and vigorous state, by washing out the great organs and thus giving increased power and activity. Most people are quite content with bathing, as usually adopted, without giving due attention to the washing out process, which is just as necessary, in the great internal organs of the system. The springs of all others, now attracting attention, and well merited too, are the Caledonia, owing to the excellence of the sulphur and saline waters, and the extensive modern appliances for their use in every form."

IMPURE ICE is doubtless often a source of disease. People for the most part are quite indifferent as to the source and condition of the ice they use for cooling drinks. It is well known that the frost does not destroy all bacteria that may be in water before freezing. Ice may appear absolutely clear and yet contain dangerous substances. People swallow ice when they would turn in disgust from the water of which the ice is formed. It is a good practice to cool pure water in bottles or other receptacles surrounded by ice instead of putting the ice into the water to be swallowed, and this practice should be universal until ice is made artificially from purified water.