

is at home. The people have an English look. Directly you pass the border into the States you see the difference. There is an astonishing contrast between the healthy Canadian and the lean and yellow Yankee.

Canadian history is one record of toil and struggle—of the advance of the whites, of the retreat of the native races. Foremost in suffering were the French. In 1608 the first permanent settlement in Canada was made by Champlain, who founded Quebec, and afterwards discovered the lake which still bears his name. It was he who taught the Iroquois to stand in awe of gunpowder; but, alas! familiarity bred contempt, and the Red Indian was more than once on the point of exterminating the white man. It was only by the intercession of the Saints that the feeble colony was preserved. At Montreal, for instance, the advanced guard of the settlements, some two hundred Iroquois fell upon twenty-six Frenchmen. The Christians were out-