

They sleep in cosy tents every night, under sheet, blanket, and coverlet, and no day is too warm for smart walking or rowing, whilst the *chef* of the commissary department declares he will have to detail another squad for hunting if the appetites of the boys continue to increase ; but around Bala bass, pickerel, and trout are abundant, and both hunting and fishing are enjoyed in Ryde, Oakley, and McLane townships. The bill of fare announced for the breakfast in the camp was broiled trout, roast porcupine, venison steaks, and stewed duck, with bread, coffee, and the usual accompaniments. No wonder with such a *menu*, such air, and such surroundings, dispepsia, langour, and low spirits take flight at once, and the nervous invalid of a few weeks before finds himself boating, fishing, or hunting with a new lease of life, and all the ardor of an old sportsman ; and so thick are the fish in the lake that all that are needed can be caught in an hour or two, and even then all fish weighing less than two and a half pounds are returned to the water. Arguing then from analogy that fish supplies phosphorus, and phosphorus expands the brain power, after a few weeks' residence amongst these islands, living on the finest fish fresh water can produce, it is no wonder that our young men return to the city with their perceptive power increased, and just ache to take part in the controversy entailed on some vital question, as, for instance: the contraction of the promise to pay currency, or the equal taxation of church property. But onward again, with no time to moralize, and we embark on either the "Nipissing" or "Wenona," for Port Carling, and at each turn of the headlands the picture presented becomes more enchanting, and we now remember that we are sailing over the crystal expanse of the highest waters on the entire continent, and indrawing with each breath the pure atmosphere fresh from ten thousand miles of forest, wilderness and stream, whose delightful freshness both entrances the senses and assists in invigorating the system. The time rapidly passes whilst we are navigating the western portion of the lake through the narrows, and, wending our way past the flower-pot islands opposite Tonden Island, we soon approach within a few miles of the falls at Bala, whilst to the falls themselves regular communication is made, and pleasure trips and excursions run throughout the season. The Lakes Muskoka, St. Joseph, and Rosseau are elevated 750 feet above Lake Ontario, 415 above Lake Huron, and at a height of 390 feet above Lake Superior, and are situated in what is known as the heart of the sporting region, for the surrounding woods abound in game, from deer, elk, moose, cariboo, and reindeer to the squirrel, hare, and porcupine.