

cannot overcome, the expense is little greater than going on the continent, and an immense amount of pleasure and good to mind and body is obtained. The utter rest, and "no post" on board steamer can be obtained under no other conditions, and for all wearied by any of life's strains, a trip to Canada will prove the highest tonic. May many do as we did, and have as much and more enjoyment is the writer's earnest wish.

A. S.

CLIFTON, *August*, 1885.