

**THREE RUNS IN THE
ADIRONDACKS AND
ONE IN CANADA**

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Three Runs in the Adirondacks and One in Canada by J. H. Hunt

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J. H. HUNT

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Frontisiece

Smith Lake, Abtrentbacke.

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IN THE ADIRONDACKS
AND
ONE IN CANADA

BY
J. H. HUNT, M.D.



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PREFACE.

AS a health measure it is desirable, indeed, almost essential, that those who are actively engaged in business should set aside a portion of each year for rest and recuperation. Occasional periods of absolute freedom from the cares of business, the responsibilities of professional life, or the grind of whatever vocation one may have, surely not only conduces to health, but it prepares one for greater exertion and more assiduous labor when the vacation is over. More than this, the mere looking forward to the enjoyment of a yearly summer outing stimulates one to endeavor during the year and the doing of better work. In saying this I do not refer to men alone, but to women, who are as much or even more entitled to these periods of rest and cessation from labor; and a playtime is just as necessary for their preservation as it is for men's.

The object of these sketches is not only to advocate a yearly vacation for both sexes. It is also to advise that the outing should not be spent at Newport, Long Branch, Asbury Park, or other seaside resorts, but in the mountains, at some point as far removed from civilization as the tourist can reach.

For people of this vicinity the woods of Canada, Maine, or the Adirondacks offer suitable locations. The attractions of the splendid hotels always to be found at the outskirts of these places should be resisted, and only the interior of remote parts of the woods selected. Here you will find nature as God made it. You will find the primeval forest with all its fascinations. The air is laden with purity and freshness; the trout and deer are unsuspecting. The petty annoyance of hard couches at night may be removed by providing an air-mattress and pillow. The occasional molestation of mosquitoes, deer flies, and punkies may be overcome by the smudge; the latter, it is true, produces on the female complexion a delightful sooty appearance, but this wears off in time, leaving an enviable, healthful appearance obtainable in no other way. On returning, the little hardships of such an outing are laughed over together with one's friends, or