

fat, washed down by tea. Bread was not in our bill of fare, and I may here state, that during the whole summer while travelling, with the exception of two Sundays, I never tasted a morsel of farinaceous food. This may appear astonishing, but when continually travelling, with the appetite sharpened by a ride over the prairie in the cool breeze of the mountains, one becomes accustomed to do without flour, salt, sugar, &c., which under other circumstances would be considered indispensable.

The next day was Saturday: we rose early, packed the horses, and made a start as usual about sunrise, and travelled on through much the same sort of country, the up-lands being generally wooded, while the bottoms were partially covered by scrub willow and other bushes. We halted between 8 and 9 A.M. for breakfast, giving the horses a "spell" of a couple of hours or so; then started again, and gained a somewhat elevated position, from which we had an extensive view of a fine valley, watered by two clear mountain streams, which as they neared the edge of the great plains, stretching probably without break for 700 miles eastward, united, and with mingled waters, pursued their course towards Bow River, ultimately to pour themselves into the icy basin of Hudson's Bay. I continued on till we reached the southernmost of the two creeks, within ten yards of which, under the shade of some fine poplars, I pitched my small patrol tent. The valley bottom was a fine piece of prairie pasture for the horses, and presented a most suitable resting-place for a Sunday camp. I had (for it was only two o'clock) halted in sufficient time to allow me to obtain an observation of the sun during the afternoon for comparison with one I hoped to obtain on the morrow, and so rate my chronometer. This important instrument was carried each day, turn about, by one of the men, who for that day did nothing else but carry it as carefully as possible. I would recommend this plan to future explorers. In a large party, a few of the steadier hands should be selected for this service; but the same man should never be obliged to carry the instrument every day, lest he become careless.

My ordinary mode of travelling gave the horses six to seven hours' work per day, with the exception of Sundays. Frequently I halted from breakfast till noon, in order to obtain an observation for latitude, in which case I camped later. I never, however, gave up the plan which I adopted from the first, of making an early start, and getting the best part of the day's work over before noon. There are many reasons in favour of it. The horses were mostly Indian ponies, which are hardy and work well on grass. They grow somewhat lean while living out during the severe winter weather, but fatten rapidly with the appearance of the new grass in the spring. They are not accustomed to shoes, but I had some on three of them, whose feet I considered too much worn down for the rocky ground of the mountains. On camping, the horses after being watered, are left to themselves for the night, the fore legs of those likely to wander being hobbled with a piece of soft leather. They are very sagacious in following a trail. The 15th of August was a Sunday. While continually travelling, it will be found that rest one day in seven is required by man and horse, the former taking advantage of it to wash and mend clothes.

The weather continued fine, and this day the thermometer rose to 85 in the shade, with a clear sky, and fresh breeze off the mountains in the afternoon, the day closing with a calm evening. This mountain breeze appears to be a regular occurrence during the fine summer weather of this season. On each of three successive days of fine weather which we enjoyed at the site of Bow Fort, the morning was calm, at about 7½ A.M. the wind commenced lightly from about W.S.W. off the mountains, and gradually increasing; in the middle of the day and afternoon it blew a fresh breeze from the same point, with usually some *cumuli* over the mountains, which disappear before reaching the plains; in the evening the wind fell, and the night was calm. The explanation of this phenomenon is the same as that of the sea breeze so unvarying in tropical islands, namely, that as the sun gains altitude, the great plains which are entirely prairie become heated, and consequently the air in contact with them ascends and is replaced by the cooler air from the mountains.

Our general course for the next three days was a point east of south, for we were now as far out from the mountains as our Indian thought requisite. We were, however, within the outlying ridges, which are numerous, and all run parallel to the larger ranges of the great chain, namely S.S.E. Thus travelling the course we were on, we had very seldom to surmount any high land, but passed along the valleys between these ridges.

The country was less wooded than that previously passed, being for a considerable part fine prairie slopes. The main range or water shed, as I supposed it to be, was occasionally visible, through gaps in the nearer mountains, at a distance of about thirty miles.

On the 16th our hunter was lucky enough to procure us some fresh meat in the shape of wupiti or wa-waskasew (red deer) of the Crees. In order to lighten the burthen of the horses and preserve the meat, the bones were taken out, and it was cut into thin flakes and half dried over the night camp fire.

The same afternoon, as we arrived at Trap Creek, just above its junction with High Woods River, we found six tents of Thick-wood Stone Indians who were just preparing their encampment. We camped along with them, and as usual, when with or near any Indians, my flag, a St. George's Jack, was hoisted on a pole in front of the tent. I gave them a present of some tobacco and fresh meat. These Stone Indians, with whom are associated also a few Crees, and whose hunting ground is the wooded and semi-wooded country along the base of the mountains at the head waters of the Saskatchewan, are a harmless and well-disposed people towards the whites. Education has, thanks to the former Wesleyan missionary, the Rev. Mr. Rundle, and his successor, the Rev. Thomas Wolcy, made some little progress amongst them; a few being able to read and write the Cree syllabic characters, now in general use among the missions of the north-west.

During the afternoon I held a talk with these Indians. I told them plainly for what reason we had been sent to the country; that Her Majesty was always glad to hear of their welfare, and that any message which they might have for Her, I would take down in writing.