BANFF THE BEAUTIFUL

J. W. Young Was Especially Impressed with the Watering Place of the West.

Another of His Entertaining Letters to to The Planet-On the Homeward Journey.

(Concluded.)

In the city and look around and you see the 'hills that circle the town. Time travels back and you imagine that you are in one of the old walled towns of England. These natural me and see what he will say," was Mr. earthworks of defense insinuates into Ryan's parting salute. Alfred Clause, the quiet and peaceful western city of Cedar Springs, is another of the quite a martial aspect. Yet, withal, carpenters from home that I met.
there isn't a more peaceful or a busthere isn't a more peaceful or a busier place of its size in all the Dominion. Here, some 2,000 feet or more above the sea, the sun shines and the wind blows just the same as it does at home, only the air seems more invigorating. There is no war, only the suggestion in the natural surroundings of the town. There are two rivers that meet just below the city and the following standing riddle perhaps holds, too, a good description of "Why are the Calgary ladies particularly blessed?" is asked of the guileless tenderfoot from the east. "Because they have the Bow on one side and the Elbow on the other," is the answer, too deep for the innocent easterner. The Bow and Elbow are the two rivers between which the town is built. Their current is swift

As in Calgary, so it is all over the west, Ontario is the password.

"Where did you some from?" "Ontario.

"So did I. How is Toronto. This is the conversation that you indulge in with most everyone you meet, with Toronto changed to Ottawa, Owen Sound, Hamilton, eastern or western Ontario, but otherwise there is no difference. If Ontario is disappointed with her census and wants to know where her population is, let her look through the Canadian Northwest. She will find her stalwart sons at every milestone almost. They are more gestive of ill luck. "I wouldn't have plentiful than the trees and are all done it," I hear the superstitious say. done there are many Chathamites. There I found Hugh Neilson, once a Chatham-look back at my visit to Canada's naowner of the business carried on under the name of the Hugh Neilson and if you should ever an always owner furniture Co. Mr. Neilson is deiter an exceedingly large trade both whole-sale and retail, and intends next year visit to Banff," you will easily unmask building a targe block to accommodate his business

Neilson was glad to meet one

Mr. Neilson's foreman is J. A. Ken-

block and also has a book-store. Then, at a loss for a name for he John Kerr is a merchant tailor with place, he feebly calls it Banff, after a good business. John Hicklin, brother of Charles Hicklin, foreman of that he has known. The Planet press department, is one of Calgary's prosperous carpenters. John Townsend, of Cedar Springs, had a half section of land and was farma half section of land and was the place, and aroused going near Edmonton. He told me that the land was fertile and he owned it.

What different feeling. unincumbered and was doing well. Then the Gallatians came into the neighborhood. He couldn't stand them as neighbors, so he sold out and came down to Calgary. He was working at his trade of carpenter when I met him, but he told me that, in com-pany with Will McGregor, of Blen-heim, and his brother, Robert Townsend, he was going to start a ranch near Calgary in the spring. Mr. Townsend intends visiting Chatham at Christmas. Edward Townsend, another brother, is farming near Edmonton. He has 480 acres of land and is making money. John Bishop, for-merly clerk in Ed. Snook's grocery, is now in partnership with John Hunter, a former Doverite. They are contractors and carpenters, and have all they can do. There are quite a number of Doverites in Calgary and vicinity. Besides Messrs. Bishop and Hunter there are Geo. McKenzie, Walter Hunter, David Fryer and Geo. Hardy. Mr. Hardy has a ranch about eight miles distant from Calgary. He is a bro-ther-in-law of Mr. Gould, day operafor at the C. P. R. station, Chatham. Mr. Gorham, formerly of Park Bros., Chatham, is now locomotive superin-tendent at the C. P. R. station, Calinent Maple City Orangemen, is still true to his golden colors in the far western city of Calgary. Wilbert J. Thomson, cousin of Alfred Bissel, of Blenheim, is another of the Kent county people whom I met. Charlie Biggar, of Blenheim, and his cousin, Alfred Biggar, of Michigan, are partner corpenters. They are distinguished as Big Biggar and Little Biggar. James Big Big Biggar and Bigga gary, Geo. Sexsmith, once a prom-inent Maple City Orangemen, is still Hornby, of Kent's lively town on the hill, is also a Calgary carpenter. Pow-ell & Baird, two former Blenheimites, have a large ranch about 40 miles from Calgary. Mr. Powell has a nice

secured a home tead of 169 acres and high, an began to build smelf a shack with only \$15 in hir mocket. Now he has 640 acres of land, a nice house, 14 head of horses, 12 milch cows. He could be assily sell his farm for \$6,000 or \$7,-000 did he desire to. Such are the op portunities that the west holds out to all, and in this wonderfully fertile land everyone can make his living from the earth, and, if he is careful, can in a few years become comfort-ably well off. Mr. Langford drove the binder for Mr. Arnold for three days and he says that the crop was splendid. He used 5 lbs. of twine to the

In Calgary I also met another ex Maple City resident in the person of Jos. Ryan, of High River, who happen-Calgary itself is a rambling city, scattered all over a large hill-girt plateau. The hills rise all around the town, so that stand almost any place worked for the late Chas. Poile. Mr. Ryan was asking after Tom Gutt-ridge, J. R. Reid and other Chatham-ites. "Just tell J. R. Reid you met

the Chief of Police, who proved to be Thos. English, cousin of Capt. Sim Smith, of Chatham. I told the head of the Calgary police force that my father was chief at Chatham. "Then your name is Young," said he. "I know the names of nearly all the chief police officers in Canada. I never for-

get a name.

Mr. English was asking after hi cousin and wanted to know if his Fenian Raid medal. The Calgary chief of police has a Fenian Raid med al, too. He was one of the Chicago-Canadians who hired a boat and came to aid Canada when they thought that their mother country might need them. Such an exhibition of loyalty was well worth more than a medal George Walden, one of the police officers, also came from Ontario, from London township, near London. He is a cousin of Westman Bros. and

asked to be remembered to them. I mustn't forget William Howell at one time janitor at The Planet office. Un-fortunately. William was away from Calgary cooking on a C. P. R. work train, so I couldn't see him, and I missed his friendly and good-natured smile. I met a number of his friends who said that William was improving some in health but not as much as could be desired.

On Friday afternoon, Sept. 13, I left mentioned as happening three days, three weeks, or three years, "after my the villian. Banff-the very word is suggestive of something unusual, unexpected and out of the ordinary. I, from the home-town. He had just re-turned from a fishing trip of one day down the Bow river. The current in has been renamed from some place in this stream is very rapid and the resi- Scotland, or has some genius coined dents of Calgary go up stream by the word. If he did he was an artist. Mr Neilson If the name has been taken from som said that he and his friend didn't have other place, and I have since learned very good luck. They only got six- that it was, it shows how nature in her impressiveness can rob man of power to think. He cries as he gazes on the Mr. Neilson's foreman is J. A. Ridge-zie, once with Mr. Locke, of Ridge-town, and a right pleasant man to town, and a right pleasant man to lamation of hundreds before him.

> Banff, the name seemed meaningless when I first saw it and, if not com-monplace, at least just a name of a place, and aroused a "don't-care-if-I-

What different feelings the very mention of the name now awakens the five little letters that make up the word Banff now seem charged with meaning. It recalls one of the most marvellous spots, where nature draws near, and man overcome by her ma-jesty is humbled; recognizing he is in the presence of some mighty power and in his sudden realization of his insignificance stoops to kiss the workmanship of Nature's hand. So full of awe is he that he would not if he had the opportunity, seek Nature's presence to offer homage. Banff is a place where the humblest resident of the earth feels that Nature surrounds him and makes him understand that after all all men are equal, all 'are mortal. I had often heard the expression "A little touch of Nature makes all the world akin." I thought I understood it, but I was deceived. I un-

derstand it now. I had been told by those who had been there "See Banff, don't miss it." I thought that the people were just talking for something to say. I didn't really care whether I went or not end it was in a spirit of indif' ference that I purchased my ticket. I believe that if anything else had suggested itself I would have missed Banff. It is only a word the name

of ithose who awaken in Banff.

It is a grand sight that greets you as you step out into the morning air.

All around you huge and massive rocks tower to the skies and beyond.

Rough and ragged these mountains of stone book but the view is sublime. have a large ranch about 40 miles from Calgary. Mr. Powell has a nice residence in Calgary.

In Calgary I met Alfred Langford, of Kent Bridge, who is taking a pleasure trip through the west. It was more than a pleasure to meet someone just from home. Mr. Langford and I missed each other by a harrow margin at Winnipeg, Brandon and Moosejaw. At these places he cot off the trains that I got on. We spent two or three pleasant days seeing Calgary together. That is scarcely high enough to reach the scarcely high enou

high, and this summer was scaled for the first time by two Swiss guides and a tourist. Next to Cascade rises Squaw mountain, with its wooded heights and up the Bow River to the westward can be seen the distant heights of the main range. Just behind the Sanitarium rises Sulphur mountain, but it is impossible to pic-ture on paper the sublime majesty of the scene. I heard a young lady describe the view as superb. It is that—whatever it may mean—and far more. A man leaving a city and and becoming a farmer was described and becoming a farmer was described as going "near to nature's heart." I felt that I had been permitted to come near to nature's art and I was at a loss for words. Subdued and silent, i retreated to the hotel and even now I am at a loss for language to describe the glories of Banff. For the scenery alone I commend this divine spot to Canadians. It is a spot that every Canadian can well be proud of and a visit there will be ong cherished among the fondest

After all is told the scenery wasn't what I most enjoyed, it had too much of a crushing effect. The very opbasin where the warm sulphur water semeed to take you gently in its arms and imprint a kiss of welcome. About 15 minutes' walk from the Sanitarium is the cave and basin where the govern ment has built bath houses, and where they keep an attendant in the person of D. Drumond 'Galletly, a canny Scotchman, who wears a bonnet and a cornelian stone which he is proud to inform you he has worn for 40 years. Mr. Galletly was at one time a noted singer of Scotch songs at Toronto, and eing a relative of Mr. Hyslop, once of the firm of Hyslop & Ronalds, he sang at a Scotch concert in Chatham

20 years or more ago. He is just the

nan to be in such a place. The cave is a large circular dome some fifty feet high. It was first discovered by a prospector who seeing the hole in the hillside let himself thown inside the cave by means of a rope. Instead of gold the man found a sulphur spring of water. The over-flow was lower down the hill. The government has cut an entrance to the ave where the overflow came out, and built a bath house at the mouth of this entrance. If you like you can bathe in the pool in the cave, and looking up you can see the hole downwhich the prospector descended. The party I was with, however, found the cave too warm, and we preferred to bathe in the basin, which is out doors. Just

WHAT SHALL

To Keep Healthy and Strong?

A healthy appetite and common sense are excellent guides to follow in matters of diet, and a mixed diet of grains, fruits and meats is undoubtedly the best, in spite of the claims made by vegetarians and food cranks generally. As compared with grains and vegeables, meat furnishes the most



nutriment in a highly concentrated form and is digested and assimilated nore quickly than vegetables or grains Dr. Julius Remusson on this subject says: Nervous persons, people run down in health and of low vitality should eat plenty of meat. If the digestion is too feeble at first it may easily be strengthened by the re-gular use of Stuart's Dyspepsia Tab-lets after each meal. Two of these ex-cellent tablets taken after dinner will digest several thousand grains of meat, eggs or other animal food in three or four hours, while the malt diastase also contained in Stuart's Tablets the perfect digestion of starchy foods like potatoes, bread, etc., and no matter how weak the stomach may be, no trouble will be experienced if a regular practice is made of using Stuart's Dyspepsia Tablets because they sup ply and diastase so necessary to per-fect digestion, and any form of indi-gestion and stomach trouble except cancer of the stomach will be overcome by their daily use.

That large class of people who come under the head of nervous dyspeptics should eat plenty of meat and insure its complete digestion by the systematic used of a safe, harmless digestiv medicine like Stuart's Dyspepsia Tablets, composed of the natural digestive principles, peptones and diastase, which actually perform the work of digestion, and give the abused stomach a chance to rest and to furnish the body and brain with the necessary nu-triment. Cheap cathartic medicines nasquerading under the name of dyspepsia cures are useless for relief or cure of indigestion because they have absolutely no effect upon the actual di-

Dyspepsia in all its forms is simply a failure of the stomach to digest for and the sensible way to solve the rid-dle and cure the indigestion is to make daily use at meal time of a safe pre-paration which is endorsed by the nedical profession, and known to contain active digestive principles, and all this can *ruly be said of Stuart's Dys-pepsia Tablets.

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thermometer almost at freezing point. It magno suggest cold and chais until you know that most delightful of all bathing places the pool in the basin at

Banti.

The pool is protected on two sides by the hills and on the other two by the bath houses and a fence, so that the wind cannot get at the bathers. Banti. The bathing place is about 35 deet, in diameter and about 8 feet deep in the middle. The water is deep blue, which color it gets from the sulphur in it. In the centre of the pool, the warm water bubbles up from the earth and diving, you can plungs your arm (to the shoulder in the loose sand. There is a cave at the east end of the pool where the adventuresome can craw into. The opening isn't very large and you have to crawl in with your head under water. The overflow pipe is about six inches in diameter and the water keeps running There is an entire change of water in the pool every two hours and a half. We generally stayed in an hour and the last time we were in an hour and a half. It was really the finest bathling I ever enjoyed. The warm water was not too warm, just comfortable and, if your shoulders became cold all you had to do was to put themunder water. The air, of course, was a little chilly, but a couple of quick steps and you were in by the fire side. After the bath was, perhaps, the most enjoyable time. When dressed, you felt as warm and full of life as a grasshopper In fact, it required some restraint to keep from hopping all the way back do the sanitarium. I can imagine nothing more delightful than sporting in the basin atl Banff, and, as the excellence of this place gets noised abroad and as towns build up near it, the time will come when the hot springs at Banff will be too few to accommodate the multitude.

For the information of those who go to Banff, it may be well to mention that there are two hotels there, this C. P. R. hotel, a modern palace with delightful view; and the Sanitarium. The C. P. R. hotel is perfect in everything, and a delightful place of residence. The rates are \$3 per day. At the Sanitarium the rates are from \$2

to \$2.50. The Government Museum at Banff is well worth visiting. It contains a splendid collection of birds mounted, their eggs, minerals, woods and a few animals. There is also quite a targe collection of Indian orna-ments and articles of war, including the scalps belonging to Calf-child, a Blackfoot Indian chief. One of the scalps is of auburn hair, soft and silky as if it had belonged to some young girl, and caused a shudder to pass over me when I touched it. Prof. N. B. Sanson is in charge of the museum. He told me that the highest recorded temperature at Banff was 89 degrees on August 5, 1893, and the lowest 59 degrees below zero in January, 1893. Curious that the records should be both in the same year. The past two winters have been very mild, however, and during both there was scarcely three weeks sleighing. Mr. Sanson said that the Government were intending to extend the limits of the Park, which already contains 260 square miles. The hot springs, of which there were five in use, all were contained within a radius of three miles and all came from Sulphur mountain. Even Banff had to be left and it was sorry I was to depart. The capital of the Northwest, once called a Pile of Bones, but now Regina, was the next stopping place. I think that the power that gave the pile of bones substance forgot to give it life, for a quieter place I never met. Really I see no future for Regina either. It is built out in the prairie away from water and, as now so in the future, it will depend for its life on the farm trade. This is large already for the capital of the Northwest as the centre of a very fertile farming and ranching country. The town, too, is so situated that a sewer system of waterworks system is impossible. It is true that the Gov-ernment buildings, the police bar-racks, and the Indian Industrial school are situated here, and I haven't the slightest doubt but that had Regina a good river flowing through it that it would long since have sur-passed me. A day in Calgary satis-fied me. I had intended to visit the beautiful Qu 'Appelle valley, of whose fertility and beauty many have spoken to me. Every visitor to the Qu Every 'Appelle walley, whom I met, went-into raptures over this fruitful section of Canada, but fate didn't permit me to see it and this is my one

art, once a teacher at Embro. He asked to be remembered to Mr. and Mrs. Hugh Macaulay. Time passes on and I must stop writing, as I am just about to leave for Winnipeg to properly welcome the Duke and Duchess of Cornwall and York to the West.

regret. On the train that I came

eastward on was the Rev. Mr. Stew-

-JOHN W. YOUNG.

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