

SOUTH SASKATCHEWAN RIVER, MEDICINE HAT,
ASSINIBOIA.

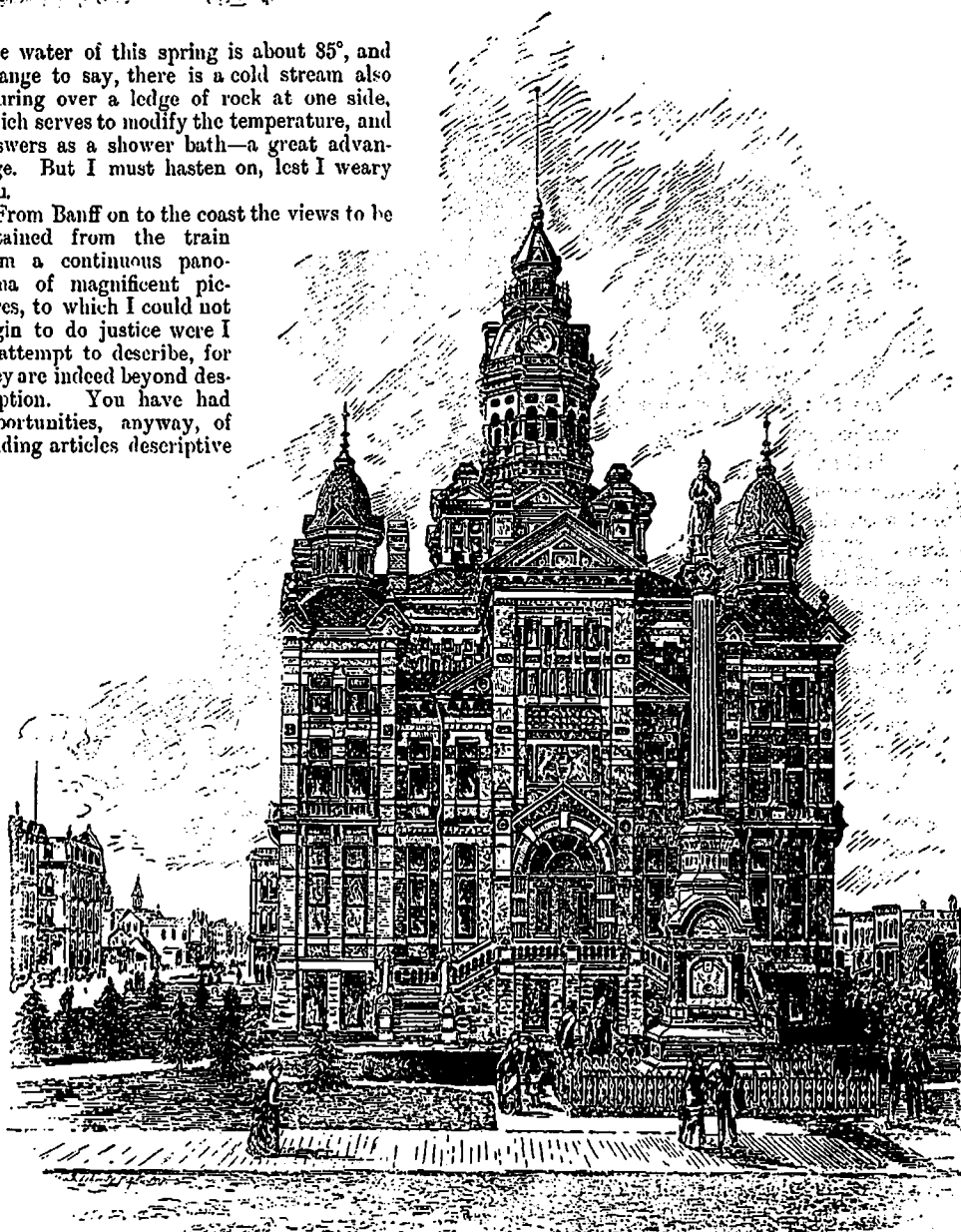
after the long ride over the plains. This village is very prettily situated upon a bend in the South Saskatchewan River. Quite a large number of Indians came to the station, as they also did, in even larger numbers, at Maple Creek station, with trinkets to sell to passengers—mostly polished buffalo horns. They are adepts at polishing them and when well done they make pretty souvenirs, the supply of which must sooner or later fall short, since so effectually have the buffalos been “killed off” by the Indians that only an occasional heap of bleaching bones, here and there on the plains, remains to tell that these noble animals ever existed. Departing from Medicine Hat, after crossing the river by the fine iron bridge, the road rapidly ascends by a steep grade and the view obtained from the train, as it climbs up, of the town and its surroundings, is extremely pretty. But after proceeding for a few minutes, streets and houses vanish and all is prairie again, and the road runs on over a “sea of land,”—apparently large enough to accommodate a great nation. At times there would be from 10 to 20 mile stretches of track without the slightest curve.

Calgary, the settled district nearest the Rockies, and the large cattle ranches, we passed in the night, arriving at Banff, Alberta, in the early morning. Here we remained two days. Banff, as you know, is the Canadian National Park, and indeed it is well worthy the name. It is a charming spot, 5,000 feet above sea level, in the midst of the Rockies, and surrounded on all sides with lofty peaks, many of which are covered with snow the year round, forming a magnificent secluded valley. Through it the lovely Bow River winds its way gracefully along, and the series of falls made by this river and the junction of its waters with the Spray River go to form a picture of extraordinary beauty. The splendid groves on the mountain sides and the features named, all combine to make a superb park, the equal of which it would be difficult to find.

One of the attractions of Banff, and one which has done most to bring it into prominence as a health resort, is its Hot Sulphur Springs, of which there are several. One, and the most important, pours forth a large stream, the temperature of which registers 115°. The water from this spring is conducted to the sanitarium baths in large pipes. The most wonderful spring is in a cave some 30 feet in diameter, with a natural arched dome of beautiful rock formation, the light coming in from a small window of nature's own making in the centre above. A tunnel has been made through the side by which bathers enter “nature's own bath-tub.”

The water of this spring is about 85°, and strange to say, there is a cold stream also pouring over a ledge of rock at one side, which serves to modify the temperature, and answers as a shower bath—a great advantage. But I must hasten on, lest I weary you.

From Banff on to the coast the views to be obtained from the train form a continuous panorama of magnificent pictures, to which I could not begin to do justice were I to attempt to describe, for they are indeed beyond description. You have had opportunities, anyway, of reading articles descriptive



CITY HALL, WINNIPEG.