

## THE LAKE DISTRICT OF SO

**H**OW many, even of those who live in the West, realize that in the five hundred miles between the prairies of Western Canada and the Pacific Coast lies the most wonderful summer playground in the world—a world of snow-clad peaks and valleys gay with flowers, a world of forest, lake and river, the haunt of game and of countless fish? Up in the mountains there are trails for sure-footed ponies, in the valleys and along the lake shores are automobile roads linking the settlements of fruit-growers who in due season load the table with cherry, apple, pear, peach and melon. Motor-boat and canoe make distances seem short in the lakes themselves, and bring the fisherman to the creeks where trout are waiting to fill the basket. Here the boy has trees to climb and clear pools to swim in—a thousand things to do that are impossible upon the prairies.

So excellent are the rail and lake steamer connections of the Canadian Pacific that this great playground is wonderfully accessible. And it is easy to find accommodation for every purse—you can camp, there are (owing to the war) vacant orchards to rent, there are moderate priced hotels, there are occasional house boats. Three weeks or a month in this country will mean a new lease of life for many a prairie dweller.

The mountain system of Canada divides into the Rockies proper, the Selkirk Range, and some smaller ranges. Between each is a valley, with slopes descending through green shores to a beautiful expanse of water. Between the Rockies and the Purcell Range is the Columbia Valley and Lake Windermere, between the Purcells, which are a branch of the Selkirks, and the Selkirks themselves is Kootenay Lake, between the Selkirks and the Gold Range are the Arrow Lakes, and between the Gold, Coast and Cascade Ranges is Okanagan Lake. Two great rivers, in a series of curious windings, link together the first three—the famous Columbia River, which, rising from the spring-fed Lake Windermere, flows first north and then, turning south, enters the Arrow Lakes and bears away their waters to the Pacific Ocean; and the scarcely less famous Kootenay, which, draining the southern end of the Columbia Valley, makes an excursion into the United States before it turns back into Canada, and, entering Kootenay Lake at the south, finds its way from the western end of that lake into the Arrow Lakes.