

water. No wonder they call it this, for as far as can be seen, it has no inlet, as far as has been measured, it has no bottom in places, and a squall is liable to pass over it at any time, lashing its waters into foam for a few minutes and then as suddenly subsiding. Minnewonka is the sportsman's delight. Here trout are sometimes caught weighing over thirty pounds. Its waters are of the most various colors, changing through all the shades from light blue to almost black, according as you are near shore, or out to where bottom has not been found. Travellers say, that nothing can compare with it in this respect, except the Bay of Naples. By means of a steam launch or sail boat, one can easily visit any part of the lake and can find good accommodation at the hotels on shore, when you return.

About a mile down the Bow river are the "hoodoos." These are very curious. Seen from a distance they appear to be huge statues, but on closer inspection, they are seen to be a natural formation of mud and stones rising to the height of from twenty to thirty feet. How they have been formed, is a mystery. Water has evidently been the agent, but whether the west of the land has been washed away and these left standing, or whether they are geyser foundations, has not been determined. Being situated out of the usual line of travel, the "hoodoos" are seldom visited, but they are among the most interesting sights of the Park.

In this home of the mountains, water-falls are to be seen on every hand, rumbling and splashing, but the highest one is on Cascade mountain. It has an almost perpendicular descent of 1000 feet to the level below, where it is lost in the porous soil, to be seen no more.

But the greatest attraction of the Park is the Hot Springs, which gush out in many places from the base of Sulphur Mountain. The temperature of the waters varies from 80° to 120°. The hottest springs are about three miles from Banff, but are easily reached by any of several roads. Fine hotels have been erected near them where at a moderate charge one can enjoy the baths. Doctors are unanimous that for the cure of rheumatism or any blood disease, these Springs are unrivalled. To my own knowledge really wonderful cures are effected. One man who came recently unable to move hand or foot in five weeks was able to walk around, apparently well. Persons having the most loathsome blood diseases come here and in a short time return to their homes, the picture of health. It is a novel sight to go around the Springs and see hanging here and there the crutches of those who have been cured of rheumatism. One bore the dubious inscription "The owner has gone home," but as from this, one could not clearly tell whether the person had been cured or killed, it has now been removed.

Healthy people find bathing in these hottest Springs rather uncomfortable, so they resort to the two cooler ones of the Cave and Basin, where summer or winter they find the water at about blood heat.

Formerly the Cave used to be entered by a hole in the roof, from which a ladder extended to the pool below, but sick persons, who wished to bathe here, found this a little inconvenient, so a tunnel was bored from the mountain into the water and the Cave itself much enlarged. Now it is about 30 feet wide, by 20 high and 5 feet deep. To go in here for a bathe some morning in the winter when the mercury outside is from 40° to 50° below zero, and find it comfortably warm, is an experience worth having.