



Looking Over The Top

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ous, while at times the ledges were barely sufficient for our passage. As we neared the summit, the top towered above us even more precipitously, but we surmounted this steep piece more easily than we expected and finally stood upon the summit at two o'clock.

"The snow almost covered the McArthur stone cairn. The sky was almost cloudless and the peaks rose on every side one behind the other in unknown numbers. The Kicking Horse River ran at our feet like a streak of silver, while the Wapta Fall, the great North Fork valley with a magnificent glacier at its end, and the various ranges made a circle of striking beauty.

"The difficulties near the summit were descended in safety and a perpendicular wall of rock, to which we held on by our eyelids, brought us to a steep snow slope down which we hurried to the amphitheatre back of the mountains, and thence to the hotel."

It was an English lady who had the honor of making the first ascent of Mount Sir Donald, the giant of the Selkirks, in company with her husband and two Swiss guides. The story of the climb is found in the Record Book of the Glacier Hotel.

"Before deciding on the trip," writes Mrs. Berens, of St. Mary Cray, Kent, England, the lady in question, "I was greatly puzzled as to what I should wear. Not being a new woman, I had no unmentionables packed away at the bottom of my trunk, and did not think it safe to attempt it in skirts and frills. Someone suggested I should go to my husband's wardrobe. The result was I picked out a pair of—something, and naturally, being a woman, chose his very best knickers as being the prettiest color and as becoming as was possible under the circumstances. When we first got on the rocks I asked the guide how long it would take us to get to the top. His reply was, four or five hours. Thinks I to myself, 'What nonsense. I am sure we can easily get there in an hour or two.' Alas, my conceit was quickly taken out of me as I soon found it was not so easy a climb as it looked! Be wise, and never despise a mountain. It always gets the best of you in the end.

"I looked down once, and after that carefully avoided doing so again, as the valley of snow and ice below looked, as far as we were concerned, as remote as Piccadilly, and to look up seemed about as bad. In climbing always look for your next foothold and nothing more, as if you look down it is apt to frighten you. It is surprising, too, how small the top of Sir Donald is.

"I cannot attempt a description of the scenery. I only try to write from a woman's point of view, but what I would like to suggest to other lady climbers is, first, to wear knickers and putties to prevent one's legs being knocked to pieces by the rocks. Wear good strong boots, with plenty of nails in the soles. Drink as little as possible. Take a good breakfast before starting, with a sandwich or two and an orange on the way. Take also a coat, which the guides will carry, to put on at the top, as it is very cold up there.

Conquered Eagle Peak

ANOTHER lady climber, was the first to conquer Eagle Peak, adjoining Mount Sir Donald.

Miss Benham holds the record for being the first lady to reach the top of Mount Assinaboine, 11,860 feet high—a gigantic peak that has baffled many a man.

Before leaving the subject of mountaineering for women, mention should be made of the Alpine literature that has sprung up as yet another by-product. Mrs. Elizabeth Parker, of Winnipeg, was one of the pioneer writers to make known the beauties of the mountains, to advocate the formation of an Alpine Club for Canada, and to hold climbing camps. Her work in this connection in the Manitoba Free Press largely laid the foundations for the success of the Club and its annual camps.

Mrs. Julia Henshaw, of Vancouver, has also rendered an excellent service in her books on the flora and fauna of the mountains, which are recognized authorities on the subject. Mrs. Schaffer-Warren's volume detailing her explorations in the Rockies makes fascinating reading, as it illustrates what women can accomplish in mountain exploration as distinct from climbing. Many too, will recall the entertaining articles in Harper's Magazine in which Miss Mary L. Job and Miss Margaret Springate recount their experiences in searching for a new and mighty peak far north of Mount Robson. Women are not only possible mountain climbers but successful explorers and map-makers, and Canada still offers one of the greatest domains in the world for original investigations of this nature.

Mrs. Adam Shortt

Leads Canadian Women in National Thought

OF public women in Canada, it would be difficult to select one more generally, more intimately known in every province in the Dominion, than Mrs. Adam Shortt. Wherever there is the necessity of spreading the gospel of some new national movement, there one may always find Mrs. Shortt. She has travelled from coast to coast, with national problems as her incentive, and wherever she has gone she has always had vast audiences as her objective. Women have come to rely absolutely upon her opinion and upon her judgment. She is requested to serve on committee after committee, and one would almost believe that she gives to each her undivided attention, so potent are the results achieved under her direction.

Since it is always necessary, before getting very far in this old world that one be born, it is only fair to state that Mrs. Shortt first intruded herself upon the attention of her family somewhere back in 1869 at Mountain Hall in the village of Winona, Ont.

Oliver Wendell Holmes once said in regard to a classmate of his, "Fate tried to conceal him by naming him Smith." If such were Fate's intention in regard to the subject of this sketch what an awful blunder was made!

As Elizabeth Smith, Mrs. Shortt attained the first measures of success, which now go to make her so outstanding a figure in Canadian public life. Every single member of Sylvester Smith's family has been of more than local importance. One of the sons, Mr. E. D. Smith, of Winona, was for some years a member of Parliament for Wentworth, and is well known in Canadian manufacturing circles. Another son, the late Cecil B. Smith, the Hydro-Electric engineer, has won more than casual prominence in his profession.

Elizabeth Smith was educated at private school, and afterwards attended Hamilton Collegiate Institute, then going to the Royal Medical College, in affiliation with Queen's University, where she obtained the degree of M.D. in 1884.

We have now become accustomed to depending upon lady doctors. In these days every Canadian city has a fair list of women who are devoted to the practice of medicine. Twenty-eight years ago, however, it took no little courage and individuality for a young girl to adopt a medical career. By the very choice of her profession, Dr. Elizabeth Smith showed her tendency for leadership. She was not only determined to succeed, herself, but to make the way easier for other women students who were to follow.

It was with this in view that she supported so strongly and so enthusiastically the call of the separate course for women at the Royal College in Kingston. This movement finally resulted in the creation of the Women's Medical College at Kingston, in affiliation with Queen's University. She wrote the history of this

College, which was published in brochure form last year as "Historical Sketch of Medical Education of Women in Kingston."

For some time Dr. Smith practised in the city of Hamilton. In 1886 she became the wife of Professor Adam Shortt, then a member of the Faculty of Queen's University.



Mrs. Adam Shortt—Canada's Leading Woman

For six years, from 1887 to 1893, Mrs. Shortt lectured on medical jurisprudence and sanitary science in the Woman's Medical College, and took a warm interest in all student movements. Professor Shortt became head of the Department of Political Economy and in their home many students found a cordial welcome and a social intercourse which proved most helpful to the young and ambitious collegian.

In fact, the family circle was always charming. Mrs. Shortt has two daughters and one son. The latter (unfortunately lame) not being able to serve in France went over as a Paymaster, and is living in London. He has married in England as has also Mrs. Shortt's elder daughter. The younger is taking a course at Queen's University.

IT is almost impossible to chronicle Mrs. Shortt's various activities. She was President of the Y.W.C.A., for three years, President of the Kingston Musical Club for seven years, and became the first president of the Queen's Alumnae Association. Since the beginning of the war she has been doing active service without salary in the Maple Leaf Club for Soldiers, London, England. It would be well nigh impossible to imagine the National Council of Women without her. She has been on the Executive of that Dominion-wide organization for years, having acted as the first convener of the Immigration Committee. Later, when a Public Health Committee was formed, Mrs. Shortt, having devoted much time

and energy to the anti-tuberculosis crusade, was made convener. An enlightening pamphlet on the social aspect of tuberculosis, written by Mrs. Shortt, was issued a few years ago.

In 1911, when Professor Shortt was appointed Civil Service Commissioner, the family moved to the Capital, where Mrs. Shortt has been decidedly active in civic and social work. She was for three years President of the Mothers' Union of Ottawa, and for a time President of the Ottawa Women's Canadian Club. For the past six years, she has also been President of the Ottawa Local Council of Women, and it is probably in this connection that she has accomplished some of her most important work.

She has labored unceasingly in the endeavor to make local conditions healthier and happier. During the particularly hard times that preceded the war, when the cost of living soared to such heights, Mrs. Shortt was responsible for reduction in the prices of not a few commodities through her agitation with the local council as a medium. In the past couple of years she has worked with a determination to better market conditions in Ottawa. The improvements that have been effected are undoubtedly due to her insistent effort.

Immigration is an all-important matter in the Dominion, and it is absolutely necessary that women immigrants should be properly met and furnished with what information they need in a new land. Mrs. Shortt was one of the first to realize the importance of this movement, and was the organizer and first president of the Women's Immigration Hostel in Ottawa.

SINCE 1914, her days of service have been nearly twenty-four hours long. At the very first public meeting of women, called in Ottawa by Her Royal Highness, the late Duchess of Connaught, Mrs. Shortt was one of the chief speakers. Since then, she has laid aside all other interests but those which contribute to patriotism and the winning of the war.

Mrs. Shortt is, of course, a strong believer in woman's suffrage, as she says—"in the abstract." She has always been keenly active in spreading interest in municipal affairs, her idea being that the best argument women could ever advance for the extension of the total franchise, is to make use of what they have to the fullest extent. In her opinion, women cannot divorce domestic and civic housekeeping, and every woman should have a live interest and a real part in the government of our towns and cities. Just now she is very much concerned as to how they will use the right given them. As she recently said in an address:

"Surely every woman here desires to use her vote with clear vision as to the object to be obtained, according to her own conscience, before God and man.

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