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The Empress Hotel, Vancouver B,C.

in length. They most carefully avoided | near the brink of the pool, just where contact with the anchor cables, for huge mammals though they are, their skin is as thin and fine as tissue paper, superimposed on thick layers of blubber. Finally they both lay on the surface, side by side, examining the new animal they had run across, then the two tall, black fins, fine as the lanteen sail we use on an eastern canoe, rose slowly above the surface, down the V rolled, as the big "fish" sounded, and the next time we saw them they were half a mile out in the Straits.

After lunch we packed our duffle bags, about a thirty pound load each, and Fritz and I started up the valley to search for the dreaded bears, and any other odd thing that might come with-in our camera's focus. "Were we arm-ed, you ask?" Aye, truly! Fritz had a twelve chambered four by five bullet, and had the deadly old Reflex, good for six shots as long as there was light enough to see. I must admit that we had also a surveyor's ax--to clear the trail with and mayhaps slaughter many an attacking bear.

We first picked up an elk trail. This was well trodden, just as if tame cattle had descended to the little pool Right in the squashy mud to drink.

Works Without Faith

Faith Came After the Works Had Laid the Foundation.

"While a coffee drinker I was a sufferer from indigestion and intensely painful nervous headaches, from child-(Tea contains caffeine - the same drug found in coffee.)

"Seven years ago my health gave out entirely. I grew so weak that the exertion of walking, if only a few feet, made it necessary for me to lie down. My friends thought I was marked for consumption-weak, thin and pale.

tried faithfully medicines, till, at last, after having employed all kinds of drugs, the doctor acknowledged that he did not beheve it was in his power to cure me.

"While in this condition, a friend induced me to quit coffee and try Postum, and I did so without the least hope that it would do me any good. I did not like it at first, but when it was properly made I found Postum was a most delicious and refreshing beverage. I am especially fond of it served at dinner ice-cold, with cream.

'In a month's time I began to improve, and in a few weeks my indigestion ceased to trouble me, and my headache stopped entirely. I am so perfectly well now that I do not look like the same person, and I have so gained in flesh that I am 15 pounds heavier than ever before.

"This is what Postum has done for I still use it and shall always do Name given by Canadian Postum Co., Windsor, Ontario.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human in-

the salmon struggling up the stream would come nicely within the sweep of the bears forefoot, we found the first imprint of the Olympian bears. It was bigger than my hand, but not great enough to have been made by a grizzly
—we have some respect for those big chaps. Now the animal trail led onto the first plateau or bench. Here we found the tiny stream we were following, dammed up into a mashy, meadow-like land. Innumerable trails led off the main one. The sallal bushes were pawed and trampled by berry feeding bears and the arrow pointed hoof marks of the common blacktail deer criss-crossed the deep imprints of Bruin. Across this swamp a mighty fir tree had fallen; the tip of the tree was towards us, so Fritz and I, to save a long walk about the swamp followed where many a panther had gone across the fallen tree. It was fully one hundred steps along over this monster of the original forest, making the tree from tip to root a good three hundred feet. As we neared the roots that lay on dry earth the ferns formed a compact green surface on both sides of us. Now the root blocked us, so it was a case of jumping off. Fritz took the lead, jumped, and totally disappeared. No wonder; the ferns were sixteen feet high here and the perch he leaped from was the upturned root hole of a giant fir. After some lamentation on the bruised lad's part, I urged him to climb back, and we both carefully retraced our steps across that fallen fir, and took to the elk trail-for, remember -never leave the trail, any trail that is well enough marked for you to find your way back upon.

. Upwards we climbed, disturbing many a ruffled grouse, a few deer, and at least one band of elk. The only three bears we saw that day were feeding in the sallal on the thinner clad stones, and they ran like curs before Dash and "I realized the danger I was in and died faithfully to get relief from and tie the dogs up, or else we would never get close enough to the bears for photography-that is, to see the eye.

We made about a thousand feet by camping time. We chose a wide spreading cedar. I think it was on the American plan, for certainly it had been used the night before, as the well pressed bed of the deer in the soft needles proclaimed.

Far below, the Straits of Fuca glittered in the setting sun. On the northern side of the Straits the shores of Vancouver Island lay as in the days of their discovery-unpolluted by the axe. In mid-straits a school of whales, sulphur bottom's possibly, rose and sank again. Overhead the migratory birds were already on their long flight. In the woods below us, the whistle of the deer, the snort of a bull elk, the strident call of the blue jay, sounded on the evening air. Once, above us, a rattling pebble falling down the trap rock told of an animal's passage, and soon a loud "whauf" told it was a berry gorged bear homewards bound. Night fell with all her chorus hushed. Our fire burned out. The settlers curled beside us. Fritz was the best guarded of the two, for in case of an animal's attack he had one pound more of blanket to protect him, his being an eight

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