

Royal St. Lawrence Yacht Club held for many years the Seawanhaka International Challenge Cup, which is to twenty-five footers what the America Cup is to the gigantic ninety-footers.

There are a number of flourishing golf clubs on the outskirts of Montreal, and the game is very popular.

Lacrosse is the national game of the country, and its season extends from May until October. Hockey is the



Restigouche Salmon Club House, Metapedia Station, Metapedia Que.

national winter game. In addition to these strictly Canadian games, football (both Rugby and Association), cricket, golf, polo, yachting, rowing and canoeing flourish, and all field sports are well patronised. Ice racing is a feature of winter sports; whilst for tobogganning and skating no city in the universe furnishes such opportunities for three months in the year.

Tourists are invited to call at the Information Bureau of the Montreal Business Men's League. The advantages offered to strangers are free of charge, and correspondence receives attention.

The League would also be glad to give information as to the advantages of Montreal as a manufacturing centre. Side trips and accommodation may be arranged for; and