

has entered the Canadian National Park. The few miles onward to Banff is more confined scenery, but at the latter place the valley of the Bow again widens out, and the view becomes enlarged, and drawing up at this station the traveller alights at the main entrance, so to speak, of the beautiful National Park.

THE CANADIAN NATIONAL PARK AND THE ROCKY AND SELKIRK MOUNTAINS.

SHORTLY after the Rocky Mountain range is entered, going west on the Canadian Pacific Railway, the train will stop at a station called Banff. This station is already one of the best known on the line west of Winnipeg, its particular prominence being that it is the destination of passengers for the Canadian National Park. A large section of country, extending for miles about Banff, has been reserved by the Dominion Government for a national park, and certainly the selection is a good one, for the attractions which nature has here provided are many and magnificent. The Government has selected this spot, as the most suitable place in all this wide Dominion, covering half a continent, for a national park. The above is sufficient to guarantee that the place must have many wonderful attractions. Certainly no traveller for pleasure should pass without spending at least a few days in this beautiful and interesting spot. The park is under the control of a commissioner appointed by the Government. Carriage roads have been opened up, so that long drives can be taken among the mountains, and the glorious scenery of the park viewed in this way. Bridle paths have been built to reach points more difficult of access, on horse back. First class hotel accommodation can be had at Banff. The Canadian Pacific Railway have a magnificent hotel, overlooking the beautiful scenery of the Bow river and there are other hotels to meet the requirements of all. Good accommodation is provided at very moderate rates.

Banff first became famous as a health resort, owing to the discovery here of hot mineral springs, shortly after the railway was built. Many wonderful cures are related of these springs, and undoubtedly many people would receive much benefit from a course at the springs, who could not be helped by the ordinary courses of medical treatment. Every facility is afforded for bathing in the healing and invigorating waters. The water is conveyed in pipes to the hotel bath-rooms, while those who prefer it can go direct to the springs for their baths.

While the park holds this great attraction in its medical springs, which alone are sufficient to make the place famous as a health resort, it has other features to commend it to those in search of a healthful place of temporary residence. The climate is dry and exceedingly healthful, and affords just such a change of air as most people require, especially those living in moister climates. The summer is cool and invigorating and even during a great portion of the winter the climate is pleasant, and certainly exceedingly healthful.

The visitor can here enjoy delightful drives, over roads cut through dense forests of evergreen trees, with wonderful scenery on every hand. Snow capped mountains, dashing cascades, beautiful lakes, water-

falls, and the beautiful Bow river valley, winding among the lofty mountains, all go to make up a land of enchantment for the lover of natural scenery. Boating can be indulged in on the river or lakes, which also afford splendid fishing. Trout of large size abound. Those who like shooting and have the endurance to climb mountains in search of game, can here find sport to their liking. Wild sheep (the big horn) and goats are the principal inhabitants of the mountains. The deer family is represented by the stately elk, the caribou and small deer. There are also bear, lynx, wolf, beaver, etc., and in feathered game ground and water fowl. While wolf and bear may be found by the sportsman who searches for this class of game, those who incline to roam about the park unarmed, need have no fear of an attack from any wild beast. They have to be searched for in the more inaccessible sections to be found. At any rate, we have never heard of a bear attacking man, and the wolf is too cowardly to attempt such a thing. All the other animals are harmless.

Those who have the endurance to attempt mountain climbing, could spend an entire season in the Canadian National Park and find a new hill to climb every day, and they would go away disappointed in not being able to get to the top of some of the snow covered summits. In fact there are many ways of indulging in healthful recreation, sport and pleasure in and around the Canadian National Park, even a short season spent there would help to build up and strengthen the over-worked and weary man of business.

Some of the special features of the park are the great cave—a natural amphitheatre in the rock—in which is a pool of water from a hot spring. This is a favorite spot for bathing. A tunnel has been opened to admit of an entrance to the wonderful hollow in the rock, and bathing facilities provided. Not far from the cave is the "pool" a natural reservoir of warm mineral water, which is also a favorite place for bathing. Then there are the upper hot springs, at a higher elevation, from which the water is taken in pipes for the hotel bath-room. Lake Minnewaukan is another spot which is visited by most parties who go to the park. The carriage drive to the lake affords a delightful panoramic view of ever changing scenery. There is good bathing in the lake, and hotel accommodation at hand. The Spray Falls near the Canadian Pacific Railway hotel is another point of interest. In fact, however, where nature has done such wonders in the line of scenery, it is difficult to particularize, as all is wonderful.

The Canadian Pacific Railway continues on from Banff through the park, through the maze of mountains with wonderful views on every hand. The summit of the pass which the railway follows is crossed at an elevation of one mile above the sea, and the descent begins on the western slope. Right at the summit of the pass the mountain peaks rise on every side, but the higher elevation of the pass is shown by the lowering of the snow line on the mountains. From the summit the waters divide and run eastward, eventually to Hudson's Bay, and westward to the Pacific Ocean.

Descending the western slope the scenery continues grand, and ten miles down Mount Stephen is reached, 8,000 feet high, with its great glacier of green ice. Here the Canadian Pacific Railway has erected a beautiful cottage hotel, which is a brief stopping-place for many visitors.