

and in no other city on the continent are these particular games played with such a degree of skill. This is borne out by the fact that trophies emblematic of the championship of the world in lacrosse and hockey are held by Montreal clubs, and, in addition to these, the Royal St. Lawrence Yacht Club holds the Seawanhaka International Challenge Cup, which is to twenty-five-footers what the America's Cup is to the gigantic ninety-footers.

Lacrosse is the national game of the country, and its seasons extends from May until October. Hockey is the national winter game, and is played on ice from December until March. In addition to these distinctly Canadian games, professional baseball, football (both Rugby and Association), cricket, golf, yachting, rowing and canoeing flourish, and all field-sports are well patronized. Horse-racing comes in for attention also. Ice-racing is a feature of winter sports; while for tobogganing and skating no city in the universe furnishes such opportunities.

Montreal is the home of three athletic associations—the Montreal Amateur Athletic Association, the Shamrock Amateur Athletic Association, and the National Amateur Athletic Association; the latter being the foremost French-Canadian club of the country. Each possesses well-equipped grounds. The Montreal Amateur Athletic

Association has a splendid cinder-track, where, on alternate years, the Canadian amateur championships are contested. In the winter this immense athletic oval is turned into an open-air skating-rink, with a quarter-mile track. By an arrangement with the National Amateur Skating Association of America, the speed-skating championships of the continent take place on this track every second year.

At Queen's Park, in the southwestern part of the city, is one of the finest wooden cycle-tracks in

