

Nicola Lake is twenty miles long, and about a mile wide, and is surrounded by one of the finest farming districts in British Columbia. It is well supplied with the different varieties of fish, as well as steel heads or salmon trout, and here also is found the red fish, a fish which seems to be peculiar to some of the lakes of British Columbia. In general appearance it resembles a small saw-quai salmon, but its average size at maturity is only between nine and ten inches in length, and it will not exceed ten ounces or three-quarters of a pound in weight. In the month of September they enter the streams to spawn in immense numbers, and their flesh is found to be of a deep red color and fine flavor. They are caught by both whites and Indians in great quantities, the Indians drying them and the whites salting them for winter use. As the spawning season advances these fish get off their color like the salmon and the flesh deteriorates in quality. After spawning is over, they return into the depths of the lake and are not seen again until the next September, when they return to spawn. They are caught in traps by both whites and Indians, and so numerous are they, that I have seen Indians dipping them out with baskets.

Nicola River, the outlet of the Nicola Lake, is 48 miles long and empties into the Fraser River at Spence's Bridge. It is a clear, rapid, gravelly stream and abounds in salmon trout, and steel-heads. Here in February and March the steel-heads pass in great numbers on the way to the spawning beds, the size varying from 8 to 18 pounds. Thirty miles south of Nicola on the Sullameen River, is Dead Man's Lake and a number of smaller ones in the same section of the country. They are all fairly alive with trout and the country around being covered with herds of large game. It may be said to be a veritable sportsman's paradise.

Coquahala Lake is also in this part of the country and besides a bountiful supply of aquassa and speckled trout, saw-quai salmon resort here to spawn. Returning again to Nicola Lake and travelling east I visited a number of lakes on my way to Salmon River, Spring Minnie and Penask Lake. Minnie Lake, the largest of these, seems to actually bubble with aquassa trout, indeed I never saw anything to equal the trout fishing here. The outlet of this lake is through Quilchona Creek into Nicola. It is 12 miles long and has a fall of 13 feet, 3 miles from its head which prevents the red fish of Nicola from ascending into Minnie Lake.

After spending Sunday with Mr. Graves at the head of Douglas Lake, I proceeded down the Salmon River, which is but an insignificant stream until it reaches Grand Prairie, above this place the greater body of water from Salmon River is taken for irrigating purposes and I learned from reliable authority that trout in immense quantities are destroyed by being carried into these irrigating ditches, this could be obviated by screens being placed at the head of the ditches.

Salmon River empties into Shuswap Lake, as does Adams River, Eagle River, and Spullmacheen River. Shuswap Lake is of very irregular shape, being divided into a number of arms, the extreme length from the end of any one arm to the end of any other will not exceed 60 miles. It is well stocked with silver trout, aquassa and speckled trout, as well as salmon, and salmon trout, in their season. All the rivers that empty into this lake are natural spawning beds for saw-quai salmon. Eagle River from which the Indians take a great number of salmon is a shallow rapid stream and is remarkable for the size of its speckle trout. It is said that they are caught sometimes weighing 20 pounds, while there I caught one weighing 5½ pounds.

The Spullmacheen is the principal river flowing into the Shushoop and is navigable for 30 miles by steamer.

Above the head of navigation this river becomes more rapid, and with its gravelly bottom is a favorite resort for the saw-quai salmon to propropagate their species. South-west of the Spullmacheen country is Lake Okanagan, a beautiful sheet of water 90 miles long and about four miles wide. It is surrounded by a prosperous farming community. Its waters flow into the Columbia River, and the quinnat salmon from the Columbia comes up here to deposit its spawn. The red fish of the Nicola also make their appearance in myriads in the months of September and October, and ascend the small streams to spawn. After spawning they return to the