

"From sports like these are all our cares beguiled." The mere recreative element, however, is but a side line in this great event. Looked at from every rational standpoint, it is doubtful whether there is anything *so worth while* at any time, and especially in these times, as the invigorating and rejuvenating effect of a week's "let up" in the hill-air of Banff and its great week of Carnival.

The whole scheme is one that begs description to the citizen who has never witnessed or taken part in this distinct national affair. It has meant something of an epoch-making character in the lives of thousands of hard toiling men and women of the city and prairie. Anyone who has ever been there will strain every effort to get there again and to influence every neighbor he can reach to share in the same royal feast of inexpensive and legitimate fun.

## WINTER SPORTS IN AN ALPINE SETTING

We are all lovers of life in the open. We are insurgents against sluggish existence, against wasting the bright sunshine of the world, against remaining indoor. We all love the summer sunshine, when the whole world seems bent upon spending as much time as possible out of doors, following our favorite pastime, or enjoying the refreshing breezes at some resort.

Summer is a time to laze around, but our winters are when Canada may be seen in real action and at no place may winter sports of a greater variety be enjoyed than at Banff during the Carnival. You just can't resist the temptation to "get out" and enjoy a hike, or a skate on a fine open-air rink in the clear dry air. Never was a place better fitted for a Winter Carnival than Banff, being so well situated. There are several hotels open all the year round at Banff and the opportunities for having a gay and exhilarating Winter Holiday are unparalleled.

Two through Transcontinental trains in each direction on the Canadian Pacific Railway pass Banff daily, thus offering the visitor, or the tourist an excellent opportunity of seeing Banff in Winter without delay.

On your trip to the Pacific Coast this winter, do not fail to include a stop-over at Banff, you'll enjoy it, and continue your journey with renewed vigor, prepared to take the full value out of your trip.