

the Three Sisters were very impressive. Late in the afternoon we came to Banff.

"Banff will have a unique reputation among the resorts of the world. If a judicious plan is formed and adhered to for the development of its extraordinary beauties and grandeur, it will be second to few in attractions. A considerable tract of wilderness about it is reserved as a National Park, and the whole ought to be developed by some master landscape expert. It is in the power of the Government and of the Canadian Pacific Company to so manage its already famous curative hot sulphur springs as to make Banff the resort of invalids as well as pleasure-seekers the year round. This is to be done not simply by established good bathing places, but by regulations and restrictions such as give to the German baths their virtue.

"The Banff Hotel, unsurpassed in situation, amid magnificent mountains, is large, picturesque, many gabled and windowed, and thoroughly comfortable. It looks down upon the meeting of the Bow and the Spray, which spread in a pretty valley closed by a range of snow peaks. To right and left rise mountains of savage rock 10,000 feet high. The whole scene has all the elements of beauty and grandeur. The place is attractive for its climate, its baths, and excellent hunting and fishing.

"For two days, traveling only by day, passing the Rockies, the Selkirks and the Gold range, we were kept in a state of intense excitement, in a constant exclamation of wonder and delight. I would advise no one to attempt to take it in the time we did. Nobody could sit through Beethoven's nine symphonies played continuously. I have no doubt that when carriage roads and foot-paths are made into the mountain recesses, as they will be, and little hotels are established in the valleys and in the passes and advantageous sites, as in Switzerland, this region will rival the Alpine resorts.

"The railway follows down the river, between the splendid ranges of the Selkirks and the Rockies, to the mouth of the Beaver, and then ascends its narrow gorge. I am not sure but that the scenery of the Selkirks is finer than that of the Rockies. One is bewildered by the ilimitable noble snow peaks and great glaciers. At Glacier House is another excellent hotel. In

savage grandeur, nobility of mountain-peaks, snow ranges and extent of glacier, it rivals anything in Switzerland. The glacier, only one arm of which is seen from the road, is, I believe, larger than any in Switzerland. There are some thirteen miles of flowing ice; but the monster lies up in the mountains, like a great octopus, with many giant arms. The branch which we saw, overlooked by the striking snow cone of Sir Donald, some two and a half miles from the hotel, is immense in thickness and breadth, and seems to pour out of the sky. Recent measurements show that it is moving at the rate of twenty inches in twenty-four hours—about the rate of progress of the Mer de Glace. In the midst of the main body, higher up, is an isolated mountain of pure ice 300 feet high and nearly a quarter of a mile in length. These mountains are the home of the mountain sheep.

"From this amphitheatre of giant peaks, snow and glaciers, we drop by marvelous loops—wonderful engineering, four apparently different tracks in sight at one time—down to the valley of the Illicilliweat, the lower part of which is fertile, and blooming with irrigated farms. We pass a cluster of four lovely lakes, and coast around the great Shuswap Lake, which is fifty miles long. But the traveler is not out of excitement. The ride down the Thompson and Fraser canons is as amazing almost as anything on the line."

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THE HOMŒOPATHIC DOCTRINE of increasing potency with increasing attenuation has been ingeniously applied by the professors of the mind cure to their science, and one of them explains the working of their treatment as follows: "I have found, by actual experiment, that as the drug is attenuated its power is increased, until, when the drug is all gone and there is only mind, its greatest efficacy is reached."—*North-Western Lancet*.

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QUEER SPELLING FOR A SAWBONE.—The following letter was received by a physician from a man whom he knew, practising medicine and desiring counsel: "dear Dock I have a pashunt whos physical sines shows that the wind-pipe has