MESSEAGER SERVICE.

VICTORIA--B. C. District Telegraph and Delivery Co., Five Sisters Block, Fort street, Fred White, Manager.

VANCOUVER--Vancouver District, Telegraph and Delivery Co. (L'td.), 305 Abbotî street,

EXPRESS OFFICES.

VICTORIA.

DOMINION EXPRESS-Agent, F. Oliver, Office, 381/2 Yates street. Office hours, 9 a.m. to 6 p.m. Closes 6 p.m. Arrives 7 p.m.

NORTH PACIFIC EXPRESS-Office, corner Government street and Treunce avenue. Agent, E. E. Blackwood. Office hours, 8 a.m. to 6 p.m. Closes 4 p.m. Arrives 4:30 p.m.

Wells Fargo Express—Corner Government st. and Trounce ave. Office hours, 9 a.m. to 6 p.m. Agent, F. H. Worlock.

VANCOUVER.

DOMINION EXPRESS Co.--C.P.R. Station. GREAT NORTHERN-Corner Carrol and Hastings street.

NEW WESTMINSTER.

DOMINION EXPRESS Co .-- J. B. Johnson. Agent.

GREAT NORTHERN EXPRESS Co.-Wright Bros., Agents.

NANAIMO.

DOMINION EXPRESS Co.-Wm. Dennison, Agent, Commercial street.

BRITISH COLUMBIA EXPRESS--Ashcroft, B. C. Headquarters.

TELEPHONE SERVICE.

VICTORIA—Victoria & Esquimalt Telephone Co. (L'td.), E. Crow Baker, Sec.,

Office over Bank of B. C. VANCOUVER—New Westminster & Burrard Inlet Telephone Co. (L'td.), H. W. Kent, Manager. Office, Le Fevre Block, Hastings street.

NEW WESTMINSTER-New Westminster & Burrard Inlet Telephone Co. (L'td.), G. C. Hodge, Manager. Office 707 Columbia street.

NANAIMO-Nanaimo Telephone Co., G.

E. T. Pittendrigh, Manager. STEVESTON-New Westminster & Burrard Inlet Telephone Co., J. C. Forlong, Local Manager. Office, Second avenue.

Health and Pleasure Resorts.

Banff-On the C.P.R. main line. Celebrated for its hot springs, Splendid mountain scen-ery and superior hotel accommodation. A favorite stopping place for tourists on their way to the Pacific coast.

Burrard Inlet .- This resort near Vancouver is popular in winter and summer, ow ing to its superior hotel accomodation and attractions for visitors.

Duncan's-Is recommended by the leading medical faculty in Victoria as a fine health resort, and during the summer many families from Victoria reside here.

Goldstream—A pleasant pleasure resort with good hunting and fishing, and a comfortable hotel.

Harrison Hot Springs-About five miles from Agassiz station with regular stage meet-ing each train. These springs are celebrated for their curative powers, especially for rheu-matism, sciatica, etc. There is an excellent hotel (The St. Alice), good boating and fish-ing on the lake. Splendid scenery and hunt-This resort is becoming more popular each season.

Hope-A most desirable spot for all wishing to

spend a quiet and restful holiday, or those fond of hunting.

Oak Bay-On the outskirts of Victoria, is a most charming spot, where the Mount Baker Hotel, a splendid house, is now open for guests II is a lovely spot where tourists and others may visit with much pleasure to them-

Pilot Bay—This whole district with its pure air and water, lying some 2000 feet above sea level, is most healthful and invigorating. No more striking or enjoyable trips can be taken through the whole length of this sec-tion of country.

Shawnigan Lake-On the E. & R. R. A. delightful spot for camping, fishing and hunting, with excellent hotel accommodation and pleasure boats on the lake.

Westham Island-There is good accommodation at the beach-a pleasant place to visit in the summer.

There are many resorts for the sportsman as may be seen by referring to "Hunting" and "Lake and River Fishing." Other health and pleasure resorts will be added from time to time.