

on a vigorous, healthy tone. The sick are made well. The best doctors now recommend a change of climate instead of a change in medicine. A certain amount of travel not only gives one better health and another life, but it sweetens the disposition. The man who spends all his time in one place becomes sluggish, mentally and physically.



He becomes more or less dwarfed. By him, everything is done on a small scale. He sours. He becomes narrow, and is hardened and deadened by the monotony of the struggle for existence which is usually the lot of him to live unto himself.

Then there is the overworked business man with nerves all unstrung. It would be hard to estimate the tragedies which have resulted from exhausted nerve cells. Irritability and loss of sleep are only the first sad symptoms. The man or woman who is suffering from nervous trouble can be cured absolutely by coming to British Columbia, where the air is soft and balmy, where the flowers bloom late in the year and early spring, where the birds sing and all nature rejoices. The cure will be effected more quickly if the seashore becomes part of the new environment. The sea washes the shores of British Columbia, adding another charm. It takes the mind from self and the troubles at home. There is healing in its waters. Its very vastness is awe-inspiring. There is a new field of interest in the animal life in its silent depths, and a wondrous beauty in the marvellous shells washed up by the ever changing tide. There is rest and sleep and medicine in the salt sea breeze. Such an environment as this, with the proper mental attitude, will add years and a charm to life.

Climate changes the entire disposition of a being and this you will realize when you come to British Columbia, for you will be tempted to say when you go back home that "you met all classes, and never heard one unkind criticism, one morsel of bitter sarcasm from anyone, and there is a more universal spirit of good will and helpfulness and amiability existing in the social life of British Columbia than you have encountered elsewhere."

So pack up your kit, your rod and gun and a ticket for Somewhere in British Columbia; we know you'll eventually visit Vancouver; it's the city where everybody calls.

British Columbia is unquestionably a vacation land. Although a country of very recent development, particular attention has been given to making many of the beauty spots easily accessible, and in providing for the comfort and entertainment of the sightseer.

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In this work the Canadian Pacific Railway has again been the pioneer, erecting and maintaining commodious resort hotels at such places as Banff, Lake Louise, Glacier and Field (Emerald Lake), in the mountain region of the eastern section of the province. They have also built typical Swiss chalets in the higher altitudes, and

The C. P. R. also operates a first-class hotel at Sicamous, at the northern entrance to the Okanagan valley; the Hotel Incola, at Penticton, on the line of the Kettle Valley Railway; besides the palatial "Vancouver" and "Empress," at Vancouver and Victoria respectively.

A regular service of C. P. R. steamers also ply the Arrow, Okanagan and Kootenay lakes.

The Canadian National, Grand Trunk Pacific and Pacific Great Eastern railways are of too recent construction to permit of any great development in this way, but ample provision has been made for the comfort and convenience of sportsmen and fishermen at the many points where good fishing and hunting are to be obtained.

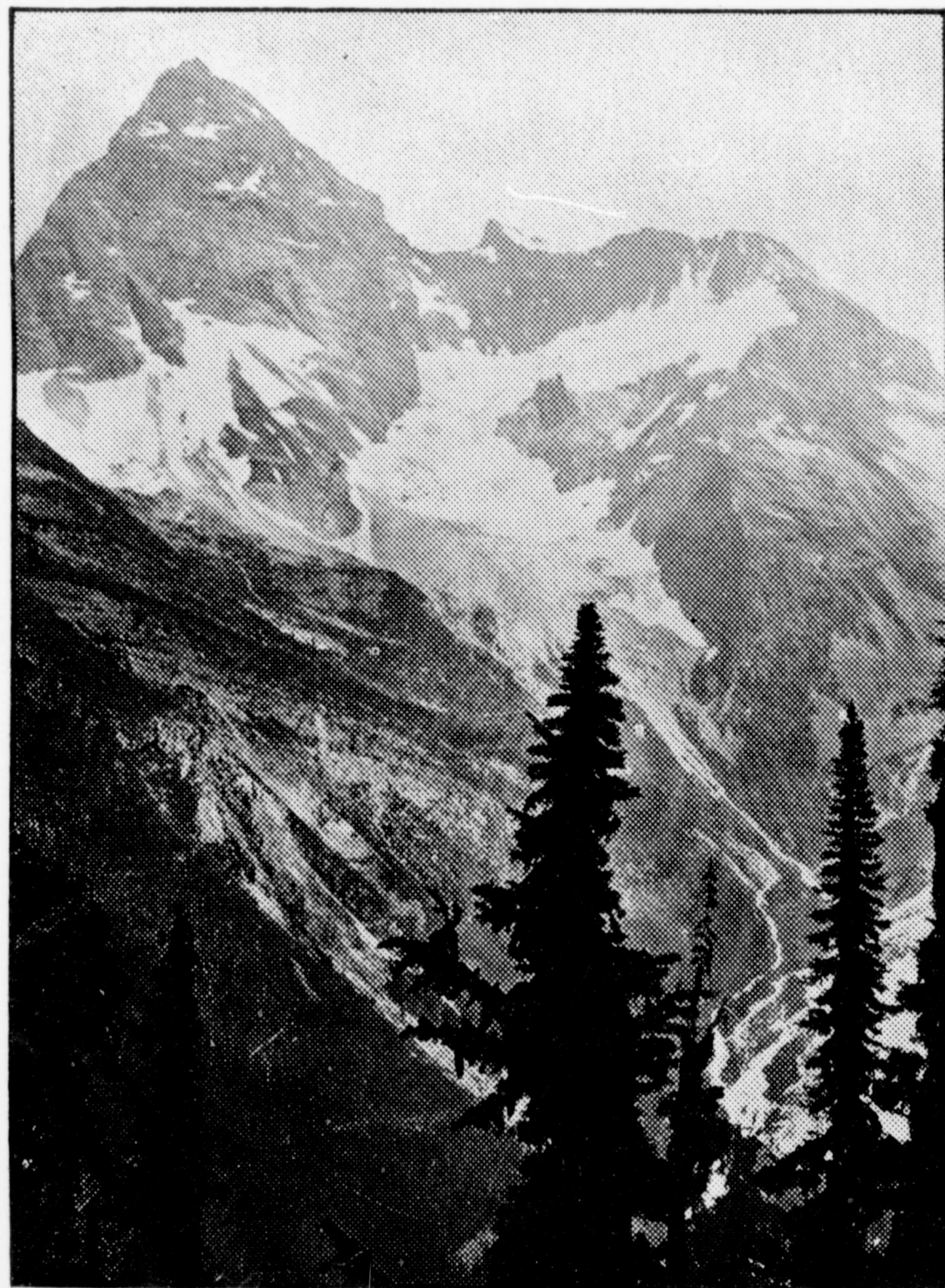
Apart from all other considerations, one would be amply repaid—from a sightseeing standpoint—by a mere trip over any or all of these railways through the province, since world-travellers in great numbers have declared, without hesitation, that the scenic beauties, both by reason of grandeur and variety, are unexcelled in any other single section of the world.

Tourists, in ever increasing numbers, are making the cities of Vancouver and Victoria their objective and headquarters, because of the many interesting and enjoyable features in the immediate vicinity of these cities.

Within a radius of 40 miles of Vancouver are a full score of places sufficiently attractive to arouse the attention of the most jaded globe-trotter, including such points of interest as Capilano Canyon (6 miles), Indian River Park (18 miles), Bowen Island (16 miles), Horseshoe Bay (16 miles), and many others, all of them accessible either by automobile, interurban car or frequent boat service; while within the city limits is Stanley Park, a virgin forest of 1,000 acres, but well provided with roads and trails to all parts.

Victoria city is unique on the North American continent, resembling in many ways towns in the south of England. Here again are many beautiful places within easy reach by boat, street car or automobile, the motor roads on Vancouver Island equalling the best.

These coast cities are not merely summer resorts, but, with the growing knowledge of their mild winter climate, thousands of people from Eastern Canada and the Canadian prairies, as well as from the middle and eastern states, leave to



retained—for the benefit of mountaineers—a number of experienced Swiss guides.

Naturally, in a province such as British Columbia, mountain-climbing can be practised in almost any region, but the majority of the mountains charted and trailed are in the vicinity of the C. P. R. hotels, or close to the larger cities and towns.

make their residence in Vancouver and Victoria when the biting winds and snow storms of early November cause less favored sections of the country to be far from enjoyable.

On another page will be found information of particular interest to the hunter and fisherman, who can be assured of practically perfect sport in any part of the province.