

population, the cultivation of the land, and the planting of forest-trees; all of which are in progress over the vast regions west of Winnipeg.

But I have promised to conduct your readers through the Rocky Mountains and British Columbia, to the

WARM WATERS

of the Pacific. As the rising sun tips the snow-covered mountain-tops, we find ourselves in the first gap of those awfully grand, old Rocky Mountains.

After being two days and two nights on the plains, the sudden change is most agreeable and very striking. Through this gateway the beautiful Bow River issues from the hills. Beyond this, the track turns northward. On the left hand is Pigeon Mountain. Here, too, a magnificent view is obtained of Wind Mountain, and the Three Sisters. On the right are fantastically broken and castellated heights; on the left massive snow-laden promontories, rising thousands of feet. These mountains are tremendous uplifts of stratified rocks of the Devonian and Carboniferous ages, which have been broken out of the crust of the earth, slowly heaved aloft. Some sections, miles and miles in length,, and

THOUSANDS OF FEET THICK,

have been pushed straight up, so that their strata remain almost as level as before. Others are tilted more or less on edge, and lie in a slanting position; others bent and crumpled—under prodigious side pressure; while all have been broken down and worn away, until now they are only colossal fragments of the original upheavals. This disturbed stratification is plainly marked upon the faces of the cliffs, by the ledges that hold the snow after it has disappeared elsewhere; or by long lines of trees which there alone can maintain a foothold.

Many ranges of prodigious mountains like these must be traversed, before the Pacific coast is reached, and grandeur and beauty will crowd upon the attention without CRAVING; as the train speeds over mountain and through gorge, giving vast outlooks ever and anon.

We pass the village of Canmore. On either side of this beautiful and level valley, the mountains rise in solid masses westward. At Anthracite Station, we get a glimpse of the great coal mines

of this region. The coal is a true anthracite, of high quality. For some reason which was not explained, the mines were not in operation at the time we passed. Some dispute between the Company and the Government we were told, had led to a suspension of the work.

Near this we enter the Rocky Mountain Park, and at Banff is the Park Station. The Park is a National reservation, 26 miles long, and 10 miles wide. Through this wide beautiful park flow the Bow, Spray, and Cascade Rivers. It comprises the Devil's Lake, and several noble mountain ranges. In no part of the Rockies did I witness a greater variety of

GRAND AND BEAUTIFUL SCENERY.

Besides the grand scenery, there are beautiful mountain drives, and

STEAMBOATS ON THE BOW RIVER

among fairy scenery. Here the sportsman may find enjoyment to the full. The streams are full of trout of extraordinary size. Wild sheep and mountain goats are common on the neighboring heights. The springs are at different elevations on the eastern slope of Sulphur Mountain, the highest being 700 feet above the Bow River. Hot Springs Hotel, the C. P. R. Hotel, the Sanitarian Park Hotel and others, accommodate the public who seek rest, recreation, and health in this delightful retreat. In a natural cave, which has been improved by the Government, we enjoyed a most delightful dip in the hot sulphur water. Standing on the veranda of the C. P. R. Hotel, we obtained such a view of

MOUNTAIN, VALLEY, RIVER,

waterfall, and village, as we had never seen before. Two years ago there were only a few huts in the place. Now there is a considerable village; four churches, five or six hotels, and the prospect of growth in the future; if from no other source, from the attractions of the place for rest, and the curative properties of the Springs.

The summit of the Rocky Mountains is reached at Stephen, an altitude of 5,296 feet. The scenery is bewildering: boiling torrents, tall forests, lakes in which the hills are beautifully mirrored; and above all, the mountains rising thousands of feet: many of them covered with

PERPETUAL SNOW.

If the ascent is exciting, the descent is even more