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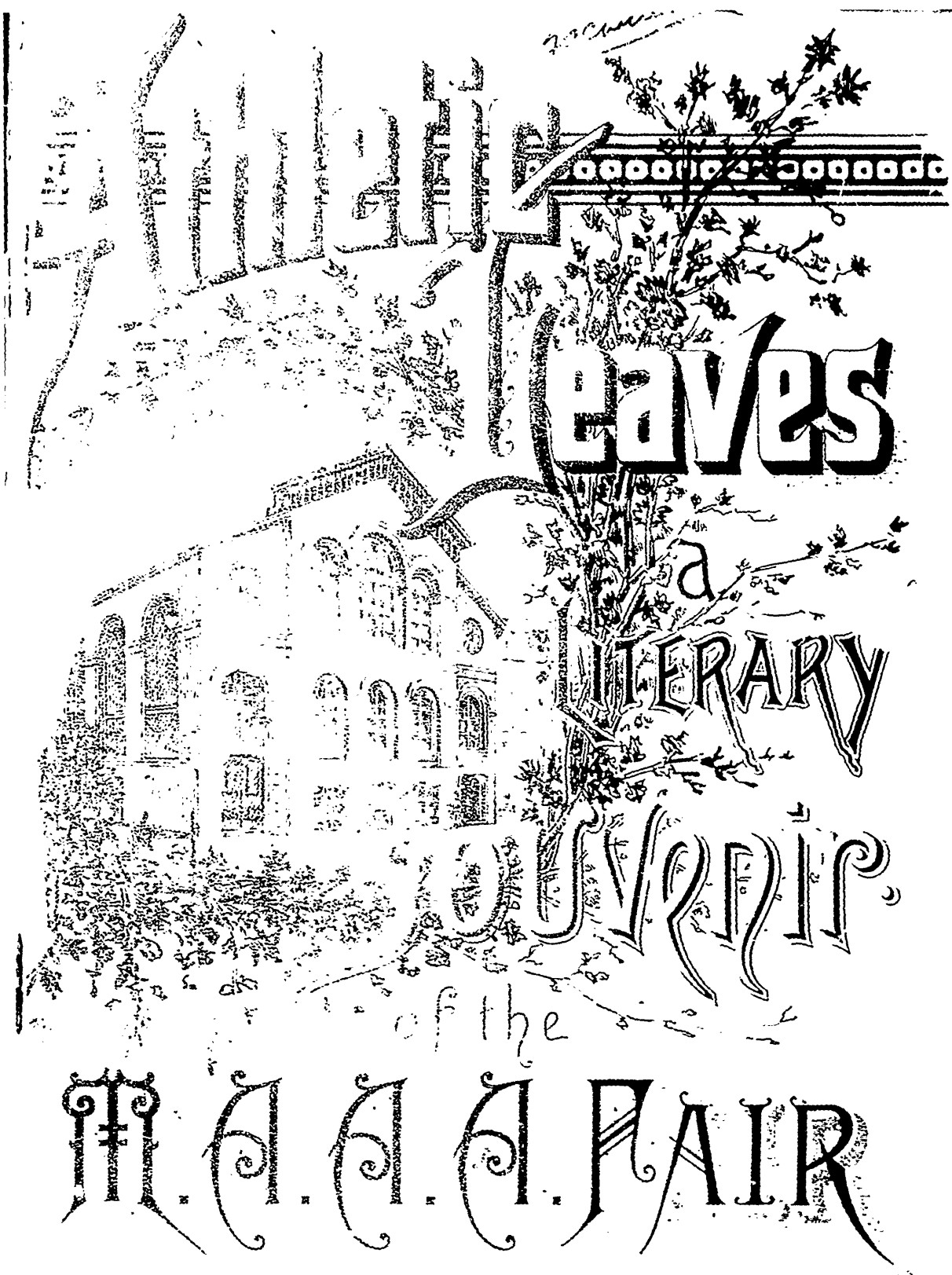
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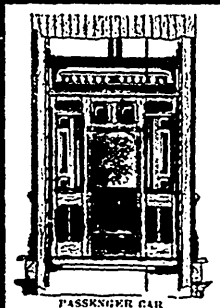
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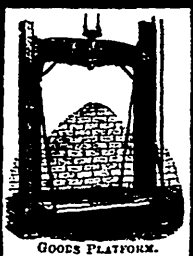
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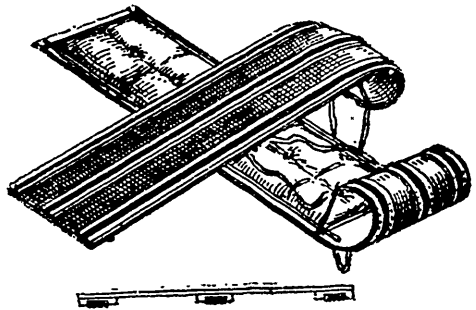
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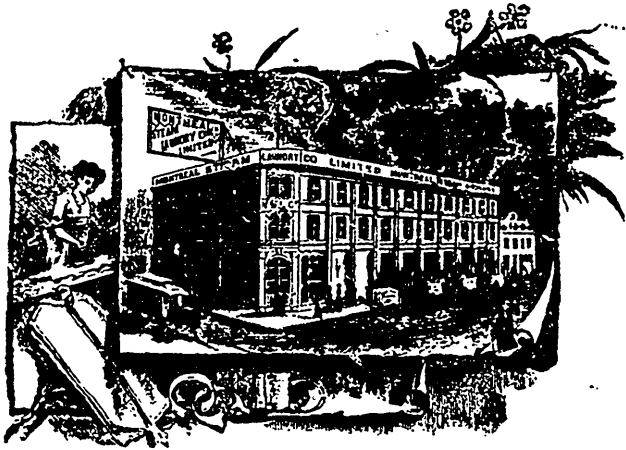
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Athletic Leaves.

VOL. I.

MONTREAL, SEPTEMBER 25², 1888.

No. 1.

CONTENTS.

| | PAGE |
|---|--------------------|
| Editorial (Salutation)..... | 9 |
| The Montreal Amateur Athletic Association. Will. H. Whyte | 11 |
| Cupid's Slide (Poem)..... | O'Hara Baynes 34 |
| Athletics, Recreation, Physical Culture: Which? Samuel M. Baylis | 35 |
| Knights of the Winged Wheel (Poem)..... | A. Weir 40 |
| Ocean Travels of Lacrosse..... | W. George Beers 41 |

| | PAGE |
|-------------------------------------|--------------------------|
| Retaliation (Poem)..... | Luke Sharp 46 |
| Reminiscences of the M.S.S.C..... | H. Wylie Becket 47 |
| To St. Hercules (Poem)..... | Wilfrid Châteaucclair 57 |
| How I became an Amateur Sport..... | George Iles 53 |
| The Battle of Laprairie (Poem)..... | W. D. Lighthall 60 |
| Tobogganing..... | Luke Sharp 62 |
| Canoe Cruising..... | Carl Fuller 66 |

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EDITORS, - - - - {SAMUEL M. BAYLIS,
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SALUTATION.

"We who are about to die Salute thee!"
Amid the blare of trumpets, the crash of cymbals, and the shouts of Rome's assembled citizens the pageant halts, and the heroes of a brief hour bow before the Imperial dais with these words upon their lips. We, too, upon whom has devolved the task of championing the cause of the M. A. A. A. athlete with untried weapons in the hotly contested field of journalism, re-echo the old cry, which is at once a greeting and a farewell.

Unheralded, lacking the pomp and pageantry and classic surroundings, we make our modest bow before a no less critical, but, we trust, more indulgent audience, craving only, before our brief day closes, the boon allowed the weakest competitor—"A fair field and no favor."

The Montreal Amateur Athletic Association consists of a band of young men who have always striven to cultivate among themselves a healthy sentiment upon athletic matters, and endeavouring as best they can to provide themselves with the facilities for carrying out the objects of their constitution, viz: "The encouragement of athletic sports, the promotion of physical and mental culture among, and the providing of rational amusements and recreation for their members." That they have succeeded in a great measure the record, which they are not ashamed of, will show, and wide as the field already is, the increasing needs of a growing membership urgently calls for increased facilities to carry on the work—hence the purchase and fitting up of new grounds.

It has come at last. The dream of some of the old members of the Montreal Lacrosse Club is now realized and a ground of their own that is equal, if not superior, to any in existence is a materialized fact. Twenty years ago an incredulous smile would have spread over the countenance of many at the bare idea of possessing such a "land of promise" as a \$60,000 ground, but the vision has grown into a substance, and the fact is made obvious that in keeping with the steady progress of our beautiful city of "Mount Royal" the young men are not behind. Their love of genuine amateur athletics has kept pace with the city's growth, and the result is fully exemplified in the

wonderful success of the M. A. A. in the ownership of a substantial Club House and new Athletic Grounds.

The heavy outlay necessarily entailed by this move calls for a large amount of money, towards which our members and numerous friends have already contributed some \$17,000, which it is proposed to supplement by the proceeds of the Fair now being held, in which the hearty sympathy of our many true and tried lady friends has been warmly enlisted, and whose valuable assistance is more formally acknowledged later on.

The honor roll of our Association is a brilliant record of victories won on the athletic field, and contains many names of those who have made their mark in professional and business life. While prizes of greater magnitude have fallen to the lot of many in their chosen work, among their valued possessions none are more cherished than the trophies won in athletic competitions, which now adorn their homes and remain as valued heir-looms for their children. The present occasion, however, affords an opportunity of showing that physical education is not pursued exclusively, but that *brains* as well as *muscle* are cultivated.

This publication will, we trust, be accepted as some slight evidence of the fact, and at the same time serve as an appropriate souvenir of the Fair, and a record of the names of those who have been instrumental in making it a success. Our ATHLETIC LEAVES are contributed *entirely by our own members*, and in nearly every case have been prepared specially for this publication. Some of the names will be recognized as belonging to men who have already won their spurs, and whose facile pens have been wielded with telling effect in broader fields of literature. Some, too, have but lately entered the lists, and are consequently entitled to the kind reception usually accorded to the knight whose arms are yet new to him.

In connection with ATHLETIC LEAVES we have to acknowledge our deep indebtedness for many valuable favors and donations, which are esteemed as the evidences of hearty good-will and sympathy with our Association, its aims and work, to the follow-

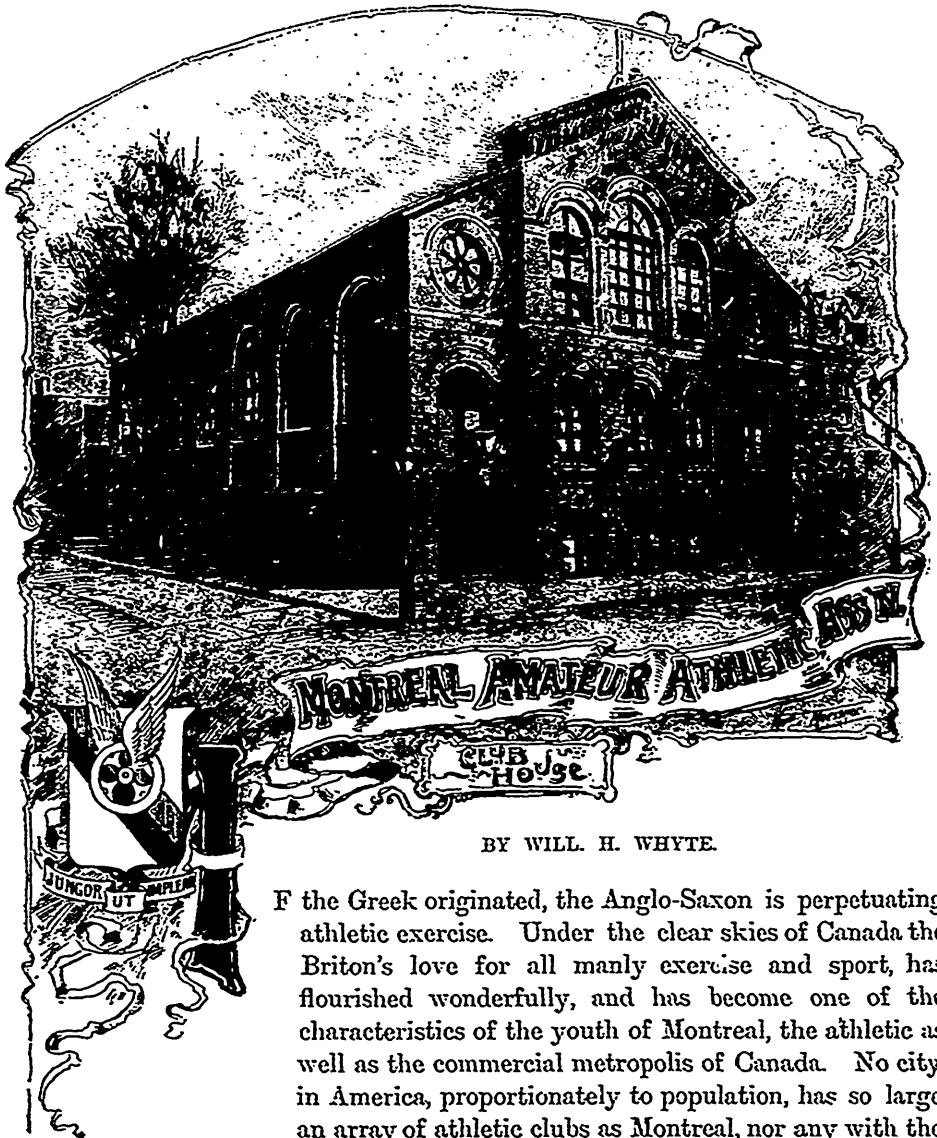
ing donors:—Messrs. The Canada Paper Company, the New England Paper Company, McFarlane, Austin & Robertson, and Boyd, Ryrie & Campbell, for the necessary paper supplied gratis. To the "Herald Company" for the entire printing and binding; To Messrs. Sabiston & Co. for the design and lithographing of the cover. To the "Outin Publishing Company" of New York, for the plates to the Article on the M. A. A. To the Canada Bank Note Company we wish to express our heartiest thanks for the handsome and generous donation of three full page club pictures for each book, executed in their well-known artotype process—and last, but not least, to our Advertisers for the liberal patronage accorded us, and to whom we would direct our readers attention.

In another place we acknowledge the many and numerous favors showered upon us by our kind friends in their valued donations to the Fair. Should we omit any it is because the information did not reach us in time before going to press.

We have also to thank in advance our patrons whose purchases of the good and beautiful things provided by the Ladies to please their taste and lighten their pockets, will materially tend to further the object we have in view.

To any and all who have laboured in any way to make our Fair the success which we anticipate it will be when these words are read, the deepest and most heartfelt thanks of the members of the M. A. A. are due.

Finally and specially the Ladies, not by any means because it is said they love the last word, but because as in the winter tramps of the "Old Tuque Bleue" the post of "whipper-in," owing to the responsible and arduous duties connected therewith, is considered one of special honor and accorded only to those of proved mettle and experience. We recognize the great value of the efforts they have put forth, either as quiet workers at their own firesides, in the more active duties of committees, or in the graceful and effective *roles* of presiding geniuses of the various tables, and we thus freely and fully accord to them the place of honor as "Fair Workers."



BY WILL. H. WHYTE.

If the Greek originated, the Anglo-Saxon is perpetuating athletic exercise. Under the clear skies of Canada the Briton's love for all manly exercise and sport, has flourished wonderfully, and has become one of the characteristics of the youth of Montreal, the athletic as well as the commercial metropolis of Canada. No city in America, proportionately to population, has so large an array of athletic clubs as Montreal, nor any with the age and prestige of those composing the now celebrated Montreal Amateur Athletic Association. The progress of this institution has been marvelous. Formed by the members of three athletic clubs, to provide themselves with a habitation or club-house, where they could meet and discuss club affairs, it has, under the influence and guidance of clear, straight business principles, and an earnest encouragement given to all genuine and honest amateur athletics, grown into an institution whose limit of usefulness to the youth of the city cannot be estimated, and which every citizen can point to with pride.

Its formation was the conception of some of the older members of the two senior clubs, and with no previous venture to be guided by, an idea unique and original has been worked out in athletics, that will doubtless serve as a model for many more like institutions the world over, for its fame is now world-wide.

Its success proves that the motto adopted by them can be as well demonstrated in athletics, as in everything else—" *Jungor ut implear* "—Joined to be complete, or as it is more popularly and freely translated, "Union is strength," is the motto that has been the guiding star since its organization, and the strict adherence to which has been one of the secrets of its great prosperity.

A short sketch of this association will doubtless be of much interest to the athletic world, and perhaps assist in the formation of other similar institutions.

The M. A. A. is composed of five clubs, viz.: The Montreal Lacrosse Club; The Montreal Snow-shoe Club; The Montreal Bicycle Club; The Montreal Football Club and the Tuque Bleue Toboggan Club.

By looking at the names of these clubs it will be noticed that each one represents a different sport or pastime. Lacrosse and cycling are indulged in during the summer months, football in the spring and fall, and snow-shoeing and tobogganing in the winter, consequently these sports interfere very little with each other and are otherwise a help to each club by inducing an almost identical membership. It must be conceded that the climate of Montreal has much to do with the success of some of these sports. The clear, cool atmosphere of a Canadian winter induces the people to take outdoor exercise, and therefore produces athletes, as the numerous snow-shoeing, tobogganing, curling, skating and hockey clubs can testify, the outcome of which has been the now widely-celebrated "Montreal Winter Carnivals." Before commencing a delineation of the association it would perhaps be advisable and interesting to give a brief history of its component clubs.

THE MONTREAL LACROSSE CLUB.

The first on the list, and the club claiming the honor of originating the association, is the Montreal Lacrosse Club, the pioneer and "Alma Mater" club of Canada's national game.

It dates its formation as a club back to 1856. Previous to this year there had been no regular organization for the sole purpose of playing Lacrosse, but the "Olympic Club," organized sixteen years previously and the Lacrosse Club's predecessor in athletics, had yearly held athletic meetings at which they would often play a match game of five or seven players on a side with the Iroquois Indians of Caughnawaga, a village ten miles from Montreal and situated at the head of the celebrated Lachine Rapids of the St. Lawrence. As the white players progressed in their knowledge of the sport and were able to compete with the red man at his own game, they decided to form themselves into a separate club in order to encourage and spread the pastime. It had the desired effect, for a number of kindred organizations sprang into existence. Among the number was the Hochelaga Lacrosse Club who developed a number of good players and then amalgamated with the Montreal Club in 1859 under the title of "The Lacrosse Club of Montreal." During the two following years some of these clubs, notably



MONTREAL LACROSSE CLUB.
CHAMPION TEAM OF 1886.

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the "Beaver," pushed the pioneer club for supremacy on the lacrosse field and eventually forced it again to change its nomenclature in March 1861, to the "Montreal Lacrosse Club." In 1859 Dr. W. Geo. Beers, the now honorary president of the club, and very properly styled the "Father of Lacrosse," compiled and published the first code or written laws of the game, the principles of which have been little altered or changed since. In 1860, the club, in conjunction with the Beaver Lacrosse Club, assisted in the public welcome to Montreal of H. R. H. the Prince of Wales, and played a match of twenty-four whites versus twenty-four Indians in honor of the visit. The year 1867, which saw the birth of the Canadian nationality, in the confederation of the Provinces into the Dominion of Canada, saw also the adoption by the Canadian youth of Lacrosse as "The National Game," and its endorsement by all the leading newspapers of the country. Two celebrated Canadian clubs, the "Shamrock" of Montreal and the "Toronto" club of Toronto, were formed this year. In order to encourage and perpetuate the game the Montreal club, at the instance of its above-mentioned honorary president, called a convention of all clubs in the Dominion and proposed and very materially assisted to form the National Lacrosse Association of Canada. In 1869, the club received another visit from royalty and held a tournament in honor of H. R. H. the Duke of Connaught (then Prince Arthur).

In 1876, the club, accompanied by a team of Caughnawaga Indians, crossed the Atlantic and had the honor of introducing and establishing the game in Great Britain by this visit. After a successful tour of the three kingdoms, the teams, by royal command, visited and played at Windsor Castle, before Her Majesty the Queen—to whom they were individually presented. Again they crossed the ocean in 1883, but half the team was composed of the Toronto Lacrosse Club, whom they asked to accompany them. A record of some sixty matches played, one before H. R. H. the Prince of Wales, again fully exemplified the game to the British public. In 1882, the club took a long journey to the Canadian Northwest as guests of the very hospitable Garry Lacrosse Club, of Winnipeg—Chicago and St. Paul being visited *en route*. The club, by its visits to the United States, is well known in the larger American cities. Pleasant memories of fraternal courtesies received at various times from the athletes and citizens of New York, Boston, Portland, Baltimore, Washington, Newport, St. Albans, and other places, are still remembered with pleasure by the wearers of the "winged wheel." The brilliant record of the club during the two years, 1885 and 1886, winning the Canadian championship both seasons, is still too well remembered to need any extended remarks. In 1886, a Lacrosse team from the various clubs in the North of Ireland, under the cognomen of the "Irish Lacrosse Team," visited Montreal as the guests of the Montreal Lacrosse Club. A pleasant and enjoyable visit of three days was spent in entertaining the Irish pupils of the M. L. C. Montreal's proverbial hospitality being fully sustained at the hands of her Pioneer Lacrosse Club.

The M. A. A. A. has not been the first institution that this club has assisted to form. When the war cloud caused by the Trent excitement of 1862 loomed up, the members assisted to organize that famous battalion of Canadian militia (or volunteers as it is popularly called) "The Victoria Rifles of Canada." The

Beaver Lacrosse Club, headed by several who were afterwards prominent Montreal club men, formed No. 1 Company, the other five companies being formed by the members of the Montreal Lacrosse and the Montreal Snow-shoe clubs. The regiment has now built a \$40,000 armory, and has always numbered in its ranks and file many members of these clubs.

During its long existence the club has made few honorary members, those on the roll being H. R. H. the Prince of Wales (dating from 1860), H. R. H. the Duke of Connaught (dating from 1869), the Earl of Dufferin, the Marquis of Lorne, and the Marquis of Lansdowne.

THE MONTREAL SNOW-SHOE CLUB,

the Lacrosse Club's coadjutor in the scheme of organizing the M. A. A. A., claims an older antiquity than its sister club, its contention being that it is the oldest athletic institution on the continent, dating its history and formation back to the year 1840, nearly half a century ago. This club also represents a distinctively Canadian sport, for snow-shoeing, lacrosse and tobogganing are an aboriginal inheritance, and indigenous to Canada. It can be easily understood how these two clubs—one representing a winter and the other a summer sport—could have an almost identical membership, and thus be able to go harmoniously hand-in-hand in the promotion of athletics, and how, as it will be shown, they combined to promote a scheme for mutual benefit.

The history of the club, by Mr. H. W. Becket, gives a very interesting account of its rise and progress, of its weekly tramps across country, over mountain and valley, through forest and bush, river and creek, no matter how stormy or blustery, or how far down in the thermometer the mercury was pushed by cold Jack Frost.

Of still longer tramps, 50 miles to St. Andrews or 80 miles to Cornwall, at which places they left to local objects substantial souvenirs in the proceeds of their picturesque and interesting snow-shoe concerts.

The club is better known to visitors to the winter carnivals who have witnessed their snow-shoe races, attended their concerts, or viewed their torchlight processions and attack on the ice palace at the carnivals. To a member of the club Mr. R. D. McGibbon can be conceded the honor of proposing and originating those widely-celebrated festivals of Canadian sport, "The Montreal Winter Carnivals." The club heartily supported him in the idea and contributed a lion's share to their organization and success. In 1886, when Montreal decided to omit the yearly carnival, 150 members of the Montreal S. S. Club accepted an invitation from the Coasting Club of Burlington to assist them in holding a winter carnival in that town. A most enjoyable visit was made, and reciprocity, at least in friendship and athletics, firmly established.

A well-known feature of the club is its famous head-dress, from whence it derives its equally celebrated cognomen, "Tuque Bleue." This style of head-gear is also Canadian, and is a woolen or knitted cap or "tuque," as it was called by the Normandy French who settled in Canada some hundreds of years ago, and from whose descendants the club adopted it twenty years since. The club has a long roll of life members, a number of whom date their membership back to the

early years of its existence, and who, though now elderly and prosperous citizens, still take great interest in its welfare, and look back with pleasure to their early association with the "Old Tuque Bleue," as it is familiarly called. Organized for exercise and the pleasure of outdoor recreation, the members have always been found in the van of amateur athletics, and strongly and decidedly object to participate in any event that savors of hippodroming. The honorary membership is conferred as rarely as in the Lacrosse Club, and consists of H. R. H. the Duke of Connaught, the Earl of Dufferin, the Marquis of Lorne and the Marquis of Lansdowne.

THE MONTREAL BICYCLE CLUB.

Bicycling is a sport of much later years, and the Montreal Bicycle Club cannot claim the antiquity of its sister clubs in the M. A. A. 1878 was the year of its organization, although some of its original members wheeled through the city for some four years previously. Even by this late date, however, it is the oldest bicycle club in Canada and the second in age on this continent, Boston claiming priority.

The next places after the "Hub" to form clubs were Bangor (Maine), and then Montreal, but as the Bangor Club soon ceased to exist, it left the M. B. C. the honor of second place, and quite a venerable institution as compared with the majority of American and Canadian clubs. San Francisco claims next place, as a club was formed there about ten days after the organization of the Montreal. The club for a number of years was affiliated with the League of American Wheelmen, and in June, 1881, visited Boston and took part in the annual meeting and review of that institution. In July, 1883, it joined the Canadian Wheelmen's Association in order to assist a national undertaking, although it had good reasons for remaining attached to the American League. It has upwards of 100 mounted and uniformed riders, and the neighborhood and island of Montreal, as well as much of the surrounding country, has been often and fully visited by it. Long rides of two and three days duration are often indulged in, and even Toronto, 330 miles distant, has had a visit from the members of the "winged cycle." Two members of the club spent a couple of months of the past summer in an extensive tour of England and the Continent, and are so much pleased with their trip that others of the club are making similar arrangements for next summer.

THE TUQUE BLEUE TOBOGGAN CLUB

cannot claim any lengthy age like the senior clubs in the association. It dates its formation to the fall of 1883, and takes second place to the Montreal Toboggan Club, founded in 1879.

It was organized by some members of the Montreal Snow-shoe Club, who suggested an artificial slide on the Lacrosse Club grounds on Sherbrooke street on account of its central locality, and has proved itself a rapid and popular institution, having already a larger membership than any of its sister clubs in the association. Being composed largely and formed by the members of the Snow-shoe Club, it adopted the soubriquet of that club for a name. It affiliated the

following year, 1884, with the M. A. A. A., and together with other kindred organizations in Montreal, has assisted very much to the success of the winter carnivals. It also instituted toboggan races as a new feature in sport.

Its artificial slide has proved such a success that hundreds of similar structures have been erected all over Canada and the Northern and Northwestern States.

THE MONTREAL FOOTBALL CLUB.

The last club to amalgamate with the M. A. A. A. was the Montreal Football Club, in the spring of 1885. It is also the pioneer club of its sport in Canada and dates its organization to the year 1868, when for some years it had many good and exciting matches with the officers of Her Majesty's regiments then in garrison at Montreal. It has ably held its own with the numerous clubs who have been and are in existence since then. Its most active competitor is, however, the "Britannia Football Club," the majority of whom are also members of the M. A. A. A., and sturdy and staunch rivals have they proved themselves.

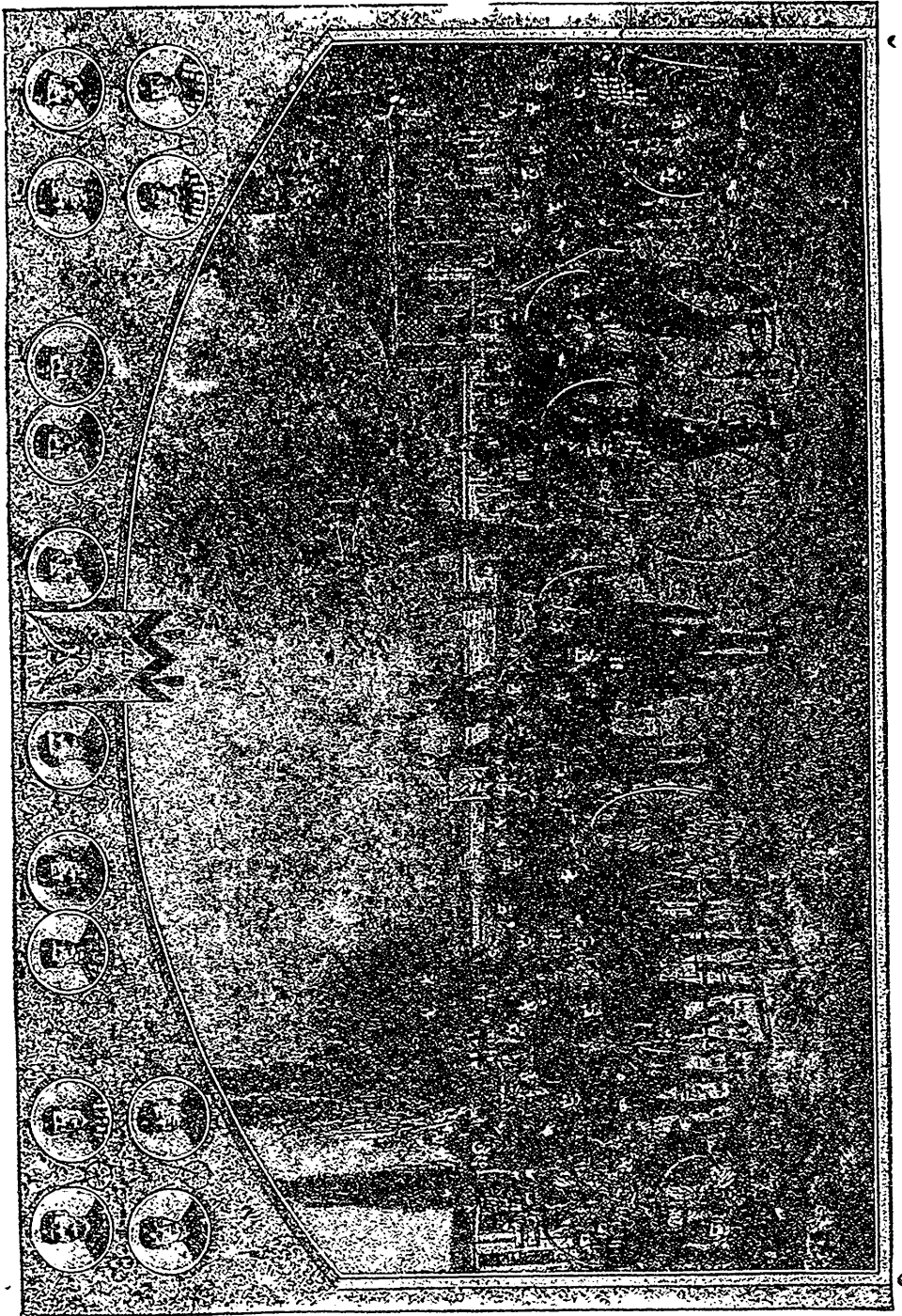
The Montreal Club has held for a number of years the football championship of the Dominion, and has in its possession many valuable trophies won on the field. It has paid frequent visits to the United States, two of them to Boston when they played against Harvard College. In 1881 Harvard returned their visits and were the club's guests in Montreal. The interest in the sport is fast increasing, and the club hopes to have some more of their American rivals as guests the coming year.

Such is a brief outline of the clubs composing the association, and it is not to be wondered at that the members take so much interest and evince so much pride in institutions that boast the antiquity and show such old records and rolls of life membership. Many of these life members can date their admission back almost to their club's formation, which in the Snow-shoe Club goes back almost half a century—a good proof that the exercise conduces to longevity. The early history of athletics and gymnastics in Montreal would prove very interesting, and is closely connected with the two older clubs of the association, but want of space prevents touching on more than one incident in connection with this article, viz. :

THE MONTREAL GYMNASIUM.

Towards the end of 1859 a gymnastic club was organized, although one had been in existence for a number of years previously, which leased rooms in the business part of the city. In 1862 this club induced the McGill University authorities to erect a gymnasium near the old High School, to be used conjointly for the benefit of the pupils and the club, the latter paying a rental for the privilege. This arrangement was carried out until the spring of 1867, when the members wishing for a place of their own, as well as larger accommodation, formed a joint-stock company and erected, on the corner of Mansfield and Burnside streets, the fine stone structure now owned and occupied by the M. A. A. A.

This gymnastic institution flourished for some years, but gradually a general apathy spread over it. The younger members showed no interest in it or retired



from it altogether, the older ones only remaining because they were stock-holders.

The fact that the world moves, and that "progress" is the motto of the age seemed to be forgotten.

The directors of the institution did not exert themselves to find out the wants and needs of the younger men, undoubtedly proving that an institution for young men must be conducted by themselves to be a success, and that when a man gets into the "sere and yellow leaf," he must either keep in the van or gracefully retire and allow more youthful enthusiasm to take his place.

This was the state of affairs in March, 1877, when the officers of the Lacrosse and Snow-shoe clubs, becoming weary of meeting in different places to transact club business, determined to have some fixed habitation for club meetings. A suggestion to lease two rooms in the Montreal Gymnasium was acted upon, alterations were made, and the place made cozy and comfortable by donations and otherwise. This joint occupancy was continued until the end of 1878, when the gymnasium directors finding they were gradually but surely falling in arrears, for they had a heavy mortgage on the building, determined to sell the property. Now was the time to act, the two clubs finding the rooms had been of great benefit to them, made overtures to the Gymnasium authorities to lease the whole building for a term of years. After some considerable trouble this proposition was ultimately concluded in January, 1879, at a rental of one thousand dollars per annum, some of the more cautious members of the clubs giving a very dubious assent to the scheme.

Much needed improvements were immediately proceeded with, the gymnastic apparatus thoroughly overhauled, the different rooms renovated, the billiard rooms and bowling alley improved and a shooting gallery erected.

Rules and regulations relating to the new order of existence were promulgated, card-playing and gambling being strictly prohibited.

The clubs prospered under the new regime, and found each year that they had funds in the treasury after paying the heavy rental. Some of the leading spirits who had thus far guided events now proposed a scheme to save the gymnasium for athletes, and the building as a home for the clubs. The rental barely gave the directors enough to pay the interest on the mortgage and other sundry expenses, and they were still talking of selling. The clubs accordingly offered to assume the mortgage if the shareholders would deed over the property to the clubs, and receive in return therefor a life membership in the building and clubhouse. Some months were occupied by both interested parties in discussing the scheme; but all things have an end, and in April, 1881, the Lacrosse, Snow-shoe and Bicycle clubs (the latter joining in order to assist the scheme) found themselves in possession of a home of their own, and a valuable acquisition towards the promotion of athletic interest.

In June, 1881, an act of incorporation was received from the Provincial Parliament at Quebec, under the name of "The Montreal Amateur Athletic Association," and the Montreal Gymnasium lost its identity in its amalgamated successor. Such was the formation of the association, every year—nay, every month and week, saw a large increase to its membership; it became a popular institution,

and it deserved popularity at the hands of the young men of the city, for it was a young men's institution, managed for them and by them.

The association at its start was managed by a board of nine directors, four from each of the Lacrosse and Snow-shoe clubs, and one from the Bicycle Club. In the fall of 1883 the Bicycle Club agitated for an increased representation, which was conceded them in the spring of 1884, and the rule changed that each and every club should have three or an equal representation on the board. In the fall of 1884 the Toboggan Club affiliated, and the Football Club in the spring of 1885, making now a governing board of fifteen members.

A CONFEDERATION.

To thoroughly understand the position of the association and the clubs composing it; it would be well to bear in mind the constitution and the bonds of union which bind them together. In the first place, the several clubs have not lost their individuality in the amalgamated association. The individual autonomy of each is carefully preserved, all the detail of internal arrangement is still under the care of the executive committee of each. Each club holds its annual meeting and elects its own officers—in fact, the association is simply a confederation of clubs, and may be justly likened to the Confederation of the Provinces in the Dominion of Canada or the United States of America, the association keeping merely an apparent financial check upon each club. The affairs of the association, as before stated, are under the control of the Board of Directors, which consists of three representatives from each club, one of which must be their president. This board has control of the finances, the internal management of the club-house, all outdoor athletics, such as race meetings, and the leasing and renting of grounds for the clubs, etc.

THE FINANCIAL ARRANGEMENT.

The bond of union is more fully exemplified in the finances: the funds and assets of each club are pooled, the legal title to all property being invested in the association. From the central fund thus created each club is entitled to draw such an amount as they may require to carry on its affairs, subject, however, to the vote of the directors. At the beginning of their season each club, through its president and secretary and by resolution of its committee, makes a requisition to the board for an amount to be placed to their credit for the coming months, at the same time giving the general items they require the money for. If the directors are satisfied that the purposes for which the money is intended are legitimate, the amount is passed to the club's credit. This centralization of funds is the fundamental existence of the association, and has contributed wonderfully to the financial position of each allied club. An annual statement of affairs is submitted to every member, and the officers of each club are very careful, if at all possible, not to have a deficit appear against their club on this statement.

For the better supervision of its internal affairs the association is divided into departments, each having a chairman from the members composing the board, and when any improvements are required they have to apply in the same manner for an appropriation, which, if deemed necessary, is granted. Each chair-

man tries to be economical and to have a balance left over out of the grant, so that if any further improvements are required in his department he can the more easily persuade the directors to accede to his wants.

This financial arrangement has proved entirely satisfactory. By careful management the association, which started in June, 1881, with a mortgage of \$13,000, found itself in May, 1886, entirely free from debt, besides having spent during that time the sum of \$4,000 in repairs and additions to the building, rooms, and gymnastic apparatus. The semi-annual statement of November, 1886, showed a surplus in the bank of \$8,000, and a club-house free from debt and valued at \$30,000, this surplus being employed the next spring in purchasing the adjoining house. The revenue for the year ending May, 1888, was, in round figures, \$14,000, and the expenditure \$10,700, including \$2,000 spent in repairs and additions. That this state of affairs has been attained is not surprising when inquiry is made into the business methods adopted by the management.

THE MANAGEMENT.

The board meets every Monday evening, the time occupied averaging two hours. All accounts of the association must be vouched for by the chairman of the department interested; all accounts of the individual clubs must be passed by their respective committees and countersigned by their president before presentation to the board, who alone receives and disburses all moneys.

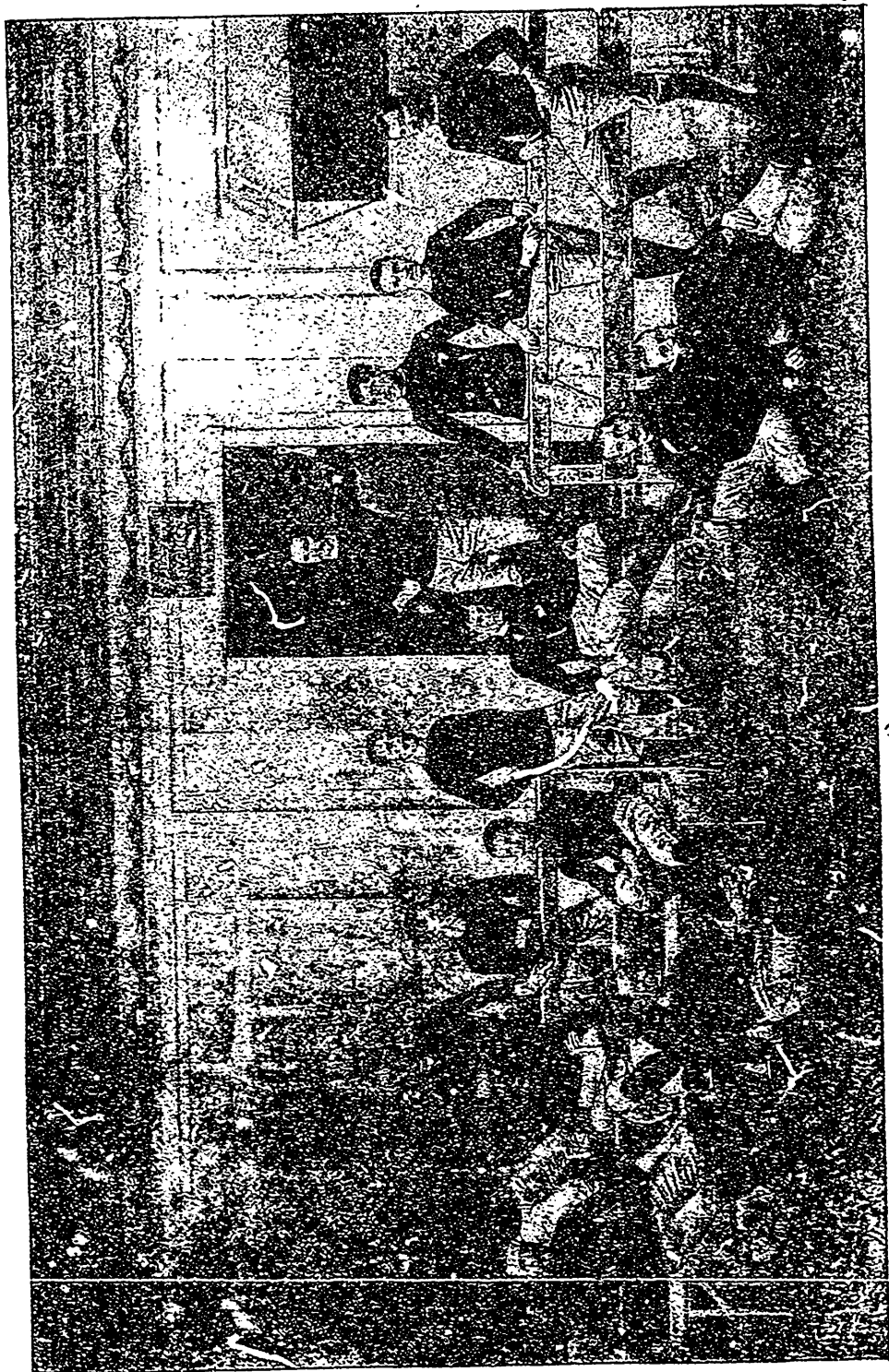
Every account over \$5 in amount has to be paid by cheque, signed by the president, secretary-treasurer and auditor, the latter being one of the board who acts as such. The secretary has to submit a weekly statement of receipts and expenditure to the board at each meeting, which is vouched for by this auditor.

All members' subscriptions fall due and are payable the first day of November and May, both in the association and clubs, the latter according as they are a summer or a winter club. Members in arrears are allowed two months to settle, when, on being duly notified, if not then paid, their names are placed on the blackboard and erased from the roll.

All questions are passed and carried by motion and vote, the majority vote settling it at once.

THE CONNECTED CLUBS.

In addition to the five affiliated clubs, whose membership is open, there are six connected clubs, whose membership is limited to association members only. They are under the control, but have no voice in the affairs of the association as a club. These clubs do not consist of all members of the association, but only those who may be interested in some especial object. They have their own executive and levy a small subscription on each member to defray incidental expenses, the directors usually granting them the use of ground, building, or any property that may be required for carrying out the objects of the club. These clubs are: 1, the M.A.A.A. Dramatic Club; 2, Cinderella Club; 3, Fencing Club; 4, Hockey Club; 5, Baseball Club; and 6, Chess Club. The first two come under the control and are represented on the board by the Chairman of Entertainments,



the Fencing Club by the Gymnasium Chairman, the next two by the Chairman of Out-door Sports, and the last by the Club-room Chairman.

The Dramatic Club every winter gives several very excellent entertainments in the Gymnasium, a large and well-equipped stage being situated at one end of the hall. A small admittance fee is charged at these performances, and the hall is always well filled.

The Cinderella is a social or dancing club and composed of about one hundred members. It is a source of much enjoyment, and two "At Homes" are held each winter. The apparatus is moved from the Gymnasium, the floor waxed, flowers and flags cover the stage and walls, the former wearing the appearance of a conservatory. The club-rooms are transformed into dressing and supper rooms, and an efficient orchestra supplies the music for dancing, which commences shortly after eight o'clock and ends at twelve—the club, like its namesake of old, retiring as the midnight bell is sounding from the Cathedral spire. This club offers the members an opportunity of giving their lady friends and relatives an active interest in the club-house.

The Hockey and Baseball clubs are for out-door sport, and although the active membership of each is small, the members of the association usually turn out in goodly numbers to witness and encourage the boys. The Fencing Club occupies the ground floor in the new addition which was fitted up expressly for fencing and boxing, and the Chess Club the reading and club rooms. This latter club is fully equipped with a number of inlaid chess and checker tables. Those of the club who enjoy a smoke play on the tables in the club-room downstairs, for smoking is prohibited in the reading-room upstairs: but both places are usually found occupied by the devotees of the royal game. Tournaments are held every winter, and prizes given to the winners.

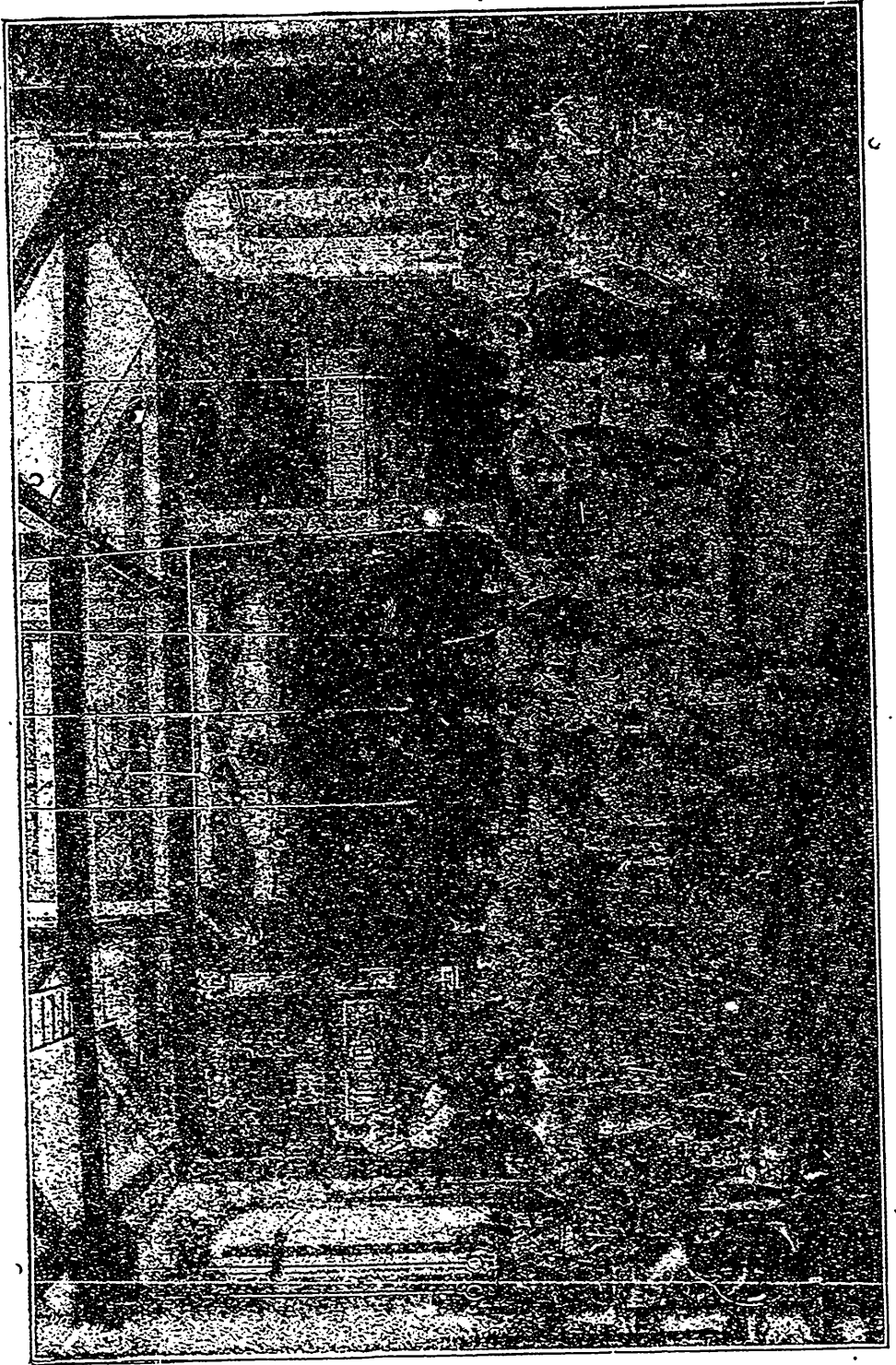
THE DEPARTMENTS.

As already mentioned, to facilitate the management, The Association is divided into departments, each under the control of one of the board of directors, who is styled the chairman. These divisions are: The Gymnasium, Reading and Club Room, Bowling, Shooting, Billiard Room, Field Sports, Entertainments, Grounds, and Property and Building.

The chairman of each department has entire control of the same with power to make rules for its government, subject to the approval of the board, and to call to his aid such other members of the association as he may require to assist him. These chairmen are elected annually by the board from among themselves, and have to make an annual written report to the board.

THE GYMNASIUM.

This department is now quite a successful and interesting feature of the association, and proving of much benefit and attraction to many of the members. A large, square hall well lighted, with a high and lofty ceiling, and furnished with all the latest and necessary apparatus, including the usual parallel and horizontal bars, swings, trapezes, ladders, barbels, dumbbells, a German horse for

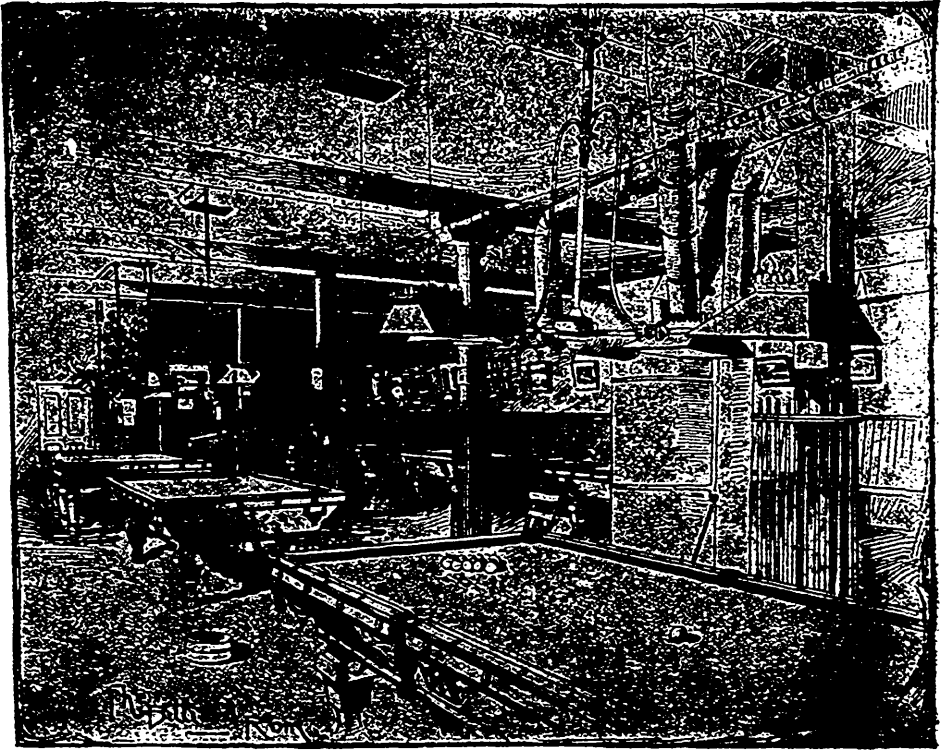


vaulting, bicycle trainer, &c. It has also the numerous apparatus known as the "pulley weight," or "Harvard system," for those who do not care to join in the regular evening classes. The privilege of an examination by a medical member of the association, either in connection with this pulley-weight system or merely as a preliminary to general work, is allowed to the members, many of whom, desiring a less severe course than is offered in the classes, value this system very highly. The classes, in the winter, meet tri-weekly, under the superintendence of an efficient and popular instructor, who has, each winter, a roll of pupils averaging 160, that are a credit to his instruction and to the association. One end of the gymnasium hall has been fitted up with a stage, supplied with a variety of scenery and all the necessary appointments of many a larger and more pretentious place. To each side of the stage are situated dressing-rooms, carpeted and mirrored, and furnished with rows of numbered lockers for the use of members of the gymnastic class. This stage is in request for dramatic performances, snow-shoe, minstrel and other club concerts (for the M.A.A.A. has talent in that line of first-class order), annual meetings of the clubs, presentation of prizes and other public club events. The gymnastic apparatus is taken down and put aside in the dressing-rooms and replaced by 500 chairs, the hall being capable of holding about 700, and can accommodate comfortably 200 dancers at the Cinderella Club's "At Homes."

THE CLUB ROOMS.

On the same floor as the gymnasium are situated the large double rooms known as the "Club Rooms." These are used for the weekly meetings of the clubs, each one having an evening allotted to them, at which all club business is duly transacted and recorded, and confirmed at the succeeding meeting. Immediately afterwards a session of the committee is held to settle details. These rooms are open to all members of the affiliated clubs, the rest of the club-house being restricted to the use of those only who are full members of the whole association.

Armchairs, lounges, tables, desks, &c., are supplied for the comfort of the members. Rep curtains ornament the room, and a piano, which comes into play very frequently on the gymnasium stage, gives amusement to the musically inclined. The walls are embellished with many valuable pictures and photographs of the affiliated clubs and club teams, as well as friendly rival associations. The Shamrock and Toronto clubs are represented, along with the guests and pupils of the Montreal club, "The Irish Lacrosse Team of 1886." Fine, gentlemanly exponents of athletic manhood they look, and their looks do not belie the character they left behind them this side of the water. Snowshoe groups include the Columbia S. S. Club of St. Paul, Minn., and Halifax, N. S. Far-off Australia is likewise represented, and canine friends, who for years accompanied the members of the Snow-shoe Club on their tramps, are faithfully remembered by oil paintings. The leading daily papers of Montreal and Toronto are here to be found on file, as well as some of the prominent American dailies.



THE BILLIARD ROOM.

In the basement are situated the billiard room, bowling alleys and shooting gallery.

The billiard room has 12 tables, 10 of them for the devotees of three and four ball billiards, the other two being pool tables, one English and one American. Raised seats occupy the sides of the room, pictures and photographs adorn the walls, and the room is as comfortable as possible. No liquors are allowed in the building, so that the evil concomitant of all public billiard rooms is here absent, and parents are thus assured that their sons will acquire no drinking habits in the M.A.A.A. A small fee per hour is charged for each table, the tournaments for the various game are held during the winter, and have proved very interesting; prizes, in the shape of some article of jewelry, are awarded the winners.

The bowling department has two alleys, and is also much patronized. Tournaments are also held, as in the billiard department, and create much interest and amusement.

The shooting gallery is a long iron and wooden shaft or tunnel, running the length of the building. At the end paper targets are fastened to wooden blocks set endwise to receive the bullets. These targets are so printed and graded as to give to the competitor the same appearance in size as an ordinary target in the open air at 100 and 200 yards. It has been found capital practice to the many members of the volunteer force who frequent the M.A.A.A. A small amount is also charged to defray the cost of ammunition.

THE READING ROOM

is situated on the floor above the club-rooms. It was for some years occupied by the books of the now extinct Mercantile Library Association, whose demise was also produced by want of progress. In the spring of 1885 all the effects of this corporation was transferred to the public library of the "Fraser Institute," and on their release of the room the directors lost no time in fitting it up into one of the most commodious and thoroughly-equipped reading rooms on the continent. Forty weeklies, twenty monthlies and a number of quarterlies occupy the tables, besides the dailies in the club-room down-stairs—in all about eighty publications, including all the sporting papers and magazines of the day. The room is tastefully decorated, furnished and carpeted. The walls are hung with large framed photographs of past presidents of the clubs and other prominent athletic members, and has been dubbed the "Members' Gallery."

A large and handsome walnut case with glass fronts, to hold the club trophies and souvenirs adds its quota of interest, and is already well filled with lacrosse flags, snow-shoeing, football, hockey and other prizes.

THE DIRECTORS' ROOM,

or board room, as it is usually styled, is also the secretary-treasurer's office, and is situated off the reading-room. A glass window or wicket gives communication to members seeking information or paying their dues to the treasurer. This room is in keeping with the rest of the association, and has a large cylinder desk, massive safe, mahogany table and armchairs for the board, in addition to the ordinary fittings. The directors here hold their weekly sessions for the transaction of business, etc.

THE ANNEX.

In April, 1887, the directors who had long kept in view the desirability of obtaining the stone dwelling, adjoining on Mansfield street, for an extension to the club-house, received information that it was on the market and therefore lost no time in entering into negotiations for its purchase, which was accordingly effected for the sum of \$7,000. This addition was very much needed, as the billiard room was much too small for the number of members frequenting it, and more accommodation was required for the Fencing Club, whose membership and classes were rapidly increasing. The caretaker's quarters were accordingly changed to the new building. The billiard room enlarged, four additional tables put in, making twelve in all. The drawing room floor in the new addition altered into one large Fencing Hall and the upstairs into commodious Committee and Club Rooms, and connection made between the two buildings by means of a covered passage way. By this purchase the Association is provided with sufficient accommodation for some years to come, and can at any time in the future build and extend its premises to almost double capacity.

THE OFFICIALS.

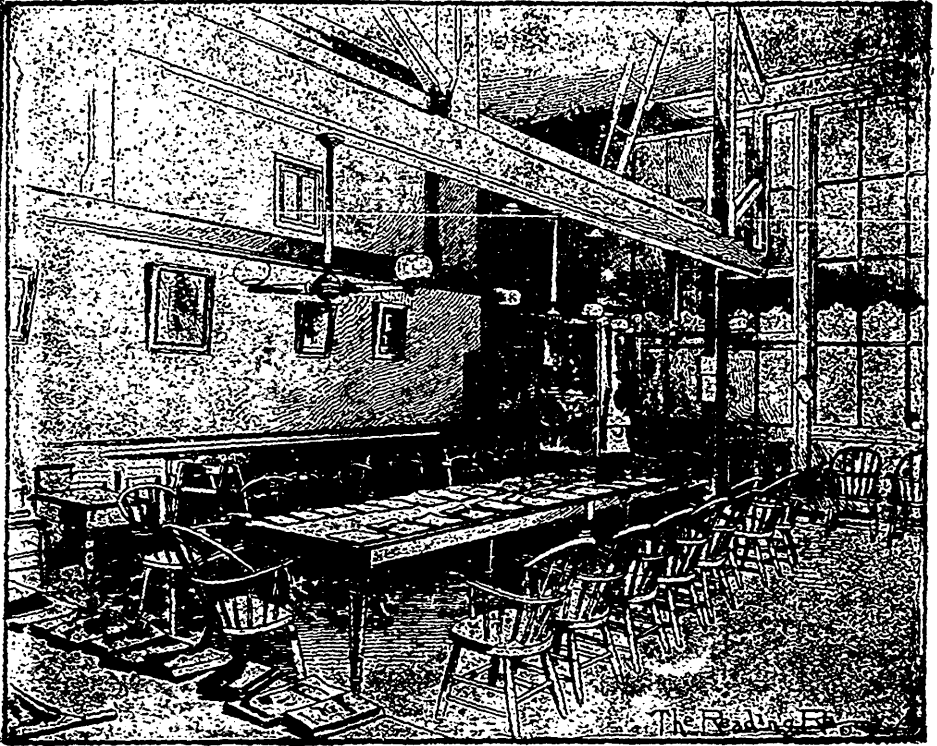
The paid officials of the association consist of a secretary-treasurer and a youth as assistant, a caretaker of the building, and two youths as assistants for



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the billiard and bowling departments, and a janitor, whose duty it is to allow none but members (or strangers to the city duly vouched for) entrance to the club-house, also a gymnastic instructor and fencing master. The old lacrosse grounds and racing-track on Sherbrooke Street were under the care of an official, who resided on the grounds, and who devoted all his time to keeping them in order. In winter he was the overseer of the toboggan slide and allowed three to four assistants.

THE GROUNDS.

The old grounds situated on Sherbrooke Street, were occupied by the Lacrosse Club since the spring of 1868. They formed part of an estate the heirs of which recently divided them up into building-lots and disposed of them by public sale. On this ground the club had erected a large pavilion, with dressing-rooms furnished with lockers for the players and runners, bath-rooms, mirrors, etc., large stands running the length of the ground, with seating capacity for 5,000 people, and a fifth of a mile cinder track. Owing to the sale a new ground had to be procured, much to the regret of the old members, who had spent many pleasant and happy hours in recreation and sport on the old field.

THE NEW GROUNDS.

In September, 1887, the directors who since the sale of the old club grounds had inspected every vacant lot in and around the city, without being able to secure a ground that was quite satisfactory, became aware that a very suitable

piece of property for an athletic ground situated at the extreme west end of Dorchester street, was in the market, and opened negotiations at once with the owners, with the result that in the month of December the Association became the purchaser at \$45,000, of which \$15,000 was to be paid in cash, balance in ten yearly payments.

Active canvassing took place among the members and friends of the Association with the result that \$17,000 was subscribed up to May, 1888, the greater part being contributed by the members themselves. In order to assist the undertaking the members are organizing concerts and a Mammoth Fair to be held in the Victoria Rink in September, 1888, and confidently expect to be able to pay by their efforts the levelling of the ground, fencing, pavillion and stands and a cinder path, which is estimated to cost upwards of \$10,000 more.

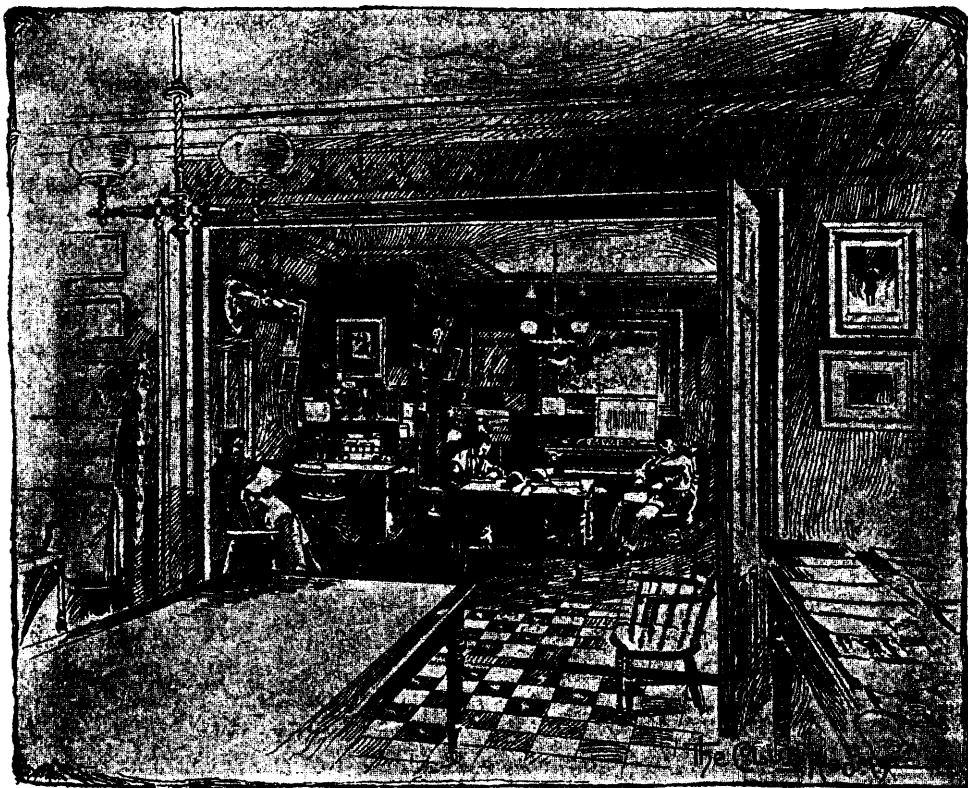
This property is picturesquely situated on the brow of a hill or table land, which dips suddenly about two hundred feet into a valley, now being rapidly and thickly populated by the manufacturing population of the western suburbs of Montreal. The pavilion and stands will face southwards, Old Mount Royal to the north forming a handsome background.

Facing him, the spectator waiting for a match or game to commence, will have a glorious panoramic view to while away the time. Away to the right he can watch "Old Father St. Lawrence" foaming and dashing over the celebrated Lachine Rapids, then follow his course when, after all his toil and turmoil over the huge rocks and boulders, he sweeps gracefully around Nun's Island, which lies immediately in front, to glide quietly under the renowned Victoria Bridge, which stands out in bold relief a little to the east.

Plans are now being prepared for the erection of pavilions and grand stands, and it is expected that the fall of 1888 will see the M. A. A. A. occupying an athletic ground second to none on this continent.

OUTDOOR SPORTS.

This department is perhaps more widely known to American athletes than any other branch of the M. A. A. A. Upon the formation of the association, the Montreal Lacrosse Club delegated to it their annual championship meetings, which they had held as the Senior Athletic Club in Canada, and in the absence of any national association, and confined itself solely to lacrosse. These annual fall sports were held by the association until the fall of 1884, when the Amateur Athletic Association of Canada was formed through the instrumentality of the M. A. A. A., whereupon the latter resigned their championship events to the national body, but still retain their annual spring and fall meetings. Among the noted American athletes who have often competed for the Canadian championships on the cinder path of the Lacrosse Club and Association are: Myers, Vorhees, Purdy, Fredericks, and J. B. White, of the Manhattan Athletic Club. Queckberner, of the Scottish-American, and Lambrecht, of the Pastime Athletic Club. Many championship prizes have been carried over the border by these noted American flyers.



THE MEMBERSHIP.

The roll of membership is quite an imposing affair, over 1,400 are full members of the association, and including those who may be members only of some one of the individual clubs, it foots up close to 2,000 names. This membership consists of the members of the affiliated clubs who pay an annual fee of ten dollars, which sum gives the subscriber full privileges in each and all of the clubs and in all departments of the club-house, and free entrance to all the games of each club and association, those only paying this amount have a vote or voice in the meetings of the association. Those joining only one of the clubs have only the privileges of and a voice in the affairs of that club. Members who pay ten consecutive years to each club, or twelve years to the association, are entitled to have their names placed on the roll as life members, and are free from annual dues.

The ladies are not neglected, for a member's wife, sister or daughter can obtain membership and be entitled to attend all outdoor exhibitions of the various clubs on payment of two dollars annually.

The admission is jealously guarded; each candidate must sign an application form, which is countersigned by a proposer and seconder from among the members; his name is then posted on the blackboard for a week for the scrutiny of the members; a committee of enquiry is appointed, when, if a favorable report is presented, the applicant is balloted for, one black ball in ten rejecting. This

procedure is the same in each club, in fact the same form of by-laws is used throughout by each club and the association.

None but those of bona-fide amateur standing, and then only if nothing derogatory to their character is known, are eligible for admission. The strict adherence to this rule has gained for the association the large amount of public sympathy it possesses. Creed and politics are strictly tabooed, nor does the association allow its name to be used in any way except for the furtherance of genuine amateur sport. Its objects are fully explained in the first clause of its excellent by-laws, viz. : " Its objects shall be the encouragement of athletic sports, the promotion of physical and mental culture among, and the providing of rational amusement and recreation for its members," and it has successfully carried this idea out. It has helped to keep up the interest in athletics to a very large degree, and proposed and assisted very considerably to form the Amateur Athletic Association of Canada, previously to which it had for some years offered prizes and gave an annual Canadian championship meeting in the absence of any national association.

THE BRILLIANT RECORDS

of the members of the association and its affiliated clubs are good proofs of its athletic success. The M. A. A. A. holds the flat race Canadian championship for a quarter, a half, and one mile—the snow-shoe championships, and the cross-country steeple-chase championship of the Dominion. The Montreal Lacrosse Club held the world's championship for two consecutive years, 1885 and 1886. The Montreal Football Club the Rugby championship of the Dominion for also two consecutive years. The Bicycle Club have not been quite as fortunate as in past years, for in 1883 they held all the Canadian championships. The Hockey Club is also a champion club.

ITS INFLUENCE.

The influence of the M. A. A. A. is far-reaching, many of the leading members of other athletic clubs owing it allegiance. The principal members of the various suburban rowing clubs, and the Lachine crew, the champion amateur four-oared crew of the Dominion, are members. The leading members of the St. George Snow-shoe Club (the friendly rival of the Montreal S. S. Club), and the Britannia Football Club (the well matched and doughty antagonist of the Montreal Football Club) are attached to the M.A.A.A. by membership. The Montreal Yacht Club, St. Louis Canoe Club, and the Montreal Hunt Club have many members whose names are on the roll of the M. A. A. A. In the same way also many of the other snow-shoe, tobogganing, hockey and curling clubs are also connected. Thus it can be seen how great an indirect interest the association has in all athletics in the city of Montreal and neighborhood, and how her sons who may remove to other parts of the country try to follow in her footsteps, making the assertion correct that the M. A. A. A. is the backbone of sport and athletics. The handsome club-house erected by the Athletic Club-house Company of Cote des Neiges, three miles from Montreal, though not incorporated with the M.A.A.A., is really an outcome of it, and was the conception of and is governed principally by members of the Montreal Snow-shoe Club. It is hand-

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somely furnished and appointed, with large and capacious rooms, the main hall alone being capable of accommodating nearly one thousand persons, as has been tested by the Montreal S. S. Club at its "Ladies' Night" meetings. It is the objective point of the weekly tramps of the Montreal and other snow-shoe clubs, and as a rendezvous for them cannot be surpassed. Liquor is strictly prohibited in the building, the stock being subscribed and the building erected with this special object in view.

The moral influences of the M. A. A. A. are very considerable. Honor and fair play are inculcated, gambling or strong drink not tolerated on its premises or grounds: to prevent any chance of the former, cards were prohibited, its founders considering there were enough means of amusement otherwise. Pure amateur sport of all kinds is encouraged, and anything tending to professionalism or hippodroming strongly opposed. A loyal feeling for everything Canadian and national is engendered, and in fact no more healthy and strong moral organization exists for young men anywhere. In a large institution such as this *black sheep* are almost sure at some time to creep in, but if the members only remain true to themselves and the honor of the association, dubious moral characters will look elsewhere for more congenial associates, and the world-wide reputation of the M. A. A. A. will never suffer. "United we stand, divided we fall," is a good maxim for all associations to bear in mind. The future possibilities of the association can scarcely be estimated. The good old English game of cricket, curling, skating, and other popular and health-giving pastimes, will have clubs affiliated to, or organized under its control, as soon as circumstances will warrant.

THE PROMINENT MEMBERS.

Some mention should be made of those members who have borne the heat and burden of the day in organizing and establishing this prosperous and successful institution.

Among the early names on the roll of the Snow-shoe and Lacrosse clubs there is one that will ever remain in faithful remembrance, Nicholas H. Hughes. "Evergreen Hughes," as he was affectionately called, the hero athlete of our younger days, one of the founders and for many years the president of both clubs, and later their honorary president, did perhaps more in his time than any other man to encourage genuine sport and advance the interests of the old clubs he loved so well. Even when three-score years had passed over his head it was as much as the best runners could do to keep up to the tall, sinewy form of the old *racquetter* on a snow-show tramp across country. He was very much interested in the success of the association and lived to see the first year of its existence.

To Mr. Angus Grant, the now Honorary President of the Snow-shoe Club, and who may justly be called "Evergreen the Second," is due the first conception which led to the amalgamation of the different clubs. For a long time he stood alone in the belief that such an organization could succeed, and has given it much time and attention. He has been connected with the Lacrosse and Snow-shoe clubs since 1866-67, and president of both clubs, and also of the association.

Hugh Wylie Becket has been a member of the Lacrosse and Snow-shoe clubs since 1869 and was the successor of Dr. W. Geo. Beers as goal-keeper for the Lacrosse Club, where he earned the soubriquet of "Stonewall Becket." For eleven years he was treasurer of that club and president for two years. In the Snow-shoe club he also held office a number of years, and is its historian, publishing a history and record of snow-shoeing of much value to all interested in that sport. As secretary to the old Montreal Gymnasium, he did valuable service in assisting in its transfer to the association, and shares with Mr. Grant the honor of actively promoting its formation, and for some years was on the board of directors and chairman of out-door sports.

Horace S. Tibbs, one of the founders and a president of the Bicycle Club, has contributed in a large measure to the success of the M.A.A.A. With an Englishman's strong love for athletics, he entered heartily into the scheme for its formation, and was for five years its very efficient secretary-treasurer. He brought energy and clear-headed business ideas into the official and departmental work of the association, and helped largely to originate a system of internal economy that has assisted very much to the association's success.

W. L. Maltby is an old-time lacrosse player and snow-shoe runner, dating his membership in the Snow-shoe Club from 1866 and the Lacrosse Club from 1862. Has always taken active interest in these clubs, and held the presidency of both, as well as the association. He has given much time and attention to the affairs of the association and still retains his interest on the board as president and chairman of the Committee on Property and Building, wherein his services and experience are of much value to the directors.

A. W. Stevenson was the first president of the association, holding that office the full limit of the term (which is restricted to two years.) Has also been president of the Lacrosse Club, and at present holds the same position in the Snow-shoe Club. His interest in sport and business experience has been of value on the board.

James K. Whyte, an old member of the board, joined the Snow-shoe Club in 1867, and held office for a number of years, and is the immediate past-president. Was one of the promoters of the "Tuque Bleue" Toboggan Club and its first president. Dates his membership in the Lacrosse Club from 1869, and was honorary secretary in 1875 and 1876; held office for a number of years and was also captain of the team. Has been the author of many useful and popular suggestions to both clubs.

Will. H. Whyte, another old member of the board, also dates his membership in the Snow-shoe Club back to 1867, in which he held office for ten years, six of them as honorary secretary. Joining the Lacrosse Club in 1869, he has held an equally long term of office in various positions. Was president of the club during the two champion years of 1885 and 1886.

R. D. McGibbon, the hon. solicitor of the association, though not holding many offices in the clubs, has always taken an active interest in their affairs, and has contrived much valuable service in furthering the interests of the association. As the originator or father of the "Winter Carnivals," his name will long be remembered in connection with them.

George R. Starke has been secretary of both Lacrosse and Snow-shoe clubs and president of the latter. Has many valuable trophies won on the snow-shoe track, and has taken much interest in the affairs of the association.

Colonel E. A. Whitehead, an old-time lacrosse player and snow-shoe runner of twenty years ago, was president of the Lacrosse Club at the time of the organization of the association, and was much interested in its formation. Was also one of the founders and a president of the Montreal Football Club.

Dr. W. Geo. Beers, the Honorary Permanent President of the Lacrosse Club is one of the old members of the Lacrosse and Snow-shoe clubs. He was the first to compile and publish the laws of Lacrosse in 1860. His energetic efforts at the time of confederation in 1867 induced the adoption of lacrosse as *the national game* and the event of both lacrosse tours to Great Britain, and has therefore been very properly styled "The Father of Lacrosse."

Thomas L. Paton, Sam. M. Baylis, and William Cairns are three names that have been long connected with the clubs of the association. Holding many offices and well-known on the field and over the snow, they have given much time and interest to the affairs of the association, and have done yeoman's service in its departmental work. Mr. Baylis was the gymnasium chairman at the formation, and held that office until recently, Mr. Paton chairman of grounds, and Mr. Cairns, until of late, the honorary treasurer.

F. C. A. McIndoe, the present president of the Lacrosse Club, has been a member of both the Lacrosse and Snow-shoe clubs for many years, and has held various offices in both.

James D. Miller, the late popular president of the Bicycle Club, has been an efficient member of his club and the association.

Ed. B. Busted, the past president of the Toboggan Club.

James A Taylor, for some years past the enthusiastic chairman of Outdoor Sports.

Major Freeman, the chairman of the billiard room department since its formation.

G. R. Marler, R. B. Ross, Fred Cushing and Jas. H Wardlow have been energetic members of the Board of Directors as well as of the various clubs composing the association.

R. M. Esdaile, one of the founders and a past president of the Football Club. Robert Campbell, Robert Stirling and J. N. Fulton, though old and efficient exponents of football, have only been in active service in the association since the affiliation of their club.

Such are some of the older and leading members who have taken an active interest on the Board of Directors and in the affairs of the association and contributed to its success. Many more names might be mentioned if time and space would permit of those who have taken an active interest in their respective clubs. Many whose names have become famous on the Lacrosse and Football field, on the Bicycle track, or on the Snow-shoe track and Cinder Path and have thus shed lustre on their Club and Association, but this pleasant duty will have to be left for the future historian of the individual club.

CUPID'S SLIDE.



OUR lassies, like those of Old England and France,
 Can boast of the conquests they've made at the dance,
 Or beneath summer skies, but our lassies may know
 The pleasure of gaining a heart midst the snow;
 For of all the gay sports in which Cupid takes part,
 In Tobogganing, surely, he shows the most art.

The scene lends its aid, see! the moon's shining high,
 So bright, the stars scarcely are seen in the sky.
 A background of pines sway in melody sweet,
 The snow crisp and dry 'neath the moccasined feet;
 And close side by side at the head of the "shute"
 A maiden and youth, each in gay blanket suit.

The wind's kissed her cheek to a bright rosy hue,
 Her eyes glisten clear as the soft summer dew;
 And though the hill drops nearly eighty degrees,—
 Her cheek never pales, she seems quite at her ease,
 And soon they are seated, one word! and they fly,—
 Yes! swoop like the eagle from mountain-top high!

How firmly she's poised, the lines taut in her hand,
 While he seated sidewise, with foot keeps command
 Of the flying toboggan, his face o'er her shoulder
 Is close to her cheek,—one strong arm doth unfold her
 Just to keep her from swaying, so great is the pace
 The "Lightning Express" would be passed in the race!

As all Earth's gay pleasures are fleeting, we know,
 Their wild race soon ends in the valley below,
 A half-mile away, here he springs from his seat,
 And helps his fair charge once again to her feet.
 And soon up the hill, her small hand resting light
 On his arm, they climb eager again for the flight.

Thus flying! then climbing! what soft words are said
 I leave to thy fancy, love's not shod with lead.
 Sweet confidence springs 'tween companions in sport,
 And man midst excitement knows best how to court,
 And win ladies' smiles, like in brave days of old,—
 In Tournay, the fairest were gained by the bold.

Our fair maid shows faith in his courage and skill,
 She fears not mishap, never whispers of ill,
 This trust wins his heart, and he thinks that through life,
 How sweet it would be through its dangers and strife,
 To guide and protect her who walks by his side;
 The old story's told! and our youth gains a bride!

O'HARA BAYNES.

ATHLETICS, PHYSICAL CULTURE, RECREATION : WHICH ?

SAMUEL M. BAYLIS.



TIME was, and that not so long ago but the youngest of us can recall it, when the athlete, and everything having a suspicion of being even remotely connected with him, was held in supreme contempt, if not abhorrence, by a certain class who arrogated to themselves the right to decide what conduct was proper and becoming on their neighbor, who, should he presume to depart in the slightest degree from the orthodox standard his mentor set up, was thereupon promptly classed as heterodox and deserving of anathema. Fortunately a healthy public opinion served in a measure to check the severe discipline these would-be critics desired to prescribe, and the world jogged on its way with merely a side glance at what it termed the "old fogies" who declined to join in the progressional march.

Time was, I say, when the man, who, for the good of his health, for amusement, or for the purpose of training for some impending contest should don his pedestrian costume and start off for a long hard walk, jump into his boat and struggle for an hour or two against wind and current, or, stripped to the skin in the gymnasium should tumble and pull himself and the apparatus about in order to attain his desired object, would be able to do it only at the risk of good natured chaff from his friends, and sneers, if not absolute prohibition, from those whose respect and authority were weighty matters with him.

Now what a change! The young man of the day, if not absolutely in the inner circle of athleticism, takes good care to be at least one of the acknowledged supporters of the cult, his loud and obtrusive opinions on all matters connected therewith often bearing a value in inverse ratio to his knowledge of its mysteries. To-day, *muscle is king!* and rules as becomes a strong arm; men, and alas in some cases women too, pay him willing homage, worshipping in his courts with the record almanack, the jargon of the prize ring, and the decisions of the referee; as their creed, their paternoster and their decalogue. Fulsome adulation is offered to brute strength, and the divine gifts of well developed physical manhood, and excellence in some particular branch of athletic exercise, are diverted from their legitimate functions of being a benefit to the individual, and prostituted to his greed of gain.

"Strong words!" you say. Well, perhaps they are; but it seems to me that indications are abroad, even in so-called amateur circles, which point to the necessity of at 'ast a danger signal being hung out as a warning that if disaster is to be avoided, certain paths had better be shunned. I am far from being an alarmist, and have no desire to assume the functions of the preacher or the moralist, but would merely like to place on record a few earnest words that circumstances would seem to call for.

Born and brought up in a city that is noted for its love of exercises and athletic sports of all kind;—an enthusiastic member of one of the strongest and healthiest athletic associations in existence anywhere, and a sharer to some

extent in the rewards it so lavishly bestows on successful competitors for athletic honors:—proud as the old Roman of being a “citizen of no mean country,” it would ill become me, even if I were so inclined, to say a word that could be construed as a censure on the whole-souled love of sport that is inherent in every man of English tongue. I yield to none in my admiration of the ideal physical man, and, if as Pope says :

“ An honest man’s the noblest work of God.”

Surely, if coupled with his honesty—which should include other moral and intellectual good qualities—the man should so cultivate and develop his physical faculties as to stand forth, literally and figuratively, head and shoulders above his fellows, were a picture that should justify the encomium of that master delineator of man in all his relations of life :

The elements
So mixed up in him that Nature might stand up
And say to all the world : “ This was a man ? ”

Admitting then the deep-rooted and ineradicable love of exercise that possesses the Anglo-Saxon youth, whether he be beardless and bonnie, or grizzled and grey—for age in this connection is not measured by years—the question arises : What will you do with it ? Curb it you cannot—direct it you may, if approached in a kind and friendly spirit. What direction would you have it take and which avoid ? Manifestly the answer to that is—the direction in which it will do the most good, namely, the *individual himself in his own person*.

In other words this simply means that the efforts of the youth should be directed to the best means by which to reach a high standard of physical development, *simply for the good its possession may bring him*, and its influence on his children that are to be. This is certainly reforming the old idea that “to the victors belong the spoils,” and if by that is meant that the end and aim of athletic supremacy is to win some coveted “trophy” conveying with it the proud title of “champion,” it is a reform, that, in view of many of the circumstances attendant on athletic contests, the jealousies, the quarrels, the protests and in many cases the complete break-down of the supposed Hercules owing to the strain on overtaxed vital powers, cannot be inaugurated too soon. In this connection virtue, in its classic sense, is emphatically its own and sole reward, and the incentive of *winning* something, or *defeating* somebody necessarily becomes a secondary matter. If the adoption of such a course resulted in nothing but freeing our public contests of skill, strength and agility from the patronage and control of gamblers and blacklegs—those harpies who prowl about our athletic centres and batten on the cupidity and viciousness of the patrons of our sporting contests—the direct gain to the respectable portion of society could at once be estimated ; a danger would also be removed from the path of the gentleman-amateur athlete, in the shape of incentives to engage in those unrecognized but well-known methods of “raising the wind” on the performances of himself and friends.

Here we touch delicate matters and tread on what we are told is dangerous ground ; but for that very reason it behoves those who are not interested in prolonging such a state of things to speak out with no uncertain sound on the

tendency of the betting practices connected with athletic sports to-day. The divine and the moralist have thundered their denunciations with little or no effect, and it now remains for those better disposed adherents of our athletic clubs to set their forces and hands against the practice. These are many, very many, of our best men, men who in their time have taken a foremost place in athletic contests of every kind; who to-day are the mainstays of their respective clubs, and the most regular attendants at their sporting competitions, who would not think of deviating from their fixed rule—*never to bet*; and it only requires that they shall rouse themselves from their indisposition to meddle with what appears to be none of their business to set the matter right, and avert the impending danger.

Apart from any moral question of the right or wrong of it, it is a matter of *self-preservation*, for it may be accepted as an axiom, that the moment the money element creeps into sport whereby the competitor has any interest—beyond healthy rivalry and a natural desire to excel—either *directly* in gate receipts, or *indirectly* in “championships” involving pecuniary benefit to his *club*, or in *bets* which he has at stake, from that moment the sport begins to degenerate and becomes the plaything of the gambling fraternity, whereby they fill their pockets at the expense of honest men. “All very well” you say, “but we can’t prevent people betting if they want to!” Yes you can! Follow the law of the land in making rules against it and enforce them; discountenance it and make it a discreditable practice for a gentleman to be engaged in; and if this won’t do, withdraw from all public contests and devote yourself to the study of the alternative proposition previously advanced. If this should lead you to adopt as a guiding principle the idea of physical culture as opposed to athletic contests, and pet-hunting for medals, you and all whom your influence can reach will be immensely the gainers.

It is not to be supposed, however, or even desired, that men should give up all attempts to test their relative skill or strength in contests to decide supremacy but as in trade, so in sport, there is a competition that is life and another that kills, and we do well to draw sharp and clear the line that divides the two. The noblest songs that have been sung, and the grandest poems ever written, refer to deeds of personal bravery and physical prowess inspired by high resolve, and may the day never dawn that shall see the spirit dead that prompts man to do such deeds, and the pen or tongue silent that should exultantly tell of them! See to it then that the schools in which heroes are trained—the athletic fields and gymnasiums now so thickly strewn through our land—are kept free from those sordid considerations that surely tend to the destruction of all heroic aspirations!

As every one knows, the athlete of ancient Greece was an object of special regard from all classes of the people; his triumphs were celebrated with most lavish display by his almost frenzied fellow countrymen, and formed the themes that inspired the greatest poets and sculptors of that land of culture: apart from the applause of his fellows what was it that nerved him to do his best and became his sole reward? *Only a laurel wreath*. While these sports were idealized and men struggled and strove their mightiest for a mere sentiment, they flourished and thrived under the smiles of a comparatively pure *clientele* of “fair women and brave men.” Gradually, however, just as we see to-day, the professional element

crept in ; sport became brutal ; the barbarian being purchased, or hired for money, and trained up into such "form" as could not be dreamed of in these days, and for what ? Simply that he might be in better condition to battle to the death with the deadly cestus or sword, against competitors similarly equipped ; and if either, or both, as often happened, should fall—"butchered to make a people's holy-day"—what matter ! they were paid for it, and plenty more could be had at the same price.

The natural effects of such exhibitions were soon apparent, men, and women too, became brutalized and clamored for blood. The passion for gambling ran riot among all classes, calling at last for the intervention of the State to pass laws against it in the effort to stem if possible the flood-tide of dissolution, which, gathering head from the storms of men's baser passions that fed it on every side, eventually engulfed the proudest empire the world has ever seen, and buried it among its own crumbling ruins.

Take too the age of chivalry and knight errantry, which, in its noon-tide of splendor, was the embodiment of all that was best of knightly bearing and courtesy ; when men championed a cause and strove for principles, and the rewards of prowess in the lists were the smiles of beauty—trifles light as air when contrasted with the considerations that subsequently governed men's conduct, when might became right, and they strove with one another from a brutal love of strife and sold their swords to the highest bidder. So long as these refining influences held sway and were acknowledged they acted as a most powerful stimulant to the noblest qualities of chivalry in the palmy days of romance ; ignoring their influence and holding in contempt the finer feelings such ideas inspired, the knight became the freebooter, and the squire the bully of every camp.

It is right and proper that men should strive for the good things of this world, for place, power and wealth ; right and proper that the love of sport should impel them to test their mettle against their fellows in friendly rivalry ; but when that rivalry shall become so keen as to degenerate into bitter jealousy, when *to win at all hazard* is held to be of supreme importance ; when the tactics of "the street" and the betting ring are imported into the field of sport, and what should be a "means of grace" to a man degenerates into a medium whereby his brutal passions are roused, and his desire to win money on the turn of a chance is stimulated and gratified, then it is that we should call a halt and nip the evil in the bud before it becomes a growth of such a size and rankness that to scotch it even is impossible.

Aside from all this, however, another question presses for consideration. Is there not a danger that these purely athletic matters may take up too much valuable time that might be more profitably devoted in this age of hurry and drive to the cultivation of those higher faculties of mind and body that incline the thoughtful to the idea of needed rest and recreation ? That is the word !—used in its true sense—*re-creation* ; the essence of the whole matter and its *raison d'être*. With that as the main idea the whole question becomes very simple and the course quite plain.

Assuming that the young man, during what may be termed his formative

period—which varies according to individual capabilities and opportunities, but which roughly speaking may be said to occur any time during his life between 15 and 25—has devoted himself to an intelligent cultivation of his powers, and perfected himself in all manly accomplishments pertaining to indoor and outdoor sports—in *which gymnastic exercises of the proper kind judiciously undertaken should form the basis if not the chief part*—the time naturally arrives when weightier matters claim his attention. Is he then to drop it all, forget all he knows, and sink into the indifferent spectator of other's work? Should he not rather, freely admitting the equal importance of food and exercise in renewing his used-up tissues, take up some branch of the all-embracing "sport" such as his tastes and capabilities lead him to choose, and cultivate it for the good of his body, and soul too, giving such time as he can well spare—or make—to the pursuit of health and pleasure combined in the happiest way?

Does he incline to the gymnasium, the fencing room, or the gloves?—they are within easy reach of all! A tramp on foot or on snow-shoes cost nothing and is productive of the best results! Is he fortunate in the possession of horse, bicycle, or boat? then let him enjoy them and be happy! The field games of lacrosse, football, cricket, tennis, base ball, &c., the running track, the rink and the toboggan slide, all claim his attention—let him choose and enjoy for the pleasure they offer! Does he lean to the quieter enjoyments of nature to be found in pursuit of the wild inhabitants of her lakes, streams and woods? Then let him take his rod and gun and enjoy the delights of wooing a lover that but few men ever truly know!

That is it! Recreation in exercise—rest in movement and change. There is a panacea for most of the ills that possess us, which cannot be cured but are only aggravated by contact with the swirl and excitement of endless matches, competitions and contests of every kind that are taking place all around us every day, and that in many cases only serve to further stimulate the feelings called forth by the daily scramble for dimes and dollars with which most of us are familiar, and which we desire to forget in our hours of relaxation.

Are these but idle fancies and a dream of an impossible Utopia, or do they contain the germ of an idea, which, if absorbed and allowed to fructify in the congenial soil of rich athletic fields now in danger of exhaustion through long cultivation of ill-chosen seed, may in time develop into a species that any country may be proud to claim as indigenous to her soil? The answer rests with the gentlemen amateur-athletes of to-day.

THE KNIGHTS OF THE WING AND WHEEL.



I.

MID the city's hurrying throng,
 With muscles firm as steel,
 And hearts to cope with grief and wrong
 And tread them under heel,
 There is an army, hundreds strong,
 To God and Country leal,—
 A host yeapt in tale and song
 "Knights of the Wing and Wheel."

II.

But not in crowded streets alone
 These lusty knights are found ;
 They make the broad champaign their own
 And with their songs resound
 As well ere spring-tide flowers are blown
 As when ripe fruits abound
 Or winter winds by moonlight moan
 Above the snowy ground.

III.

Where, ankle-deep, bright streamlets slide
 Above sun-netted sand,
 In frail canoes these brave knights glide
 Swift through the silent land.
 Nor, though, broad-shouldered in the tide,
 Rocks rise on every hand,
 Their way shall they confess denied
 Nor cowardly seek the strand.

IV.

Where forest fastnesses extend,
 Ne'er trod by man before,
 Where cries of loon and wild duck blend
 With some dark torrent's roar,
 And timid deer unawed descend
 Along the lake's still shore,
 The *Winged Wheel Knights* their footsteps wend
 And ravish Nature's store.

V.

The sea is cold, the sea is deep,
 And treacherous smiles it hath,
 And with its sickle of death doth reap,
 With woe for aftermath ;
 But though its wind-vent waves may leap
 High in the *Winged Wheel's* path,
 Yet dauntless way those white wings keep
 Nor heed the billows' wrath.

VI.

On steeds of steel, in country ways,
 Far from the city's street
 The Winged Wheel Knights, on summer days,
 The awestruck peasants meet;
 And hills in vain their bulk upraise
 To tire the rapid feet
 That o'er the dusty roadways chase
 The birds, well nigh as fleet.

VII.

When glitter trackless wastes of snow
 Beneath the Northern Light,
 On netted shoes these brave knights go,
 Nor heed how keen winds bite.
 Grim frowns the mountain from below,
 But when they win the height
 The city's myriad windows glow
 Warm on the wintry night.

VIII.

And thus among the multitude
 That in the city move,
 As well as in the solitude
 That sanctifies the grove,
 Or on the bosom of the flood,
 These knights their mettle prove,
 And nature in her every mood,
 Like true Canadians, love.

IX.

Then honor to the *Winged Wheel Knights*,
 That stalwart, fearless band
 That in the manly life delights
 Of our dear native land;
 Who from the wind their cheeks that bites,
 And from the ocean's strand,
 Gain strength to guard our country's rights
 And any foe withstand.

Montreal.

ARTHUR WEIR.

THE OCEAN TRAVELS OF LACROSSE;
 OR,
 REMINISCENCES OF OLD COUNTRY TRIPS.

W. GEO. BEERS.

HOW THEY ORIGINATED—THE TRIPS OF '67, '76, '83, '86, '88—LACROSSE BEFORE
 ROYALTY—IMMIGRATION AND LACROSSE.



ANY persons imagine that the Queen trip of the Montreal Club in 1876 was the pioneer venture in trans-Atlantic lacrosse, but the date goes further back. Coincident with the suggestion in April, 1867, by a member of the Montreal Club that Lacrosse should become the national game of Canada and accepted as such on the first Confederation day (1st

July, 1867), arrangements were made for a tour of Caughnawaga Indians to England. Major-General Lindsay, then in command of the troops, was so much struck with the beauty of the game that he personally called on one of its promoters and suggested that a team be sent to play before the schools in Britain. This took shape in the organization of an Indian team of sixteen. A rival venture was made, but was merged in the original one and left Montreal on the 12th of July, 1867, under command of Capt. W. B. Johnson, a member of the Montreal Club. Unfortunately, however, Capt. Johnson made a speculation of the enterprise, and though the game was introduced into England at Beaufort House Grounds, Fulham, by permission of Lord Ranelagh, and excited great interest, the British public was averse to its professional character.

In the meantime the game had grown greatly in Canada. The lacrosse tourney before Prince Arthur in Montreal, in October, 1869—the second time in Montreal that royalty had witnessed the game, the other occasion being when the Montreal and Beavers played the Indians before the Prince of Wales in 1860; the presentation of a set of flags for competition by Mr. T. James Claxton; the efforts of individuals, etc., all had resulted in the spread of the game.

THE "QUEEN TRIP" OF 1876.

Dr. Thomas Archer, a graduate of McGill Medical College (1869), had removed to London. Many will remember him as the son of Commissary-General Archer. He was a splendid athlete, and one of the prominent members of the Montreal Club. He had quietly interested some friends in England in the game, among them the members of the Thames Hare and Hounds Club. This club organized a lacrosse club, with the Doctor as captain. Among them the names of Edwin T. Sachs and brother, Walter Rye, A. E. Ball F. T. E. Elborough, C. H. Mason, E. Matthews, J. E. Bolton, Moresly, Leeds, Lawrence, T. Shearman and brother, Dixon, Burgess, Pearce, will be recalled to mind, as the founders of amateur lacrosse in the Old Country. To their enterprise, but mainly to the personal

enthusiasm of Dr. Archer and the interests of the late Sir John Rose and Mr. Charles Rose, the proposal of a member of the Montreal Club, made in 1874, was taken up, and, in 1875, this member went to England to look the ground over, to make fixtures, and, if possible, to obtain the consent of the Queen to be a witness of a match. The celebrated Polo Club, of Hurlingham, of which Earl Spencer was the President, tendered their beautiful grounds. The effort to make people understand what the game was, and that the tour was of a loyal and amateur character, succeeded. In every sense the affair was distinctively Canadian. It was felt that it would do good to Canada.

The tour is still fresh in the minds of many. As a new experience it was a wonderful success; the most perfect harmony prevailed. The Queen paid special personal honor to the team, and spoke of it as representing Canada. At the private match at Windsor Castle about seventy visitors from Canada were admitted to the lawn, and were invited by the Queen to the luncheon with the teams. Among those present was the Hon. Mr. Chapleau. The Hon. Mr. Blake was invited but did not appear. It must be remembered that Her Majesty did not command the teams to play before her until they had finished the programme throughout the three kingdoms, and that she complimented them on their management and success. The Australian cricketers had always looked to "the main chance," and bargained for heavy "gates." The Canadians put themselves in the hands of amateur Irish, Scotch and English clubs, and bargained for nothing. They may not have paid their expenses, but they made such a good reputation for Canada and Canadians that the visit of the team of 1883 was made easy.

THE "PRINCE" TRIP OF 1883.

The team of 1883 was unable to play before the Queen, but Her Majesty was represented by the Prince of Wales, the Princess of Wales and their family, at Hurlingham. Since the 1876 visit a large number of clubs were organized, and a general desire had been expressed for a repetition. The captain of the Prince tour had been written to repeatedly year after year by old friends; but it was not until it was decided to utilize the lacrosse tour to promote an immigration scheme that the matter became a probability. As before, the Montreal Club was ready to send an exclusively Montreal team; but the better to make it a thoroughly representative Canadian one, the Committee organized here invited Toronto, Quebec and Winnipeg to join. The result was that eight were selected from Montreal and seven from Toronto. The team left Canada on the 2nd of May, 1883, played first through Scotland, then England and finished in Ireland, playing 62 matches abroad and four at home, and travelled about 11,000 miles—making about 20,000 miles for both teams. Over three millions of immigration material was distributed under the auspices of the team without remuneration. The *Witness*, *Star* and *Gazette* had their correspondents on the team; while Mr. W. K. McNaught, of Toronto, and Mr. Ross McKenzie both wrote series of able letters for the Toronto papers. As in 1876, the Old Country papers were full of the trip,—the Scotch and Irish especially giving sometimes as much as seven and eight columns. The Rev D. V. Lucas and Dr. C. E. Hickey, M. P., Dundas, accompanied the team, deliv-

ered lectures and made addresses on Canada as a field for the tenantry and the capitalist. The team found foemen worthy of their sticks in England and especially in Ireland. Sir Charles Tupper in his report to the Hon. Minister of Agriculture, 1883, wrote as follows: "Mention of this subject [the personal work done by Canadians visiting the United Kingdom] would not be complete without referring to the valuable work prepared by the Canadian lacrosse team during its recent visit. They travelled in every part of the United Kingdom and played their interesting game at nearly all the principal centres. They took the opportunity, not only of conversing with the people they met who desired to have the advantage of a personal conversation, but distributed an immense quantity of valuable printed matter and conducted a large correspondence, which must redound to the advantage of the Dominion. The captain of the team and the other gentlemen connected with the matter, were indefatigable in their exertions to make a success not only of the athletic portion of their mission, but also of that patriotic idea with which I am sure the whole team were imbued of helping to bring the country into prominence." In Scotland, England and Ireland, the captain had engaged about eighty agents, who assisted him in immigration work. As an instance of the work done in this particular, over 120 cases, each weighing 300 pounds, and about 140 other cases of a similar size were consigned to the captain, who was personally responsible for the distribution of this large amount of material. An immense correspondence was kept up; 350,000 copies of a special immigration fly-sheet were sent to the Old Country in parcels before the team left.

THE "IRISH LACROSSE TEAM" TOUR OF '86.

Briefly, it may be said, that this tour was instigated by the members of the team of 1876 specially, and later by the team of 1883. In 1876 the team played its first matches in Ireland, in 1883, the last; Captain H. Kelly and Mr. J. Sinclair, of Belfast, being active promoters of the first as well as of the second trip. To Mr. J. Sinclair mainly is due the credit of the tour.

THE VISIT OF THE TORONTOS IN '88.

This year the Toronto Club added new lustre to the travelling record of the game, by a successful visit to England and Ireland. The team was instrumental in creating much new interest, and did credit to the city from which they came, as well as to the scientific reputation of the game. In every way they were splendidly received, both as gentlemen and Canadian athletes.

AN IMPERIAL GAME.

It is to be hoped the teams in Australia and probably New Zealand may be induced to act upon the suggestion of Mr. J. Sinclair, to go to the Old Country via the Canadian Pacific Railway, playing en route from Vancouver to Quebec. Truly, to-day it can be said, as it was once predicted by Mr. Ed. Cluff, of Ottawa, it would be said, "the sun never sets on our flags." What other field game has had such rapid and marvellous spread, or has done so much directly to add to the loyal feeling between a distant dependancy and the Mother Country?

NO APOLOGY NEEDED.

Somebody suggests that somebody ought to rise and say a good word for Lacrosse in these days of low professionalism. I cannot for the life of me see the connection of the one with the other. There are people who deliberately use positions in the church to cheat their customers; there are others who think the chief end of religion is to persecute all others, and who would put you and I to the stake if they could. Is Christianity responsible for that? Why people who do not expect perfection in the pulpit or the pew exact it in sport, is more than I can understand. If two men will bet in church on the length of a sermon, they may bet on the field on the length of a game. The fact is just this: society sanctions in some spheres the very sin it censures in other places; and the rowdy, the loafer, the trickster of society, when he turns up on the lacrosse field, is simply following a natural instinct which turns him for the time from other spheres of excitement and reward. A rowdy will be a foul player, as he is a foul talker. A loafer who cannot control his passion for drink will lose control of his temper; and he will do on the lacrosse field, that which would commit him to jail if done in the street. You cannot abuse fencing if one of the combatants kicks his rival in the stomach, or boxing, if a man deliberately strikes below the belt. The only restraint upon human brutes is such severity of law in games, that one act of deliberate brutality will be punished by suspension for a whole season, as well as a fine upon the club of which Brute is a member. The National Lacrosse Association might perhaps prefer to present Brute with a public testimonial of a skull cracker and a pair of steel-knuckles. Lacrosse is not to blame for brutality or professionalism. Weak-kneed referees have been a good deal to blame; but the chief blame is at the doors of the men who govern the game, and who have been either too ignorant to make proper laws, or too weak to enforce them. Every dog has his day. Brute is having his now in Lacrosse; but, however much we be disgusted by recent events, there is no reason why lovers of the game need despair.

RETALIATION.

BY LUKE SHARP.



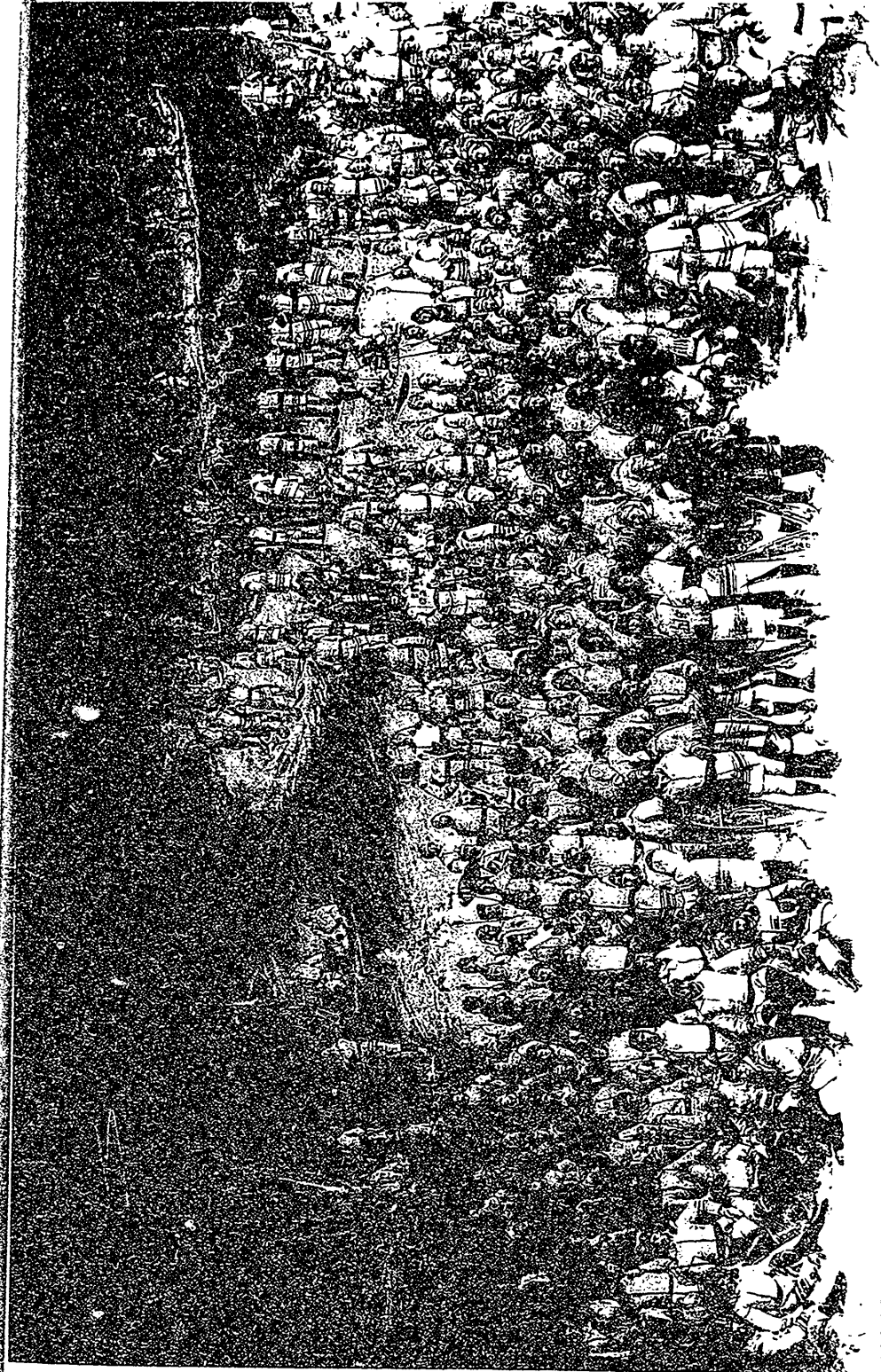
WHEN I'm elected President
Of these United States,
I'll send my Annual Message off
Filled up with facts and dates.
My great Retaliation Act
To Congress will be sent,
To wipe out scores with Montreal,
When I am President.

I'll start the Message off like this—
"To whom it may concern:
The Snow-shoe Clubs to Washington
Their web-clad feet must turn.
To be my guests and own the town;
No charge for board or rent."
Good gracious!! what a time we'll have
When I am President!

We'll march in blanket uniform
Up Pennsylvania Street;
We'll sing the jovial Snow-shoe songs
And have a Snow-shoe "meet."
The hearty ringing Snow-shoe call
Will wake the echoes pent,
We'll Tobog. down the Cap'tol Dome
When I am President.

The Snow-shoe Boys will all fare well
Before they say farewell.
No one shall die of thirst that trip
But all will live to tell
The merits of the White House cook,
And how the time was spent.
We'll paint that ancient White House red,
When I am President.

So here's to every Snow-shoe lad!
And here's to Montreal!
We're Brothers in our blanket suits
Where e'er our lines may fall.
May all Retaliation Acts
Have similar intent;
E'en though the Fates may rule that I
Shall not be President.



MONTREAL SNOWSHOE CLUB

ANTHONY, ORIENTED



REMINISCENCES OF THE "MONTREAL" SNOW-SHOE CLUB.

BY HUGH W. BECKET.

So much has been written of late years upon the beauty of our northern winter and of the amusements which go so far toward making the long season pass so pleasantly, that it becomes a difficult matter to unearth anything new, even on the subject of snow-shoeing, one of the most popular of our outdoor sports. Without attempting to enter into any particulars as to the age or origin of the snow-shoe, we will presume that our reader has formed his own ideas as to these and attempt to draw his attention to the rise and growth of this glorious pastime in our city and country.

Nearly half a century has passed away, since the "few" who tramped "cross country" on shoes, instituted the pastime which has flourished far beyond the expectations of the most sanguine of the trampers. To the twelve sturdy "shoers" who then formed the snow-shoe club, the "Montreal" of the present day owes its birth,—and though but few of them are here to-day, the greater number saw with feelings of pride, the wonderful degree of success which attended the Montreal Club, and with it, the growth of the sport throughout Canada and those portions of the United States favored with the slightest suspicion of the "beautiful." Those of the veterans dwelling in our midst, still maintain the liveliest interest in matters connected with the old club, and, when "veteran's night" comes round, are among the "Boys" again to tell of how

Once in old Hochelaga, as many now here know,
 A band of gay and gallant youths, a snow-shoeing did go;
 They tramped o'er hills and meadows, 'mid the snow flakes merry fall,
 And agreed to found a snow-shoe club, to be called the "Montreal."
 * * * * *

In 1840, the Ermatingers, Lamontagnes and Lamothes, all splendid specimens of manhood, were the leading spirits and founders of the pastime, while close after them came that thorough lover of athletic sports the late (Evergreen) N. H. Hughes, Messrs. Fred Mathews, Senator E. Goff Penny, Lieut.-Col. Duchesnay, R. H. Stephens, Sir Geo. E. Colthurst, Frank Brown, C. Burroughs, Harris, the Murrays, Rintoul, Radiger and others whose names have escaped memory. Many of these have joined the "great majority," leaving "olive branches" that have nobly borne the mantle of their progenitors.

Col. Ermatinger was the first president of the club, and held the office from 1843 to 1856. Club snow-shoe races have taken place annually, with two or three exceptions, since the organization of the club, and were held from 1843 to 1855 on the St. Pierre Race Course. 1856 and 1857 saw the races on the Priest's Farm, and 1858-60 at the Mile End Race Course. Cross country races and tramps were also much indulged in during this period. "Moore's" at Cote-des-Neiges, was the resting-place after the mountain climb, and continued in favour till about 1865.

In the season 1857-58 the "Aurora" Club was formed, and I think about a year later the St. George Club, formidable rivals to the "Montreal." Many and severe were the trials for supremacy between the champions of these clubs, and among the notable trophies contended for were:—

General Eyre's Cup, 1859, won by Wm. Stanley (Montreal), over the Mile End Course; distance, 5 miles; time, 43.28—12 competitors.

General Sir W. F. Williams' Cup, (Hero of Kars), 1861, over Montreal Cricket Ground Track, 3 miles in 21.20, by Hartland Macdougall (Montreal), defeating 13 competitors.

During 1861-62 the musters were poor, and snow-shoeing languished, owing to the fact that the "Montreal" in conjunction with the "Aurora" had organized a rifle regiment, which now shines a bright particular star amongst the luminaries of our militia heaven. Long may the "Victorias" flourish and bear in honour a name rendered immortal by years of a great and glorious reign. The members of the "Beaver" Lacrosse Club were the originators of the scheme during the summer preceding, but as most of the gentlemen forming it were also prominent members of all these clubs, they will probably pardon the pride which dictates a share in the honour of its formation to the Snow-shoe Clubs. Much interest was taken in the organization and it was feared that the interest hitherto manifested in our favorite winter amusement would have to be subservient to the military ardor excited by the "Trent" affair, since.

"Our great snow-shoers had turned soldiers, getting drilled every night,"
Were training like blazes not to run, but to fight."

During this season races were held on the College Grounds by the students of McGill College.

During 1863, General Lord Paulet, commanding the Brigade of Guards, offered a prize for competition, when the colors of the "Montreal" were lowered by the "Aurora" Club, Richard Tate winning the race (4 miles) in 32.49, the "crack" of the club getting only third place, the second being also an "Aurora" man.

During 1864, C. W. Radiger, once more reinstated the club by winning the Gen. Williams' "Cup," over the Cricket Club Course, 2 miles in 12.55 (best on record), defeating six competitors.

The Grand Trunk Club was organized during this season.

From 1861 to 1864 the races were held on the Montreal Cricket Ground, which then occupied the ground now bordered by Mackay, St.-Catherine, Crescent and Sherbrooke streets, and during 1865 and 1866 in Victoria Gardens, off Sherbrooke street, once known as Guilbault's Zoological Gardens.

During 1865, snow-shoeing languished and instead of the usual public races taking place, the club held a private meeting in the Victoria Gardens. The High School boys also held a like meeting on the Montreal Cricket Ground during the season.

In the season of 1866 the Aurora Club ceased to exist, most of the members joining the "Montreal."

During this season, 1866-67, the club had its rendezvous at Corke's Hotel, Cote-des-Neiges, on the ground now occupied by the Ladies of the Sacred Heart.

The season of 1867 and 1868 proved to be one of the most enthusiastic in the annals of the club. Large musters at the weekly tramps marked the turn the tide had taken in favour of this most manly of sports. Skating and drilling, which monopolized the seasons just passed, had lost their charm and their devotees organized Snow-shoe clubs. Their members training hard, accepted all the challenges thrown out by us and the close competition and some few victories gained by their members warned the "old club" to be up and doing, lest the "laurels" should find new resting places. This feeling nerved our men to renewed exertions and the result was a season of unparalleled successes on the track, which added a bright lustre to the already brilliant record of the club. Among the runners produced this season, Keroniare the Indian, stands out the runner *par excellence*. His wonderful speed and powers of endurance so fully demonstrated in his different races, place him far ahead of the best Indian we ever saw upon the track.

1867 and 1868 saw us at Thompson's and the Bellevue. This season the Dominion and Alexandra Clubs were organized. The former became a thing of the past in 1871, after a short and brilliant career. It numbered among its members some of the fastest men of the day, and proved a strong rival to the "Montreal." Messrs. (late) J. D. Armstrong, Sam. C. Stevenson, C. D. Rose and (late) Sam Massey, in races from 100 yards to half mile; Wm. Harper, winner of Tecumseh and Ottawa Cups, John Robinson, "Star" Cup, etc., and J. W. Minchin from half mile to two miles, were runners whose records shew a long list of victories won over the best runners of clubs, East and West.

In 1869 the "Montreal" inaugurated the Mountain Steeple Chase, and Leslie Skelton won the first Green Club Race, from Union Avenue to the Club House (Duclos) in 23.40, from seven competitors. Later on, the same month, W. L. Maltby (Montreal) won the first open steeple chase from nineteen competitors in 23.35 starting from McGill College Gates, finishing at Duclos' Hotel, Cote-des-Neiges. This season also saw the spread of the sport, races being held at Point Levis and Ottawa, when Montreal snow-shoers ran away with most of the open events.

In March, 1869, the great race for the "Innkeepers' Plate" took place, when our champion, W. L. Maltby, made the fastest time on record for one mile (5.48) defeating the crack miler of the day, Wm. Harper of the Dominion Club, it was a very exciting event, and a remarkable test of endurance from start to finish.

In season 1869 and '70 the blue tuque was adopted as the uniform head-gear, and from this, dates the familiar cognomen of "tuque bleue." To Mr. Angus Grant, the honorary permanent president, belongs the honor of its insti-

tution, and the original "tuque" is now enshrined in a glass case in the palatial club house of the M. A. A. A.

His Royal Highness, Prince Arthur, then serving in Montreal, as a Lieutenant in the Prince Consort's Own Rifle Brigade, honoured the club by allowing his name to be placed upon the list of honorary life members.

During the season of 1870 and 1871 the "Canada," "Montreal Telegraph Employees," and "Maple Leaf" Clubs were organized.

Among the prizes presented for open competition, was one by Messrs. Cohen and Lopez, in the shape of a splendidly carved meerschaum pipe. The conditions being as follows:—That the "Grand Trunk," "Montreal," and "Alexandra" Clubs, subscribe the sum of \$15 each to be presented to the Montreal General Hospital, in the name of Messrs. Cohen and Lopez. Race to be mile heats, best two in three. This prize was won by a professional runner J. F. Scholes, of Toronto, who, during the season made some of the fastest time on record.

The season of 1871 and 1872 will long be remembered as a "red letter" one in the annals of snow-shoing. The abundance of snow and fast times made, leave it almost without a parallel in the past.

The roll of members shewed a total of 106.

A convention composed of members of the different clubs to decide upon the weight, etc., of the "racing shoe," was held in the "Globe" Chop House, on the evening of December 30th, 1871, delegates being present from the "Montreal," "Alexandra," "Canada," and "Maple Leaf" Clubs. Mr. Angus Grant occupied the chair, and Mr. W. H. Whyte, acted as secretary. The following law was made, and accepted by all the clubs:—

"That the shoes, including strings, shall not be less than 1½ lbs. in weight, and shall measure not less than 10 inches gut, in width."

This was rendered necessary from the fact that the racing snow-shoes were becoming mere skeletons of the original. Several of the runners had shoes which weighed with strings between 11 and 12 ounces, while previous to 1869, shoes weighing less than 1½ to 2 pounds were a curiosity.

During this season the office of honorary permanent president was created and Mr. Nicholas H. Hughes was elected to fill the same.

The season of 1872 and 1873 was also remarkable for an abundance of snow; among the most noticeable events were the acceptance by His Excellency the Governor-General, Earl Dufferin, of an honorary life membership, as well as a large photograph of the club, finished in Indian ink. His presence in the city was the occasion of a grand torchlight procession. The arrangements were in the hands of the "Alexandra" Club, who invited the city clubs to join them in the tramp. This invitation was accepted by the "Canada," "Maple Leaf," "Victoria" and "Montreal" Clubs. Alex. McGibbon, Esq., kindly threw open his residence, "Thornbury," to the "Alexandra" and its guests, and with princely hospitality entertained the great number who took part in the fêlé. The "Montreal" Club mustered 110 on this occasion. The affair was a grand success, and His Excellency was "particularly struck by the picturesque sight."

The famous novelist Edmund Yates was a guest at the club's annual dinner. The club song, composed by Dr. W. Geo. Beers, was also sung for the first time at

this dinner. The following verse expresses the sentiment of the composition :—

Hurrah! for frosty winter nights, the old moon shining clear,
Our club meets at the rendezvous, with hearty shout and cheer,
We ask no better kind of fun than on the swift snow-shoe
With chaps who never shirk a tramp, who wear the bright tuque bleue.

Chorus.—Lightly dipping, tripping o'er the snow,
This club in Indian file, tramps over many a mile.
Lightly dipping, tripping o'er the snow,
Hurrah! for the wearing of the bright tuque bleue.

Snow-shoe races were held at Point Levis, Quebec and Ottawa, the majority of the open races being won by Montrealers.

Up to this time the rendezvous of the club, previous to starting upon its tramps was at the north corner of Union Avenue and Sherbrooke Street. A movement was made to change this to the McGill College Gates, where the other clubs met, but the traditions which clung to the old meeting place frustrated the scheme and the club continued as of yore.

The Mayor of the city (Mr. Cassidy) offered a silver cup for a two mile race for the city championship, which was won by Charles Lamothe (Canada Club) in 13m. 16½s.

The season of 1873-74 was noted for the success achieved by the club on the lyric stage and tended to shew the interest taken in the cultivation, not only of physical but also of vocal excellence.

Two concerts were given, one (in the Queen's Hall) netted the handsome sum of \$111.86 to the funds of the Montreal General Hospital. The other in aid of our own funds took place in the Mechanics' Hall,—the Queen's Hall having been burned down in the interim—and was also a success.

The club roll shewed a total of 150 members. "Our" club, afterwards called the "Tecumseh," was formed this season. It immortalized the first season of its existence by a tramp to St. Andrew's, a distance of 45 miles, and one also to St. Ann's, 23 miles.

The weather was not favorable to snow-shoeing, eight tramps over the mountain and nine of the cross country tramps being postponed on account of rain. The "Montreal" was the only club in the city that held a race meeting. Races were held at Point Levis by the Levis Club.

The season of 1874-75 was remarkable for the number and regularity of the tramps; 85 new names were added to the roll. The club gave a concert at St. Andrew's in aid of the Presbyterian Church there. Eleven members tramped, remainder went by rail. The "Tecumseh" Club also tramped to and gave a concert at St. Andrew's.

The Caledonia, Emerald, St. George, St. Andrew's (Que.), Red Cap (Halifax), Starry Flag and Mountaineer Clubs were organized and each one gave a race meeting this season.

"B" Battery of Canadian Artillery, stationed on St. Helen's Island, held a race meeting there, and the volunteers of the city had a grand day's sport at Decker Park. Meetings also took place in Quebec and Point Levis under the auspices of the Stadacona and Levis Clubs.

The season of 1876 proved, that as the years rolled on, the pastime seemed to grow more than ever in favor among the youth of our city, and not only did our club receive large additions to its membership (149 names being added) but many other clubs were organized and flourished. Every evening old Mount Royal's silvery height resounded with the hearty song and cheer of a club wending its way to its Club House at Cote-des-Neiges. Not mere corporals' guards were *en route*, but long lines of enthusiastic devotees of the sport were to be found wearing the different uniforms of their respective clubs; and longest among them all—as became the Alma mater club—was the “bleuc tuqued” line of the “Montreal” as night after night, with musters of from 50 to 125, they tramped over the well-known track to the Club House.

At this date the club roll numbered 315 ordinary and 23 life members.

Among the clubs organized were the Montreal Garrison Artillery, Independent, St. Andrew's (No. 5 Co. V. R. C.), Free and Easy, Prince of Wales, Terra Nova and Hanover Street. The Alexandra and Canada Clubs ceased to exist.

The principal event of the season was the presentation, at Lachine, of a silver cup to Mr. N. H. Hughes, as a tribute of respect and esteem from the club, whose firm friend he had been for over thirty years.

The “Montreal” gave a Snow-shoe Concert at Cornwall in aid of its poor, about 55 members taking part. Three of the members did the distance (78 miles) in 21 hours actual tramping.

At the close of the season the club entered into an agreement with the Montreal Lacrosse Club, to rent and furnish two rooms in the Montreal Gymnasium as a meeting place for the members. This movement was one of the first steps toward the consummation which has been arrived at in the magnificent success achieved by the M. A. A. A.

The season of 1877 is credited with the date of formation of the Excelsior (Cornwall), St. Alban's (Vt.), Royal (“E” Co., 5th Royal Scots) Celtic, Athletic, Hadlow Cove and Young Britannia Clubs.

A fine combination group of the Montreal Club was taken by Mr. Notman, and will prove of great historical value, as portraits of several of the members who formed the “few” in 1840-43 were inserted, and serve to revive reminiscences of snow-shoeing of a long time ago. About 230 figures were taken, prominent among them being the figure of His Excellency the Earl of Dufferin, then our much respected Governor-General.

The season of 1878 saw the cross-country tramps start from the Club Rooms, Mansfield street; a concert in aid of the Montreal General Hospital in this city and one in Cornwall; Wm. Notman present the original of the club pictures of 1872 and 1877 to the club. The following clubs organized:—McGill University (reorganized), St. Lawrence, Mount Royal, Our Boys, Union, Clandeboye, and clubs at Three Rivers, St. Johns (Que.), Hamilton (Ont.); “Monday,” the club dog poisoned, whose portrait in oil adorns the Club Rooms; the record of having the first public dinner served in the handsome dining room of the Windsor Hotel, and the escort to the Governor-General, Earl Dufferin, from the Academy of Music to the Windsor Hotel.

The season of 1879 was a most notable one, principally from the many

important events which transpired outside the regular tramps, which added greatly to the popularity of the club, such as the part taken in the reception by the city of H. R. H. Princess Louise and the Marquis of Lorne.

Those who saw will never forget the arch the club erected, in conjunction with the Lacrosse Club, in honor of the occasion. It was situated on the corner of Beaver Hall and Dorchester street, and occupied the most advantageous position on the route of the procession, it was surmounted by about 50 members in full snow-shoe costume, and presented a most imposing appearance. In the evening it was illuminated with 200 Chinese lanterns and formed one of the most attractive sights of the city.

The leasing of the building now occupied by the M. A. A. A., the concert in the Academy of Music, the steeple chase at Belœil, the presentation of the "Worthington" Cup, which had to be won twice, and finally captured by Charles Lamothe, of the St. George Club; the organization of the Le Canadien and Winnipeg Clubs, all occurred during this memorable season.

The season of 1880 saw the first steeple chase to the Back River. There were 16 starters, the winner being Geo. R. Starke in 43m. 26½s. The old meeting place at Union Avenue was discarded and tramps started from Club Rooms; an entertainment given in the Academy, at which members of the Toronto Gynnasium and Edward Hanlan, the oarsman, then in the zenith of his fame, assisted; the organization of the Thistle (Toronto), Jacques Cartier and Mountain Boys, and the winning of the second heat of the "Windsor Hotel" Cup by Geo. R. Starke, (1 mile) time, 6m. 28½s., this cup was finally won by Chas. Lamothe.

The season of 1881 was a most successful one, with 394 ordinary and 66 life members. The club lost several of its prominent members by death—Messrs. Wm. Campbell, Harry M. Becket, S. A. Maltby, who was accidentally shot out at the Rifle Ranges, and R. McGill Stewart, Secretary of the club, accidental'y drowned at Ocean Spray Beach, near Boston.

Several clubs were organized: Albert, Senior School (Haight's), Napoleon (St. Cunegonde), Grand Rouge (St. Henri), Victoria, Argyle, Club Levis, Waverley (Que.), Dolly Varden, High School, Clip Belle, Young Outremont, Castor, Hygienic, and one at Frelighsburg (Que.), Castor (Ottawa), St. George (Winnipeg).

The Montreal Club, in conjunction with the Lacrosse and Bicycle Clubs, was incorporated by Act of Provincial Parliament in June of this year, under the name of the Montreal Amateur Athletic Association, thus giving the Association the power of acquiring the property of the late Montreal Gynnasium Corporation. This magnificent property was transferred to the Montreal Amateur Athletic Association on condition that they assume the debts due by the Corporation and not exceeding \$13,000. This was accepted by the Association, and they are now the owners of the splendid building, with the furniture and apparatus therein.

During the season, a very successful entertainment of a dramatic character, was given in the Academy of Music by the St. George Club. The piece played was "A Winter's Night," written for the occasion by Mr. Frederick Colson, Dramatic critic of the *Gazette*. The proceeds, \$609.10, were handed to the Montreal General Hospital.

Several entertainments by the members of the "Montreal" Club were given

in the Gymnasium Hall of the Club House. The programme consisted of singing and instrumental music, with gymnastic exhibitions. They were very successful, both artistically and financially.

During the season of 1882 Mr. D. D. McTaggart won the "Hogan" Cup in 13.53, distance two miles; also the Cross Country Steeple Chase to the Back River in 41.55., beating nine competitors.

The club had to mourn the death of Mr. N. H. Hughes, better known as "Evergreen," of a kind and genial disposition, he was a favorite with all and his loss was deeply felt. His memory is kept green by a monument in the Roman Catholic Cemetery at Cote-des-Neiges. Messrs. A. M. Davidson, an old "Club" cup man, and Wm. Harper, the winner of the Tecumseh, Ottawa, and other valuable trophies, also passed over to the "silent majority."

The following clubs were organized:—Frontenac (Ottawa), Brockville (Ont.), St. George (Brandon).

The season of 1883 is rendered famous by the first Carnival of winter sports. The Ice Palace and the attack upon it by the different snow-shoe clubs, a sight never to be forgotten, over 700 snow-shoers taking part, viz., the Montreal, Levis (Que.), St. George, Le Canadien, Emerald, Argyle, Prince of Wales, St. Andrew's, Mount Royal, and Frontenac (Ottawa). The Montreal Club also gave one of its characteristic snow-shoe concerts during the week.

Mr. J. G. Ross broke the record in the open Mountain Steeple Chase, starting from McGill College gates, doing the distance in 18.10.

Thirteen members tramped to St. Johns, first time for 19 years, in 5½ hours of actual tramping.

The following clubs organized:—65th Rifles, St. Jean Baptiste, afterwards "Le Trappeur," Toronto (Ont.), Metropolitan and Rifle Clubs (Ottawa), Lewiston (Me.), Maple Leaf, Lachine, St. Charles, St. George, at Portage la Prairie, and Souris, Victoria, and Athletic Young Men's Amusement Club (Ottawa), St. Hyacinthe (Que.), Alpha (Gaspé).

The season of 1884 opened with a membership of 547 ordinary and 90 life members. A snow-shoe concert, by the Montreal Club, took place at Granby. Ladies' night was also inaugurated by the same club. The Carnival once more held sway for a week, when the number of trampers at the torchlight procession was augmented by the appearance of the Maple Leaf, Le Trappeur, Wolseley, Albert, Beauharnois (Que.), Recreation, Vandalia, St. Charles, Victoria, St. Hyacinthe and Cowansville (Que.) Clubs, about 1,500 in all. The attack of the Ice Palace was one of the grandest sights ever witnessed in the city. The Governor-General Lord Lansdowne and his Lady graced our annual races with their presence.

The "Merchants" Cup, valued at \$250, was won by Mr. J. G. Ross, Montreal, having scored 18 out of a possible 20 in five different races. He also broke the mountain record, starting from foot of McTavish street, doing the distance in 17.20.

A large composition photograph of the club was completed. The scene, a spot familiar to all snow-shoers, viz., "the pines," represents the club to the number of 265 assembling to do honour to the Governor-General, Lord Lansdowne.

In the foreground are grouped the principal officers of the club surrounding Lord Lansdowne, in rear and on both sides are the members, while descending the mountain may be seen a long line of snow-shoers bearing torches, the *tout ensemble* is rather unique and presents quite a lively picture.

The following clubs were organized:—L'Union Commerciale (Que.), Alpine, Customs Employees, Riverside, Jacques Cartier, St. Hyacinthe (Que.), Orangeville (Ont.), Crescent, St. Martin's Choir, Hawthorne, Holly, Clipper, Huntingdon (Que.), Le Castor (Ottawa), St. George (Toronto), Dominion (Lachine), and Galt (Ont.)

The snow-shoers living arch, erected by the Carnival Committee to greet His Excellency the Governor-General the Marquis of Lansdowne and Lady, was one of the sights of the week, over 200 members of the clubs manned it, and on top a living group formed one of the crests (a beehive) borne by Lord Lansdowne.

Thomas Moffatt, of the "Argyle" Club, broke the 880 yards record (2.40) time, 2.33.

The season of 1885 saw the following clubs organized:—The Orillia (Ont.), Goderich (Ont.), Iroquois (successor to the St. George Club, Toronto), Leo, Excelsior, Royal Scots ("D" Co.), Wholesale Clothiers of Montreal, St. George (Port Arthur), Emerald and Y. M. C. A. of Quebec, Union (West Farnham), L'Etoile (St. Cunegonde), Victoria, Le Trappeur, DeSalaberry and Le Canadien of Valleyfield, St. Timothy (Que.), Sherbrooke and Tuque Rouge (Sherbrooke), Troy (N.Y.), Iroquois (Burlington), Stanstead (Que.), Pastime (Farnham).

The Le Canadien Club visited Troy and Albany.

Thos. Moffatt broke the record (1.10) for quarter mile; time, 1.08.

The third season of the Carnival was inaugurated and the honors divided between the eastern and western portions of the city. The west had the Ice Palace in Dominion Square and the east its Condora, and torchlight procession to St. Helen's Island, in which the following clubs took part:—Le Canadien of Montreal, Quebec and Chateauguay, Athletic, Royale, Les Patriotes, Union, Commercial (Que.), Huron (Que.), Civil Service (Que.), St. Jean Baptiste (Three Rivers), Emerald, St. George, Les Trappeurs (Montreal), Le Trappeurs (St. Hyacinthe), and Aurora (Que.), the "Montreal" was not present as a club, although a number of the members attended.

A grand snow-shoer's concert also took place in the Drill Shed, when the leading clubs, including the "Montreal," took part.

The Torchlight procession and attack on the Ice Palace was the grandest yet witnessed, about 1,600 men being in line: the Montreal (498), St. George, Le Canadien, Crescent, St. Charles, Athletic, Royale, Maple Leaf, Argyle, Emerald, Les Trappeurs, L'Union Commerciale and Huron (Que.) The Prince of Wales and Garrison Artillery Clubs occupied the Castle.

The Montreal Club gave a concert in the Queen's Hall, after the torchlight procession, to a crowded house.

A Grand Carnival Drive was also one of the attractions, and all the leading clubs had sleighs artistically fitted up for the occasion.

Among other incidents connected with this season might be mentioned the institution of the present St. George Club House; the Veterans' night of the "Old Tuque Bleue," at which Mark Twain and G. W. Cable were present.

The winning of the "Hogan" Cup, and the breaking of the record in the following distances by Jas. G. Ross of the "Montreal" Club:—Two miles 11.52 $\frac{3}{4}$, one mile 5.42 $\frac{1}{2}$, and in a five mile race he lowered the three mile record of 20.48 to 20.18 $\frac{1}{2}$, and finished the five miles in 33.49 $\frac{1}{2}$.

The first "cross country" team race took place to the Back River, the Montreal, St. George and Le Trappeur Clubs entered teams. The race was won by the Montreal team—J. G. Ross leading, with a best on record (38.41 $\frac{1}{2}$.)

Last season at Lumkin's Club House, Cote-des-Neiges.

Twenty-five members tramped to St. Johns.

The season of 1886 saw the institution of the Burlington and St. Paul (Minn.) Carnivals. At the former of which a large delegation of Montreal clubs attended; the "Tuque Bleue" gave a grand concert in the Howard Opera House; a torchlight procession, when the fife and drum band of the "Montreal" had the honor of leading, was also one of the features.

A concert by the "Tuque Bleue" took place in the Academy of Music in this city. The quarter mile record was lowered to 1.07 $\frac{3}{4}$ by James Baird, of the "Montreal." Robert Larkin, of the Emerald Club, accomplished the same with the five mile record to 33.43. The occupation of the new Athletic Club House by the "Tuque Bleue" and other clubs. The organization of the following clubs:—Crescent and Lilac (Montreal), Brampton (Ont.), Governor-General's Foot Guards (Ottawa), Alpha (New Carlisle), Le Campagnard (L'Assomption), Tam O'Shanter (Toronto).

The Montreal Club's roll mustered 1,120 paying and 71 life members.

The season of 1887 was famous for a revival of the carnival sports, between 1,600 and 1,700 snow-shoers formed up in the torchlight procession and the attack on the ice palace, of these the Tuque Bleue turned out 604. After the procession, the "Montreal" Club held a concert in the Queen's Hall. The City Clubs also took part in the driving parade, and the sleighs manned by their members were in many cases, very artistically arranged. The Le Canadien Club paid a visit to New York and Albany. The Le Trappeur Club also surprised the Boston people by a visit, and gave a concert there. The "Montreal" Club had a tramp to St. Johns, and during carnival week formed the escort to His Excellency the Governor-General Lord Lansdowne from the Bonaventure Depot to the Ice Palace.

During the past season, 1888, the interest in tramping seemed to have fallen off, although the average attendance was fair. The season was not rendered famous by any very startling incidents, the principal being the handicap steeple chase to the Back River, which J. G. Ross won in 48.59—14 starting. The annual race meeting was dispensed with, and the Club in conjunction with nine other city clubs held two race meetings, one being for green runners, with five open events and the other for the championships, under the auspices of the Amateur Athletic Association of Canada. This did not prove an entire suc-

cess. The "Tuque Bleue" gave concerts at Huntingdon and Lachine. The St. George Club opened their Club House this season.

In bringing these reminiscences to a close I hope that our reader will linger yet a moment, while he glances at the Presidents' muster roll:—

Colonel Ermatinger, from 1843 to 1856.

Romeo H. Stephens, 1856-'7-'9-'63-'4-'5-'6.

N. H. Hughes, 1857-'8-'9-'60-'1-'2-'6-'7-'8-'9-'70-'1.

C. P. Davidson, 1871-'2-'3-'4-'5-'5-'6-'7.

Angus Grant, 1877-'8-'9-'80-'1.

W. L. Maltby, 1881-'2-'3.

Geo. R. Starke, 1883-'4-'5.

J. K. Whyte, 1885-'6.

A. W. Stevenson, 1886-'7-'8.

TO THE EDITORS.

Like a leaf of the autumn you press me
To be pressed in your M. A. A. *Leaves!*
I'm too busy for glory, chums, bless me;
But I'll tuck in a wisp in your sheaves :

TO ST. HERCULES.

"Blessèd be thou, St. Hercules,
The Patron of our Fair!
Lend it thy influence with the powers
Of low and upper air;
But Venus chiefly, O persuade,
That lively be her sprites
To creep into the pocket-books
Of all thy neophytes.
Alone, great Hercules, thou art
The Patron of our Fair;
And if the fair *thy* patrons be,
What more could be our prayer?"

WILFRID CHATEAULAIR.

HOW I BECAME AN AMATEUR SPORT.

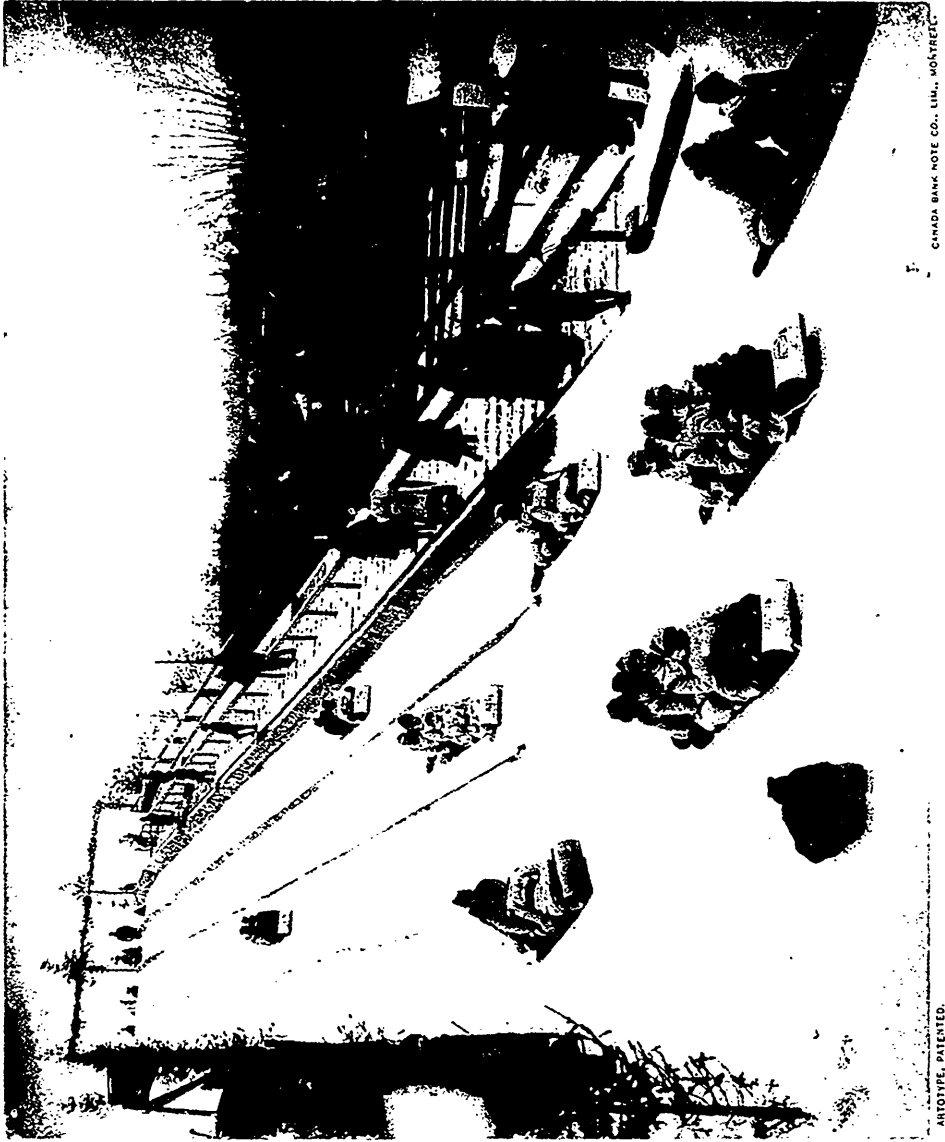
DURING THE WINTER OF 1884.

BY AN OLD FOGY.



GEORGE STARKE did it. I used to be a respectable old foggy, a patron of the street cars when I went on errands, and limited my gymnastics to the moderate swinging of a pair of clock weights, enclosed in flannel to prevent a chill. On Sunday mornings I would usually walk the length of the Priest's Farm, always accompanied by some discreet friend of sedate demeanor. But my spirits were not as good as they might have been. My Board used to disagree with me, digestion lagged, and although I hope I have a new heart, what I seemed to need more was a new liver; something to make life enjoyable and sleep refreshing. (Uncle Phippen used to say that my slumbers were broken because of an uneasy conscience. Better a conscience that's heard from once in a while, than one seared over as with a hot iron.)

Then George Starke prescribed my joining his snow-shoe club. I reluctantly consented. Not that I am lazy,—only I am indisposed to certain kinds of exertions, that's all. He furthermore suggested that we should go tobogganing together. As I have always been a good sitter and pretty fair at holding on, I thought I could venture on tobogganing forthwith, so without further ado we went to the Mount Royal Park Slide. Jack Reid was there, so was Haig Sims and other of the boys. They smiled and winked as I climbed the steps, but I gave no intimation that this was a first appearance, and squatted on Starke's toboggan with the air of a veteran or a swell committee-man. I heard "all right" from Sims, and off we flew at a rate that took my breath away. We seemed to be falling through space, as if we had been dropped from a balloon, except that just below where the slide crosses the park road we had a bump that almost wrecked us. When we came to a standstill in the soft snow, Starke says I uttered a very emphatic ejaculation. (His statements are to be credited with caution.) Just to show the boys that I didn't mind the plunge and bump a bit I took a second slide, but being poorly upholstered I refrained from further indulgence. (My descents are now confined to the smooth paths of the Tuque Bleue Club.) Where the Park slide crosses the highway I noticed a group of animated by-standers; when I added myself to the number, it came out that one of the chief enjoyments of tobogganing consists in watching the sliders descend. The expression on the faces of the novices, of dismay, apprehension or resignation, are very comic, and would be valuable studies for an artist's sketch-book. I trust that my expression a few minutes before, had been quite dignified and becoming. A certain venerable plumber, who dropped down the slide three times



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ARTOTYPE, PATENTED.

in succession, wore a face that seemed to say, "Death be it, if it must!" Then a portly hardware merchant made a descent, with the meek look of a lamb led to the slaughter. Immediately after him followed a weighty auctioneer from St. James street,—his set features might have been those of Macbeth bent on Duncan's murder. As for the frivolous young men and women who made up most of the procession, their unconcern, their mirth was incomprehensible to me. Little did they realize their jeopardy!

Starke wasn't satisfied when I had become a bold tobogganer, he must needs bring me a big pair of mocassins and snow-shoes to match. More than once he had spoken disrespectfully of my extremities, and it did me good to prove that they were two sizes smaller than his big mocassins. But I put them on however, and they flapped about at such a rate that General Grant said I could do a good deal of walking inside of them. (The General should have been bounced then and there.) To the Gymnasium I made my way for a tramp, one crisp Wednesday night, and there friendly hands affixed my snow-shoes skilfully and quickly. There are a few steps between the hall and street, and edging down them on snow-shoes demanded navigation. Once on the street the novelty of my new foot-gear prompted me to walk around rather heedlessly. After upsetting a small boy and landing abruptly in a big snow bank in consequence, I behaved with circumspection. Starke, as club-president, was leader of the tramp, and as a novice unsuited to compete with the bold and brave, he consigned me to the care of a friendly snow-shoer, who agreed to see me safely through to Lumpkin's. This kind soul had only patience for my frequent stepping on his shoes, and my slow, erratic pace. Every drift, gully and fence was known to him. He was a shield from brush-wood that might have blinded me, and a defence in rough places where my nice new blanket suit might have been torn. His cheeriness, kindness and intelligence made him all that a young Canadian should be. The tramp in such pleasant company proved all too short, and one of the principal enjoyments of the entertainment which followed it, was a fine stirring snow-shoe song by my friend of the mountain..

Thus, briefly, was I brought to know that our winter sports are a means of health and good spirits to all who take part in them. They quicken the circulation, clear the brain and lighten the heart. No such good is got out of the formal drill of a gymnasium as there is out of a snow-shoe tramp or a toboggan slide, under the broad sky, with pleasant companionship. Men with kinky spines sluggish livers and narrow chests—get blanket suits, mocassins and snow-shoes use them soon and often. They will dispel your pains and aches and gloomy views of life.

GEORGE ILES.

THE BATTLE OF LAPRAIRIE.*
(1691.)

—
A BALLAD.

I.

That was a brave old epoch,
Our age of chivalry,
When the Briton met the Frenchman
At the fight of Laprairie;
And the manhood of New England,
And the Netherlanders true,
And Mohawks sworn, gave battle
To the Bourbon's lily blue.

II.

That was a brave old Governor
Who gathered his array,
And stood to meet he knew not what
On that alarming day.
Eight hundred against rumors vast
That filled the wild wood's gloom
With all New England's flower of youth,
Fierce for New France's doom.

III.

And the brave old scarce three hundred !
Theirs should in truth be fame ;
Borne down the savage Richelieu,
On what emprise they came !
Your hearts are great enough, O few :
Only your numbers fail !
New France asks more for conquerors,
All glorious though your tale.

IV.

It was a brave old battle,
That surged around the fort,
When D'Hosta fell in charging,
And 'twas deadly strife and short;
When in the very quarters
They contested face and hand,
And many a goodly fellow
Crimsoned yon Laprairie sand.

V.

And those were brave old orders
The Colonel gave to meet
That forest force, with trees entrenched,
Opposing the retreat :
"De Callières' strength behind us,
And beyond your Richelieu:
We must go straightforth at them ;
There is nothing else to do."

VI.

And then the brave old story comes,
 Of Schuyler and Valrennes, †
 When "Fight," the British Colonel called,
 Encouraging his men,
 "For the Protestant religion,
 And the honour of our king!"—
 "Sir, I am here to answer you!"
 Valrennes cried, forth-stepping.

VII.

Were those not brave old races?—
 Well, here they still abide;
 And yours is one or other,
 And the second's at your side.
 So when you hear your brother say:
 "Some loyal deed I'll do,"
 Like old Valrennes, be ready with:
 "I'm here to answer you!"

W. D. LIGHTHALL.

* The Battle of Laprairie (August 1691) was one of the first collisions of the British and French races in America, and, according to all original accounts, a very brave affair. A colonial force of 266 men, composed about half each of "Christians" and Iroquois, came down Lake Champlain and the Richelieu River in canoes to strike a blow at French Canada. The fort was held by De Callières and 800 men; but so brisk and sudden was the attack that the Colonials were soon in possession of the militia quarter adjoining, where they were attacked; and, after making great slaughter, on hearing the immense disparity of their numbers, they withdrew, "like victors," says Charlevoix, (who loved to record a "belle action" on either side), and marched back for their canoes, which they had left guarded on the Richelieu. Valrennes, with about 300 men, coming from Chambly, intercepted them, and they were forced to cut through, which they did after a fiercely contested fight of a couple of hours.

† Pronounced "Skyler" and "Valrenn."

HONORARY LIFE MEMBERS MONTREAL LACROSSE CLUB.

H. R. H. ALBERT EDWARD, PRINCE OF WALES.
 H. R. H. HIGHNESS, ARTHUR, DUKE OF CONNAUGHT.
 THE EARL OF DUFFERIN.
 THE MARQUIS OF LORNE.
 THE EARL OF LANSDOWNE.
 LORD STANLEY OF PRESTON.

HONORARY LIFE MEMBERS MONTREAL SNOW-SHOE CLUB.

H. R. H. THE DUKE OF CONNAUGHT.
 THE EARL OF DUFFERIN.
 THE MARQUIS OF LORNE.
 THE EARL OF LANSDOWNE.

TOBOGGANING.

THE AWFUL DROP OF THE MONTREAL TOBOGGAN SLIDE.

BY LUKE SHARP.



THE boys came for me at about 3 o'clock the first afternoon I was in Montreal. We went out to the mountain in Jim Paton's big sleigh. Every one knows the sleigh I mean—the big one, each seat of which holds three persons comfortably, with room for two up by the driver. Besides Jim himself, there was Jack Reid, Sam Baylis, Jim Sutherland and Raymond Binmore. I mention the names in this way to show on what terms of easy familiarity I was with them, even on the first afternoon. It seemed to me after once meeting them I had known them all my life. Before I was a week in Montreal I got into the habit of calling even millionaires by their first names.

The sleigh was especially constructed for going to the toboggan slides. There was an arrangement underneath so that you could shove the toboggans in without interfering with anybody's feet, and thus we went up the mountain drawn by two stout horses,

while the curled front of two or three toboggans stuck out from behind the sleigh. Ample robes of every kind made the thing a picnic.

The first to be tried was the Park slide. Its situation is one the most beautiful that can be imagined. The mountain rose up behind us covered with snow. Away towards the declining sun the landscape spread as far as the eye could reach with low white hills away off in the horizon. Between the hills and the foreground flowed the river under its cover of ice. The red wintry sun, now low in the heavens, touched the prominent points of the rolling, snow-covered country with crimson, while the far off clouds that stood motionless in the sky were of all the hues of the rainbow, and these varied tints were in turn faintly reflected on the broad expanse of spotless snow.

I suppose the condemned criminal on the scaffold may give a last admiring look at the peaceful landscape around him. I felt that way. I would have given anything to have postponed my first toboggan slide. I didn't feel well. Now that the thing is over I may as well admit that I was a badly frightened man.

We were standing on a wooden scaffold. Out of an opening like a doorless aperture I saw a long declivity of glare ice that went so far towards the setting sun that its two sides appeared to come together. The Park slide is within a few feet of a mile long, and down that awful mile I was to rush at a speed that made my heart sink to think of.

"See here," I said, "this is too lovely an evening to spend in tobogganing. I want to stay here and look at this lovely landscape. I never saw anything like it before. It's like a grand transformation scene."

"That's all right," said Mr. Paton, "but we are in the cheap gallery seats up here. Jump on my toboggan and I will take you down the center aisle to the orchestra."

There was no help for it. I didn't want them to see how frightened I was, so I got gingerly on the front part of the toboggan while its owner held on to the other end. The toboggan rested on the glare ice, and its front was half way through the opening I have mentioned. A thing that lent additional terror to my unfortunate situation was this: I knew that those with me were perfectly familiar with the sport, and that they thought it quite harmless, while the rest of the world is well aware that it is the most dangerous experience in existence. I knew that *they* knew that they had a greenhorn from a foreign land with them, and I expected that they would perhaps try to have some fun with me. I felt that what would be amusing to them would probably affect me as the fun to the boys did the unfortunate frogs in the fable.

It must have been quite a temptation to the Montreal boys, but I look back with feelings of gratitude to the fact that never once did they play any tricks on travellers. They never launched me out into space without giving me due warning and never said they were going to do one thing and then went and did the opposite.

"Now," said the secretary as he gave me the final instructions, "whatever happens, hang on. Don't let go under any circumstances."

"All ready," cried Mr. Paton.

"All ready," I answered faintly and the next instant we were off. I clenched my hands around the side supports, shut my teeth hard and drew a long breath. The next breath I drew was a mile away from that spot.

The toboggan shot down the declivity at what seemed to me an appalling speed, but just as I had made up my mind that I could never stand such a terrific rate we came to the drop. Of all infernal contrivances the toboggan drop is the worst. The toboggan seemed to shoot into mid-air and then make connection with the slide again about a thousand feet further down. I found out afterwards that the drop at the Park is one of the mildest drops in Montreal, but it seemed a drop too much for me. I now clung to the toboggan with a sort of dumb desperation. I knew I would never reach the end of the slide alive, but I thought it best to die game, if possible. We went dashing down from the incline and then came to a long level place which did not seem to retard the speed of the toboggan in the slightest. Then came an ascent and up that we went like a bird. As we came over the brow of the hill the speed slackened to nearly the slow snail-like pace of, say, a lightning express train, and then we turned a curve and went

down the rest of the slide at right angles to the main part. The toboggan was good enough to slow up when we struck the snow and did not go clear through to Detroit as I expected it would do at the rate we started out.

My conductor helped me up to my feet and I said with chattering teeth :

"That's the finest experience I ever had in my life." I had made up my mind to say this a couple of weeks before.

"Oh, I knew you would like it," he answered, "and would you believe it some people are actually frightened when they take their first toboggan slide."

I expressed my astonishment at this, but he assured me again that it was true.

There is a return slide at the Park which is a great boon. It saves a good deal of walking.

After a few slides we went to the club house which is a short distance from the foot of the Park slide. Here we had supper and a general good time in the fine rooms of the club house. There is a small slide but a wicked one at the back of the club house. After trying ineffectually to end a useful career on the slide we got into the big sleigh again and went to the famous Montreal slide, the slide that has the most terrific drop in the world. I did not know this at the time but I found it out afterwards. It was dusk when we reached the foot of the Montreal slide and I was so busy talking as I went up the steps that I did not notice that the Montreal was simply all drop and then about half a mile of level run.

The view from the top is most deceptive. There is quite a long incline that is as mild as could be wanted and in the dusk I did not notice that about a hundred feet from where I stood the incline ended. I was rather astonished at the extra precautions the boys took, for I looked on myself as an old tobogganer by this time. We slid off easily and as I peered ahead in the darkness I noticed that we seemed to be approaching the verge of a precipice.

"Hang on," shouted the man behind me.

Over we went, and as it seemed to me straight down. Ye gods! What a paralyzing sensation! Down, down, *down* we went, the toboggan apparently never touching the slide. I tried to shriek, but no sound came. The wind rushed past like a cyclone, and cut like a razor, and yet I knew the air was still as we came up those steps. The toboggan struck the level slide with a crash that ought to have wrecked it, and then it took the bit in its own teeth and ran away with us. It seemed alive and possessed of a devil—no reflection on its owner. We tore along that ice-covered trench like a tempest. There was an extra flash of darkness, if darkness can flash, as we passed under the bridge, and at last slowed up in the open fields beyond. I seemed to have shrivelled up with pure fear to about half my size. My cap was gone, and I felt that my life and being were left somewhere on that awful drop.

"Well, old fellow," said the end man, "how is that for progression? No flies on *that*, is there?"

"Look here," I groaned, laying down my head on the curl of the toboggan, "don't talk to me in that tone of levity. You don't seem to realize that I'm dead. I expired some time since on that drop. Send back for what is left of me and telegraph to my friends."

"Oh, you are all right. A little groggy perhaps, but still in the ring. Let's get back. Some of the rest want to come down again with you."

"No, sir. Telephone for the ambulance. I'm done for."

After a rest I got up again very weak in the knees. By this time the lamps of the slide were lit and were strung up the hill like a couple of ropes of diamonds. If I had got a sight of that hill before, this trip would never have been written up. Tobogganing is all right, but sliding down the side of the Washington Monument or a church steeple is a different thing. When we got back to the bottom we found all but one waiting for us.

"I'll go and get your cap," said my conductor."

"Never mind," answered one of the rest; "it will be picked up in a moment."

"He says he won't go down this slide again."

A chorus of incredulous protests rose at this. It was the best slide in Montreal. It was the favorite with children. It was everything that was mild and soothing and comforting.

"All the same, gentlemen," I said, "I flatter myself I know when I've had enough."

A voice from the top shouted: "All ready down there?"

"All ready," was shouted back.

In another moment there came over the brow of that hill a sight that made each particular hair stand on end.

Over the precipice came a toboggan with a man *standing up* on it. His feet were braced against the sides as if he were riding two horses, and not one before the other, as a man might stand on one horse. In one hand he held the rope that is attached to the front of the toboggan and was braced well back, the rope keeping him in position. The other arm was outstretched as if to help balance himself. He passed us like a meteor, with his hair streaming in the wind. When the toboggan struck the bottom it made a dangerous swerve, and I thought for a moment that he was gone, but he kept his place, and then, stooping carefully, let his hand flash along the ice a few inches above it and scooped up the cap, which he then held above his head as he disappeared under the bridge.

"Great heavens!" I exclaimed, looking in amazement at my comrades.

"Oh," said one in an off-hand manner, "Paton and Sutherland have done that several times."

"Well," said I, "that beats the ——"

CANOE CRUISING.

*"And it floated on the river,
Like a yellow leaf in Autumn,
Like a yellow water-lily."*—HIAWATHA.

There are so many styles of canoe cruising that it will perhaps be as well to bear in mind that this paper is intended for an athletic publication, and so limit it to that particular variety of the sport which involves, more or less, hard muscular work and consequent exercise. For the canoe adapts itself to all tastes, and I can even remember meeting one cruiser carefully habited in spotless white flannels, wearing a large straw hat around which a coil of muslin was gracefully twisted and handling the paddle with gloved hands! He evidently had not strayed very far from home, however, as he was quite alone and made a most striking figure in the comparatively wild landscape which he adorned. The more manly type is to be found wearing out his oldest clothes, tanned and weather-beaten, seeking to lay aside all hindrances to that sympathetic intercourse with Dame Nature which is so easily found in the woods and streams of a Canadian summer. There are thousands of waterways almost unexplored, upon any one of which a two weeks' or two months' holiday might be pleasantly spent, where there are good fishing for the sportsman, scenery of almost primeval freshness and beauty to delight the artist's eye, shady camping grounds, close to sparkling ice-cold springs and sandy beaches, where the poet might linger dreamily, and for the more adventurous and daring spirits an occasional rapid or waterfall, calling for nerve and pluck as the canoe whirls merrily through and glides safely into calm water once more. Then, there is still another variety of canoe cruising in which the gentler sex participates,—two in a canoe and easy stages, when there is no hurry, no fatigue, long moonlight evenings around the camp fire, where the noisy song and boisterous jest subside into more quiet and—did you say sentimental?—conversation, as the night advances! How often has some solitary bachelor, knocking the ashes from his pipe before the dying embers on his lonely hearth, recalled those moonlit evenings by the camp fire! This kind of camping is full of interesting details, memories of long sunshiny mornings spent in search of water lilies; of cool evenings when it was a pleasure to watch the shadows of the trees in the quiet bays deepen and die out in the gloaming; or of wanderings in sultry afternoons through the shady woods to bring back just enough birch-bark to indicate the object of the ramble. All this might be necessary to a complete account of canoeing, but it must be left to more experienced pens.

For practical cruising there are very few essentials in the way of outfit. One friend I remember used to have an old felt hat stowed away in the bow of the canoe into which he packed most of his wardrobe, calling the hat his valise. The result of this extreme economy of space was that, being one day driven upon a rocky shore in a squall, he found it necessary to jump into the water to land the canoe in safety and then had to adopt the aboriginal blanket costume for the rest of the afternoon while he was being "dried out."

There is a happy mean in the selection of the outfit as in everything else. It is well, if there is much portaging to be done, to err by taking too little rather than too much. Do not forget, however, that the sun will not always shine and that it is necessary to prepare for every sort of weather. For the camp, a good tent is essential. There is no solid comfort in sleeping under or in a canoe under ordinary circumstances. I know some canoeists will not agree to this, but then they do not roll about so much as I do. This habit of rolling—now that it has been mentioned—is not one to be repressed, that is, if it be properly done. To that end the blanket must be judiciously tucked in to begin with, and the rolling so effected as to wind the blanket on to the “rollor” and off the “rollee,” if one may so speak of his bedfellow. I have, indeed, camped with brutal, unsympathetic fellows who did not hesitate to waken me and insist upon my being unrolled in the middle of the night, whereas a really kind-hearted man would get up and stir the fire or look for an overcoat. Some campers have their blankets sewn up into a bag, but it is not enough of a change to be too comfortable, and besides it stifles the imagination. Just a few weeks ago I had a most thrilling dream of running about the streets of Montreal in the depth of winter with nothing on my feet and all because the blanket had deserted me, which could not have happened had I adopted the bag plan. However, such matters must be left to the taste of each camper, and will depend not a little also upon his inventive capabilities. There was once an intimate friend of mine who thought he had invented a wonderful *multum in parvo*, which he was inclined to patent under the name of “The Camper’s Companion,” but it did not work quite so satisfactorily in a canoe as it had done on paper, and after one trip with it he is now utilising it as a tool-chest. It was a solid pine box, made water-tight with white lead and varnished inside and out. When open, the lid showed a mirror surrounded by comb, tooth-brush and other toilet articles. In the bottom of the box was a tin tray divided into twelve compartments, the cover of the tray opening in two sections on hinges, and the compartments containing an array of articles “too numerous to mention,” and including needles, thread, buttons, darning cotton, tape, sticking-plaster, quinine pills, pots of fluid beef, tobacco, cigars, fishing-tackle, and a prayer-book. The upper part of the box was a trunk in miniature, and the whole affair was no light weight. When anything had to be taken out of this box, it was nearly as much of a business as breaking camp, and after a few long “carries” it was voted altogether too complete for anything but a permanent camp, or a branch co-operative store. The really useful articles about a camp are the axe and the frying-pan, both being absolutely indispensable. With the axe the tent pegs are driven, the firewood prepared, the candlestick made, the jig-pole cut and a handle fitted to the frying-pan, for there is no camping frying-pan like the old-fashioned one, with a hollow handle, which can be fitted with a pole long enough to keep the cook at a comfortable distance from the fire. The pan itself cooks almost everything from fish to porridge, and with a small tin pail in which to boil the tea, and another for the potatoes, the kitchen is amply furnished. In natural sequence I should now mention the table fittings, but they are simply a granite ware plate and cup, with a knife, fork and spoon for each person, and even these are too many when the time arrives for “washing up.” The careful camper puts

the water on to boil as soon as the meal is cooked, so that when this is disposed of the dish water is ready. But I need not dwell upon the agonies of this part of camp life, at once so important and so unpleasant. Cooking in a variable wind, when the smoke cannot be avoided, is bad enough, but dish washing is a thing to shirk if you can flatter any one else into doing it. After this, however, comes contentment and a pipe, a restful hour of ease and gossip when peace prevails and the essence of good friendship is in the atmosphere we breathe. What a glorious life it is! Rising with the sun and leaving foot-prints in the dew upon the rocks as we plunge into the clear cool water; then starting the fire for breakfast, and by the time this meal is over the dew is off the tent and we strike camp to paddle perhaps twenty or thirty miles before the pegs are down again.

The scenery is an ever varying delight, and there is health in every breath of the fresh air, sweet with the odours of the pines and the thousand wild flowers that grow along the banks. Then there is the excitement of sailing and the exercise of paddling, an occasional portage by way of variety, and, not too often let us hope, a wet day in camp when we mend our clothes or don the waterproofs and go a-fishing. Never a cold or a headache, no aches or pains, but good digestion waiting on appetite, and ample proof that "weariness can snore upon the flint when resty sloth finds the down pillow hard!" And, after the trip is over, with what an added appreciation we can follow the narratives of those wonderful canoe trips of the first explorers of this vast continent; of LaSalle, and Marquette and Joliette and the fearless Jesuits who carried the name of Christ into the remotest settlements of the aborigines! All through our history the canoe is to be found, from the time that Donnacona paid his visit of welcome to the Grand Hermine; when Jacques Cartier was paddled up to Hochelaga; when the noble Count de Frontenac crossed Lake Ontario, surrounded by his savage allies, to chastise the murderous Iroquois; when the Jesuits explored the great lakes and Canadian canoes found their way through to the Gulf of Mexico, and down through every period of the story to the present day. Of course the canoe has changed. It has grown smaller and more elegant as its purposes have altered. On Lake St. Louis, for instance, there are almost as many canoes to-day, as there were on that terrible night about two centuries ago, when the vast army of the Iroquois came down upon Lachine and the air was filled with the yells of the savage murderers and the water was red with more than the reflected light of burning homes. Such scenes have gone, let us hope forever, and at this same spot and sometimes on the anniversary of that awful day, the canoes come together from all parts of Canada in friendly contest, and the fast fading remnant of those mighty savage tribes comes over from Caughnawaga to admire the white man's skill in their ancient masterpiece—the canoe. And so let us leave them, the representatives of the old and the new eras of the canoe, together.

CARL FULLER.

Montreal, 6th Sept., 1888.

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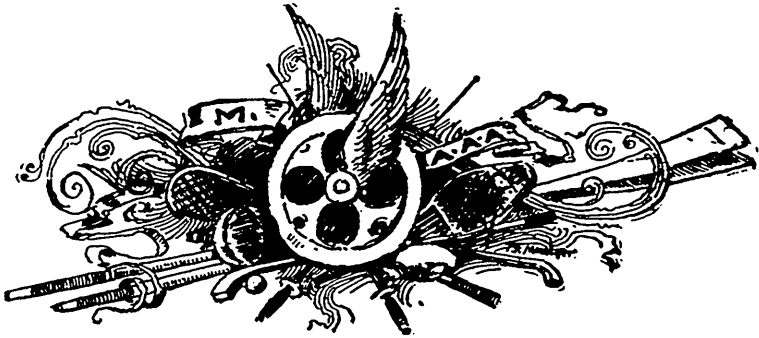
Elsewhere we have expressed our deepest thanks for the many favors received on account of our Fair. We now more directly acknowledge our indebtedness to the following Business firms for many handsome and valuable donations in kind. We know there must be many more, but as we have not received their names up to the time of going to press, we trust those whose names are not here recorded will accept our hearty thanks as if they were. These donations are distinct from the many thousands showered upon us by personal friends of the Association whose modesty will not allow us to make public mention of their generosity even if we had space at our disposal.

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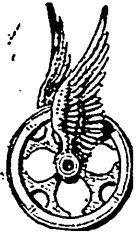
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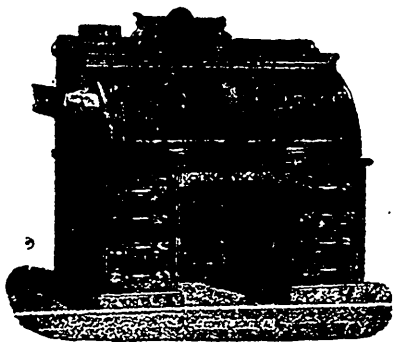
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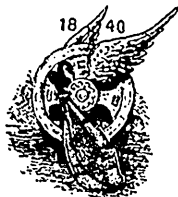
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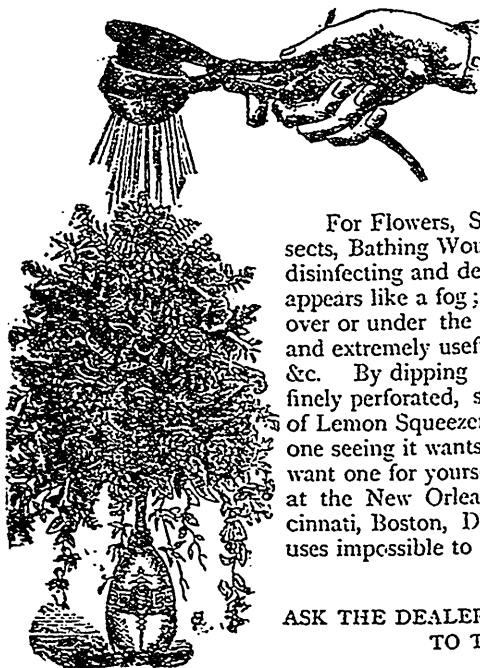
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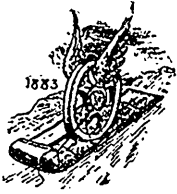
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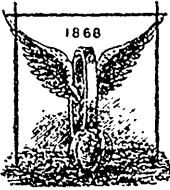
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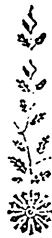
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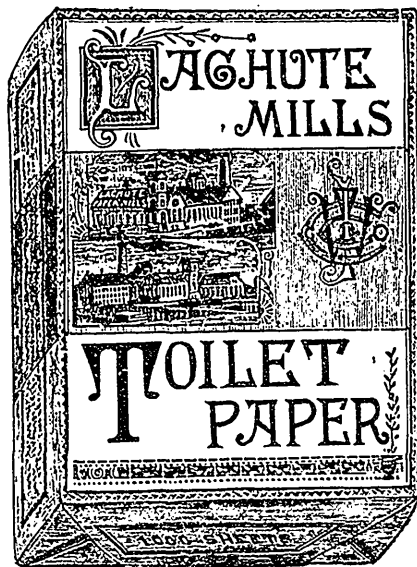
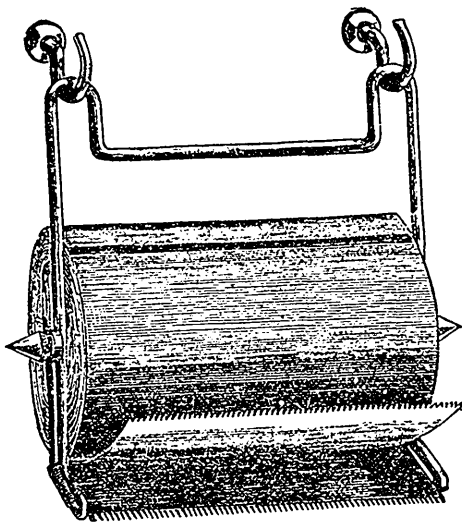
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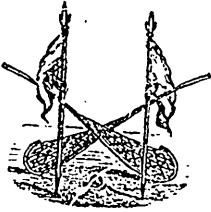
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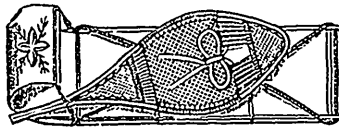
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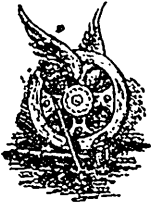
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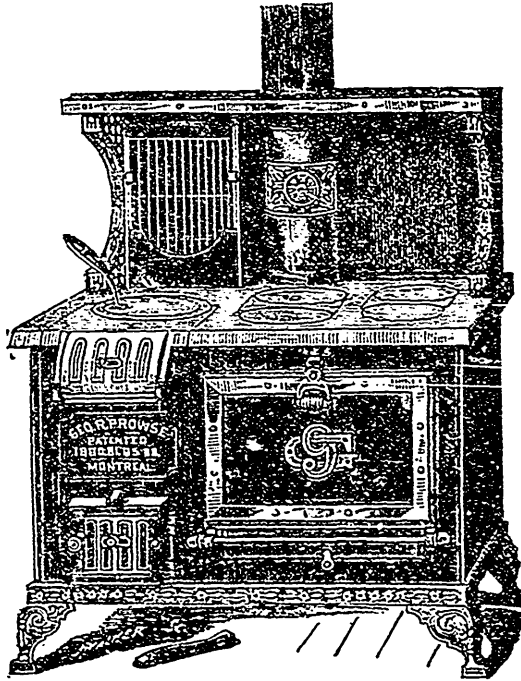
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MONTREAL.

SOME REASONS FOR DAILY EXERCISE

Body and mind are both gifts, and ought to be well cared for, and for the proper use of them our Maker will hold us responsible.

Exercise makes one feel like a *new man*, and gradually increases the physical powers, and gives more strength to resist sickness.

If you want to feel like a healthy boy, you must act part of the time like one. "All work and no play will make Jack feel like a dull boy," is as true in our mature life as it was when we were boys.

Exercise will do for your body what intellectual training will do for your mind—educate and strengthen it.

Galen, the celebrated physician, said we should exercise to prevent disease rather than *wait* to exercise to cure it.

Plato is said to have called one *lame* because he exercised the mind while the body was allowed to suffer.

You must admit that a *sound* body lies at the foundation of all that goes to make life a success. Exercise will help to give it.

It will wonderfully help the young men, in connection with cool baths and a simple diet, to live chaste lives.

Varied, light, and brisk exercises, next to sleep, will rest the tired brain better than anything else.

Moderate, regular, and vigorous exercises, with some attention to sleep, diet, and bathing, will prevent the over-production of fat.

Exercise is to the body what friction is to metal, the latter will rust if not used, and the body will become diseased if not exercised.

Many of the troubles that adults suffer in later life are due to impaired muscular vigor, and if gentle exercise is taken, much of this suffering will disappear.

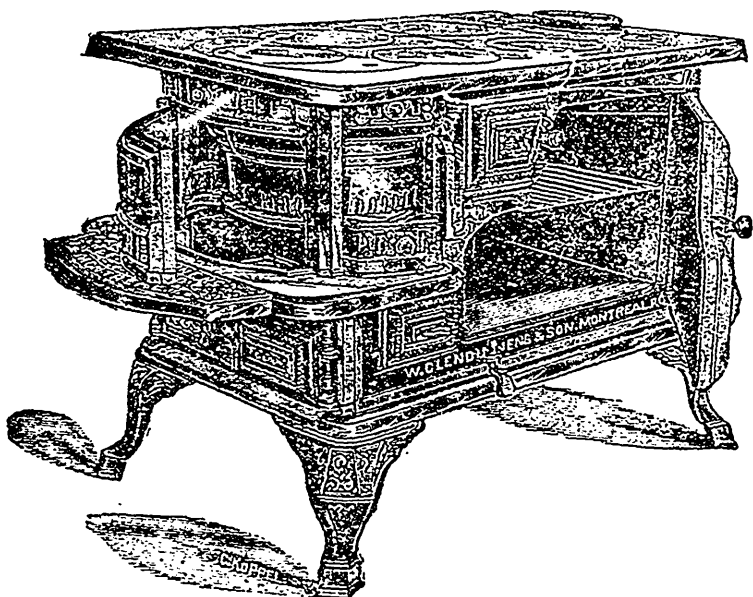
BECKET BROS., -Book and Fancy Job Printers-

224 ST JAMES STREET.

Special attention paid to COMMERCIAL PRINTING, and all descriptions of INVITATION CARDS, PROGRAMMES, BILLS OF FARE, TICKETS, ETC.

Read the "RECORD OF SNOW-SHOEING," by H. W. Becket, which can only be had on application at the above address.

-Clendinneng's Stoves.-



— MAKERS OF THE CELEBRATED —

"LEADER" STOVES AND RANGES

Hot Air and Hot Water Furnaces,

Radiators, Coil Screens,

WROUGHT AND CAST IRON STABLE FIXTURES

SAMPLE AND SALESROOMS:

524 Craig Street,

Cor. Inspector and William Sts.,

— AND —

Cor. St. Peter and Craig Sts.

WM. CLENDINNENG & SON.

VITAL THOUGHTS.

Every excess is evil, be it act of mind or body.

Exercise makes the body a better piece of machinery to work with.

He who has good health is young, whatever his age may be.

Nature always goes for a long life and good health if we will obey her laws.

Strength of nature in youth passes over excesses that are owing a man till his age.

Fat measures the disproportion between our diet and exercise.

Repletion exhausts the stomach, while fatigue palsies its powers.

The upper part of the left lung is the *first* part that consumption attacks.

The *one-sidedness* of almost all *mechanical* acts of life causes *many* cases of spinal curvature, and to *prevent*—regular, equal, and similar use of the other *arm, leg, and side* of the body.

The best cure for consumption is fresh air, sunshine, bathing, nutritious food, cheerful company, and wisely-directed exercises.

After 40 years of age, exercises that put great strain on the vital organs must be abandoned for more prolonged and slower work.

Development is most active between 15 and 17 years of age, so put no great strain on the body at that age, or the foundation may be laid for ill health in adult life.

The best medicines for nervous troubles are air, sunshine, quiet, cool bathing, and light, slow, muscular movements.

WARM WEATHER DIET.—Lean animal food, white and shell fish, green vegetables, milk, ripe fruits, cracked wheat and hulled corn.

BONE, MUSCLE, AND NERVE-MAKING FOOD.—Graham bread, oatmeal and crushed wheat gruels, milk, eggs, baked beans, vegetables, fish, oysters, and fresh meats.

JOHN ROBERTSON,

≡ FAMILY - GROCER ≡

12 PHILLIPS' SQUARE.



ATHLETE

STRAIGHT CUT

CIGARETTES

D. Ritchie & Co
MONTREAL.

REGISTERED
TRADE MARK

The advertisement is enclosed in a decorative frame with ornate corners. A diagonal banner runs from the top-left to the bottom-right, containing the words 'STRAIGHT CUT' and 'CIGARETTES'. A muscular man in athletic gear is depicted in a running pose, carrying a football. To the right of the runner is a circular logo with a dome-shaped object inside, surrounded by the text 'REGISTERED' and 'TRADE MARK'. The brand name 'ATHLETE' is written in a large, stylized font at the top. The manufacturer's name 'D. Ritchie & Co' and the location 'MONTREAL.' are written in a cursive and bold font respectively at the bottom left.



HOW TO MAKE THE MUSCLES GROW LARGE AND STRONG.

When a part or parts of the body are used, waste and renovation quickly proceed, and the part or parts increase in size, beauty and power. If you allow the body to rest for a few hours, the excess of blood being withdrawn, the parts used return to *nearly* their normal size before they were used. Now, if you will *exercise a short time three times a day*, the increased action of the food-vessels does not sink quite so low between each short period of rest; and thus nutrition of the parts used *exceed* its waste, and this is the *true* way to build the body so that it will gain in size, beauty and strength.

You will gain more by taking 15 minutes' exercise in the morning before you bathe, 10 minutes' work some time in the middle of the day for the weaker part of the body, and 30 minutes' work an hour before supper or bedtime, than if you were to give one whole week to exercise, than rest a week. "Moderate and often" should be the rule; every other day drop the afternoon or evening work, and use the "Hall of Health," or take a *brisk* walk for an hour out in the *open* air.

THE BREATHING EXERCISE.

Whatever will increase the breathing capacity will improve the health, and the following exercise, if done properly, in the *fresh air*, and with the clothing *loosely* worn, so as to enable you to breathe deeply, is one of the best known to increase the *interior size of the lung-room*: Hold head up, shoulders back, and chest out, inflate the lungs slowly, through the nose, until they are brimful; hold until you have counted ten, without opening your lips; exhale *quickly* till your lungs are as nearly empty of the bad air as it is possible to get them. Repeat same exercise, trying to hold the lungs full while counting twenty. Try it again, and see if you can hold your breath half a minute. Finish up with three or four *deep, long-drawn* inspirations. One of the best times for taking this exercise is when you are going to and from your work or studies. Hold your breath while walking ten steps; then twenty, etc. The advantage of being in the open air and sunshine is that the air is fresher than is generally found in-doors. Take this medicine *three times a day*, either before or after meals. If taken *after*, it will be found to greatly help digestion. If this exercise should make you dizzy at first, take it in smaller doses until your blood can stand the stimulation of its purifier.

WEDDING PRESENTS.

WATSON & PELTON,

53 ST. SULPICE STREET,

Importers and Manufacturers' Agents.

CHOICE GOODS AT RETAIL.

ELECTRO PLATE.

MARBLE CLOCKS.

LEATHER GOODS.

WORCESTER POTTERY.

PIANO LAMPS.

SILVER WARE.

BANQUET LAMPS.

BRASS AND COPPER WARE.

LEMAIRE'S OPERA GLASSES.

GARIBOLDI PARENCE.

INTENDING PURCHASERS are cordially invited to INSPECT OUR STOCK.

HENRY W. ATWATER

(Successor to De Zouche & Atwater)

63 BEAVER HALL

SOLE AGENT FOR THE FOLLOWING

Celebrated AMERICAN PIANOS

Decker Bros.,

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Emerson,

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Mason & Hamlin,

Morris,

Prescott,

And the BEST CANADIAN PIANO,

THE THOMAS

— ALSO, FOR THE —

Mason & Hamlin Organ

Universally acknowledged to be the BEST REED ORGAN in the WORLD.

This establishment makes a SPECIALTY OF REPAIRING AND TUNING PIANOS, and has the best staff of workmen in the city.

SECOND-HAND PIANOS taken in exchange, and full value allowed.

A large number of GOOD SECOND-HAND UPRIGHT and SQUARE PIANOS always on hand for sale or to rent.

WAREROOMS, 63 BEAVER HALL.

HOW OFTEN TO EXERCISE.

As often as we eat. Physical education must be taken so as to build up the *weak* parts first; then of a kind that will bring into play most all of the muscles at one time, so as to daily establish a regular circulation of life-giving materials to all parts of the body.

After you get the run of knowing how to do your exercises that are termed "general work," like the class run, the dumb-bell drill, etc., you must do them sufficiently brisk to make you *sweat*, and bring the respiratory muscles into *active* play.

Heavy work and fancy gymnastics will generally do more harm than good. Moderate and often, of natural and beneficial exercises, should be your rule.

For business men, one hour's use of the Gymnasium, with some home lessons every other day, will in three months' time work them into new men.

Boys, by practice of gymnastics, rightly applied, will lay the foundation of a good form and a strong constitution in adult life, by forming habits that lead them to attain a sound body for a sound mind.

As the circulation, that carries strength to all parts of our frame cannot be naturally carried on save through the medium of exercise or varied labor, we should see to it that we exercise regularly.

"Elegance of form in the human figure marks some excellence of structure and any increase of fitness to its end in any fabric or organ is an increase of beauty."—*Emerson*.

The best workers are systematic in their hours and methods of exercise.

To sum up the physiological effects of judicious bodily exercise, one may say, it promotes nutrition.

For Purity and Healthfulness

— THE CELEBRATED —

Cook's Friend Baking Powder

CANNOT BE SURPASSED.

FOR GOOD VALUE TO THE PURCHASER IT HAS NO EQUAL.

Experience of over a quarter of a century in making and selling the "COOK'S FRIEND" enables the manufacturer to offer it with the fullest guarantee of superiority in every valuable point.

It needs but a trial to convince any one that it will do more work for the same money than any other.

ALL INGREDIENTS ABSOLUTELY PURE.

RETAILED BY ALL GROCERS.

-WALTER PAUL-

FAMILY GROCER

2355 St. Catherine St. 90, 100 and 102 Metcalf St.

Branch Store, Green Avenue, Cote St. Antoine.

Purchasers will find in either of these establishments the largest and best assorted Stock of

- General Groceries and Provisions -

TO BE FOUND IN ANY STORE IN THE DOMINION.

W. P. being a direct importer, and having faculties for purchasing on the very best terms, both in the Home and Foreign Markets, is in a position to give his patrons every advantage in regard to price. Parties purchasing in quantities, or in unbroken packages, will receive a reduction equal to the lowest wholesale price. Creamery and Dairy Butter, Fresh Eggs, Hams and Bacon are made a specialty of, as also Fresh Fruit and Vegetables. None but first-class goods kept in stock, and every article offered for sale is guaranteed. All orders entrusted to him will be carefully and promptly delivered. Country orders placed on board Steamers or Railroad Cars free.

Business conducted on strictly temperance principles.

TELEPHONE No. 4237 A, St. Catherine Street.

BRANCH No. 4237 B.

GENERAL ADVICE.

Begin run *slow*, and end *slow*—half your distance one way, half the other. Breathe through the nose.

Never push up any heavier bell than you can put up with your weakest hand.

Try to vault as high with the left hand as you do with the right. Same rule with both hands.

Exercise to slight fatigue: vary your work so that *all* parts of your body shall be used.

Do *not* take *violent* exercise or *icy* baths; they will pave the way for heart troubles and rheumatic affections.

Take in *full, deep* breaths often during the time you are exercising. Do not wear tight belts.

As long as you can study or attend to your business you can exercise. Take it as regular as your meals.

Don't stop your regular exercise because of a cold. Go at it until you are in a streaming sweat; then take your graded tub bath, finishing with a cool rain-shower bath of one minute's duration. Rub dry. Keep warm, and on a low diet for a day or two.

The muscles of the spine are strengthened by back-bending movements, thus preventing and helping to cure curvatures.

The most beneficial exercises can be done nearly right at the first trial, thus showing that the Gymnasium is for the multitude.

Don't work hard just before eating, as it will exhaust energy that is needed for the digestion of the coming meal.

Young members should avoid the heavy work, as it will prevent the future full growth of their bodies.

The bearing of the figure more or less upright depends upon the curvature of the spine. Carrying weights on the head, the whole back developer, posterior work, back of neck exercise, use of the vertical back-board and head-machine, will help keep the figure upright.

Extension movements should finish up your work for the day—the swim move in bell drill, or on the pulleys or giant weight, or the full stretch exercises on the roving rings, high bars, etc.

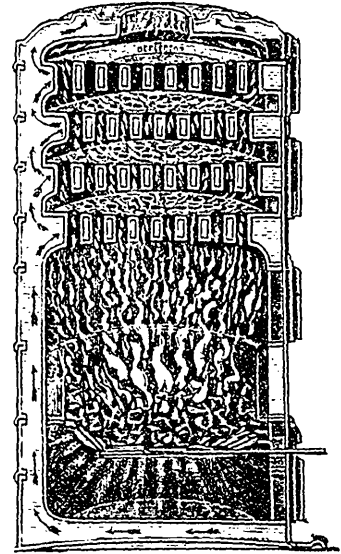
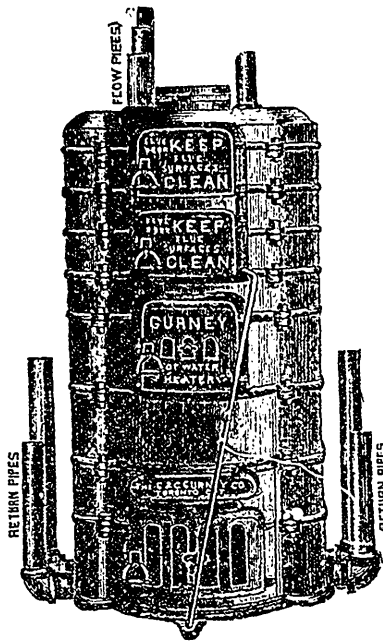
Any exercise that will act strongly upon the middle third of the body will greatly help in curing stomach and liver troubles. The 32 count will do it.

SUMMERHAYES & WALFORD, *whilst thanking the members of the M. A. A. A. for their very liberal patronage in the past, beg to assure them that nothing shall be wanting on their part to merit a continuance of the same. The addition of the newest instruments and appliances will enable them to keep abreast of the times in the production of first-class work.*

Special rates to Association members.

USE GURNEY'S

— IMPROVED, CELEBRATED —



Hot Water Heaters

Guaranteed more economical than any other Heater now made.

Descriptive Books on application.

Price Lists to the Trade only.

BUNDY Radiators, Steam Fittings, Cast Iron Pipe, Registers,
Grates, &c., Hot Air Furnaces for Coal or Wood.

E. & C. GURNEY & CO.,

Wholesale Manufacturers,

385 and 387 ST. PAUL ST.,
MONTREAL.

A TABLE,

SHOWING THE PROPER WEIGHT, HEIGHT, AND MEASUREMENT OF A
FULLY-DEVELOPED ADULT.

| Height. | Weight. | Neck. | Chest. | Waist. | Biceps. | Fore-arm. | Thighs. | Calves. |
|-----------|---------|-------|--------|--------|-------------------------------|-----------|---------|-------------------------------|
| 5 ft. | 103-107 | 11½ | 32-33 | 29 | Same Measurement as for neck. | 8½ | 15 | Same Measurement as for neck. |
| 5 " 1 in. | 107-111 | 11½ | 33-34 | 29½ | | 9½ | 16 | |
| 5 " 2 " | 111-116 | 12 | 34-35 | 30 | | 9¾ | 17 | |
| 5 " 3 " | 116-121 | 12½ | 35-36 | 30½ | | 10 | 18 | |
| 5 " 4 " | 121-127 | 13 | 36-37 | 31 | | 10¾ | 19 | |
| 5 " 5 " | 127-133 | 13½ | 37-38 | 31½ | | 10¾ | 20 | |
| 5 " 6 " | 133-140 | 14 | 38-39 | 32 | | 11½ | 21 | |
| 5 " 7 " | 140-147 | 14½ | 39-40 | 32½ | | 11½ | 22 | |
| 5 " 8 " | 147-155 | 15 | 40-41 | 33 | | 11¾ | 23 | |
| 5 " 9 " | 155-164 | 15½ | 41-42 | 33½ | | 12¼ | 24 | |
| 5 " 10 " | 164-174 | 16 | 42-43 | 34 | | 12½ | 25 | |
| 5 " 11 " | 174-185 | 16½ | 43-44 | 34½ | | 13 | 26 | |
| 6 ft. | 185-196 | 17 | 44-45 | 35 | 13¾ | 27 | | |

Love labor or varied exercise of the body. If you do not need it to earn your living, you do need to take it in order to enjoy perfect health.

Exercise three times a day.

Stop exercises *before* tired.

Wear low-heeled, broad-soled foot-wear.

Avoid tobacco and strong drink.

Spend two hours a day in the open air.

Eat nothing between meals.

Breathe always through the nose.

ESTABLISHED 1845.



T. W. BOYD & SON,

Wholesale and Retail Dealers in

Fire-Arms, Fishing Tackle, Cutlery, Skates, Toboggans, Snow-shoes, Fencing Foils, Boxing Gloves, Hammocks, Ammunition, and every variety of Sporting Goods.

-----1641 NOTRE DAME STREET,-----

Send for Circular.

MONTRÉAL.

— THE BEST FOR BEEF TEA ! —



— THE BEST FOR BEEF TEA ! —

FLUID BEEF!

The only Beef Extract suitable for making Julien and other Clear Soups.

A Rich, Fine-Flavoured Soup can be made IN A MOMENT by adding Boiling Water.

— **LYMAN, SONS & CO.,** —
SOLE AGENTS FOR CANADA.

Edward Hagar & Co.,

— IMPORTERS OF —

Fine China and Glass

446 and 448 St. Paul St.

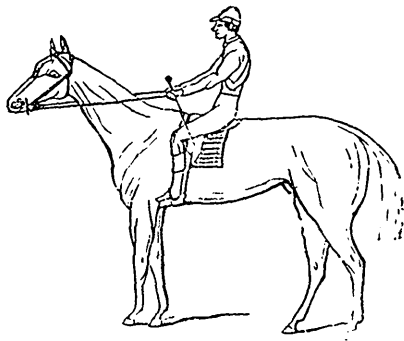
A CHOICE VARIETY ALWAYS ON HAND.

BREAKFAST, DINNER, TEA, DESSERT,
FISH, GAME AND BEDROOM SETS.

Rich Cut, Engraved and Plain Glassware.

ART WARE and FANCY GOODS.

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GENTLEMEN'S SADDLES, LADIES' Saddles, Girls' Saddles, Boys' Saddles, Hunting and Racing Saddles, Bridles, Martingales and Hunting Breast Plates.

Buggy Harness, Rockaway Harness, Tilbury, Coupé and Carriage Harness, Express Harness, Cart Harness, Truck Harness, &c.

Mountings in Solid Brass, Nickel Plated, Close Silver Plated, Nicoline and genuine Hard Rubber Summer Carriage Rugs, in Cotton, Linen and Wool; Summer

Horse Covers, Hitching Weights, Whip Racks, Surcingles, Holly Driving Whips, Whalebone Buggy Whips, Riding Crops and Riding Whips, Halters, Muzzles, Sponges, Chamois, Bandages, Saddle Cloths, Mane Combs, Curry Combs, Dandy Brushes, Compo Brushes, Horse Brushes, Harness Blackings, Saddle Paste, Boot Top Polish, Magic Feed Boxes, Stable Fittings, Sweat Collars, Axleine, Elliman's Embrocation, Ankle Boots, Shin Boots, Boots of all kinds for Trotting Horses, Stable Lanterns, Dash Lamps, Carriage Lamps, &c.; Nicoline Bits and Stirrups.

We have the largest line of Harness ever shown in one establishment, and at prices heretofore unknown; the large volume of our business admitting of reducing materially the fancy prices ordinarily charged. If you wish a low priced article, we have it; and if you wish something a little better than can be found elsewhere, you can find it with us. We have everything required for the horse and stable.

HENKY & LACROIX,

◊ Manufacturers ◊ and ◊ Importers ◊

WHOLESALE AND RETAIL.

337 ST. PAUL STREET, MONTREAL.

Factories: 4 De Bresoles St., 487 Mignonne St.

A TABLE ON DIGESTION OF FOOD.

Suggestions to for those troubled with Liver Difficulties and Indigestion.

Corrected by G. A. LELAND, M.D.

| EASY OF DIGESTION. | MODERATELY DIGEST. | HARD TO DIGEST. |
|-----------------------|----------------------|-----------------|
| Beef, roast. | Mutton. | Oatmeal. |
| Beef, broiled. | Turkey. | Butter. |
| Lamb. | Mutton Broth. | Cabbage. |
| Rabbit. | Oysters, roasted. | Currants. |
| Pigeon (young). | Asparagus. | Rhubarb Plant. |
| Cod (fresh). | Cauliflowers. | Pork. |
| Trout. | Oranges. | Goose. |
| Spinach. | Grapes. | Salt Meat. |
| Liver. | Strawberries. | Sausages. |
| Eggs (20 or 3 min.) | Peaches. | Mackerel. |
| Custards. | Prunes. | Salt Fish. |
| Venison. | Veal. | Lobster, fried. |
| Hare. | Lobster. | Oil. |
| Sweetbread. | Carrots. | Melted Butter. |
| Chicken. | Parsnips. | Cheese. |
| Partridge. | Duck. | Fresh Bread. |
| Beef Tea. | Woodcock. | Muffins. |
| Milk. | Soups. | Pastry. |
| Haddock. | Eggs, not hard b'ld. | Cakes. |
| Fresh Fish. | Turtle. | Nuts. |
| Sauce Bread. | Oysters, stewed. | Pears. |
| Rice. | Potatoes. | Plums. |
| Tapioca. | Beets. | Chestnuts. |
| Sago. | Lettuce. | Pineapples. |
| Baked Apples. | Celery. | Cucumbers. |
| Toast Water. | Apples. | Mushrooms. |
| Oysters, Raw. | Bread. | Pickles. |
| Farinaceous Puddings. | Cocoa. | Chocolate. |
| Marmalade. | Coffee. | Oysters, fried. |
| Cooked Fruits. | Oysters, broiled. | Baked Beans. |

To assist digestion, take systematic exercise at the gymnasium.

WM. NOTMAN & SON

17 Bleury Street, Montreal.

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IN EVERY STYLE.
 "NO HEAD-REST USED."
 Groups--Composition or direct.
 Enlargements finished in Oil,
 Water-Color, or Black and
 White.
 Colored Pictures on Ivory or
 Porcelain.

Views

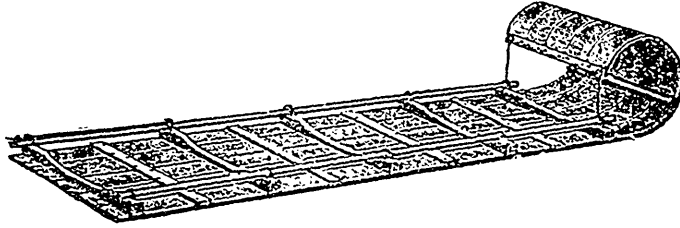
OF THE CITY, and all points
 of interest in the Dominion,
 including Manitoba, Rocky
 Mountains and British Col-
 umbia.

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Amateur Outfits.
 Stanley Dry Plates.
 Sensitized Paper.
 Bromide Paper.
 Photo. Chemicals.
 Photogenic Pistols for taking
 Photos at night.

— "BLIZZARD." —

INDIANA • BLACK • HICKORY.



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MONTREAL.

SPECIAL ATTENTION GIVEN TO REAL ESTATE, TRADE SALES, VALUATIONS,
APPRAISALS AND SURVEYS.

N.B.—Dry Storage for Furniture and Merchandise of every description.

Insurance effected if desired

— ♦ HARDWARE, ♦ —

— AGENTS —

NORTON • AIR • DOOR • SPRING

ALMOST HUMAN.

JAMES WALKER & CO.

HINTS ON BATHING.

OUTDOOR BATHING.—Don't take your swimming bath when you are very tired and breathing hard, or just before or after a full meal. If you are sweating there is no need to wait to cool off, but plunge in at once. Come out before you become chilly, the fingers cold and white, and the lips purple. If after this care the swimming bath fails to agree with you, stick to the indoor graded sponge bath.

THE GRADED SPONGE BATH.—When through exercising do not stand around until you cool off, but go immediately and take your bath. After a few minutes sponging all over with warm water, let the cold water run into the basin, or tub, with the warm water. Quickly sponge off with this cooling water until your system cries enough: then dry the body with a soft, absorbent towel, and polish off with one a little coarser. Such a bath will not take over ten minutes of your time. It should be taken in a warm place, and where no draught of air will blow on you. The best evidence that your bath has done you good is a sensation of warmth and elevation of spirits, thus proving that the bath, properly taken, is a natural tonic and stimulant.

WEEKLY TUB BATH.—When you take your weekly tub bath use only the best white castile soap. Don't soak in the warm water over five minutes. After you get through the warm wash try your back of neck exercise. To prevent catching cold, quickly wash off in cool water and wipe dry.

THE WARM BATH.—This bath promotes perspiration, and removes soreness, soothes, and will make one sleepy, so a good time to take it is just at bedtime. If taken at any other time, to prevent catching a cold, rinse off with cool water and wipe dry.

THE GRADED BATH, if regularly taken after your work, will protect against those external influences that cause so much disease.

In weak lungs keep up a vigorous circulation to the skin. Cool, daily, bathing, with vigorous rubbings, is the proper thing.

Use the hand-shower douche and salt-water water bathing for varicose veins, old sprains, and *walk* parts of the body.

SMOKE

Crusader Cigars

—MANUFACTURED BY—

J. RATTRAY & CO.

MONTREAL.

— MASON & RISCH PIANO. —



— MASON & RISCH PIANO. —

The Master DR. FRANZ LISZT testing the

-- MASON & RISCH PIANO --

THE HIGH CLASS PIANOS OF CANADA,

PLACED as the foremost Piano amongst all Canadian Pianos by SIR CHARLES TUPPER, in his OFFICIAL REPORT to our GOVERNMENT.

Patronized by the ROYAL FAMILY, and used by HER MAJESTY THE QUEEN in WINDSOR CASTLE.

Endorsed by the late DR. FRANZ LISZT, MADAME ALBANI, DR. A. C. MACKENZIE, FRANKLIN TAYLOR, OTTO BENDIX, DR. W. C. SELLE, S. P. WARREN, MENDELSSOHN QUINTETTE CLUB, and a large number of other eminent authorities.

Sole Agent, GEORGE J. SHEPPARD,

MUSIC AND PIANO WAREHOUSES,

2282 ST. CATHERINE STREET.

P. O. BOX 5.

TELEPHONE: { OFFICE, 772.
RESIDENCE, 4801

WILLIAM H. ARNTON,

Real Estate and General Auctioneer

OFFICE AND SALESROOM :

1747 — NOTRE DAME STREET — 1747
MONTREAL, P. Q.

*A General Auction Business transacted in all its branches; Valuations made.
Fine Dry Storage at reasonable rates.*

*With a wide experience, strict attention to business, and prompt returns,
SATISFACTION TO ALL IS ASSURED.*

T. S. ARNTON.

J. J. ARNTON, JR.

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IMPORTERS & DEALERS IN

Anthracite & Bituminous

COAL

Office: 1747 NOTRE DAME STREET.

P. O. BOX 5.

TELEPHONE 772.

All COAL kept under COVER, and delivered DRY and free from DUST.

"IF WE PLEASE YOU, REMEMBER US."

THE Court,

THE "COURT" SHIRT STORE!
GRAHAM BROS.

FOR BRIGHT NEW IDEAS, EVERYBODY LOOKS TO
GRAHAM'S.



The Prince of Wales began wearing "Court" Shirts October, 1887.

SHIRT TAILORS AND MEN'S HABERDASHERS.

Shirts accurately and stylishly to measure, \$1.50, \$1.75, \$2.00. Plain, White and Embroidered Pique and Pleated. A complete and varied line of Full Dress "Court" Front Shirts always in stock; worth remembering on hurried occasions. Exclusive styles and qualities. The latest New York and London Neckwear.

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