

Travel

Holland: Museum Country

In Holland, a country that boasts more than 400 museums, one name stands out among all the rest: Amsterdam's Rijksmuseum, home of the world's most famous and probably most valuable painting, "The Night Watch".

Every winter, thousands of eager visitors make their pilgrimage to Amsterdam, to stand spellbound before Rembrandt's vast and recently restored masterpiece. Wishing, in many cases, that they had allowed themselves more time to savour this and the many other treasures of the Rijksmuseum.

For this huge 19th-century building on Stadhouderskade exhibits, among other marvels, the greatest collection of Dutch Masters. Five hundred years' worth of paintings, drawings, and etchings signed by some of the most gifted artists who ever lived.

It would take a few days to appreciate them all. There is gallery after gallery filled with famous names. Hung with the lovely landscapes and pastoral scenes by the melancholy Jacob Ruysdael, by Vermeer and Jan Steen; delightfully detailed skating scenes painted by Hendrik Avercamp; Adriaen Van de Velde's awesome seascapes and naval battles.

Holland's Golden Age

Here, surrounded by these priceless works of art, you can see and almost feel how Holland must have been in her 17th-century heyday. When the young city of Amsterdam was the artistic capital of Europe.

Study the glowing paintings of Jan Steen, Frans Hals, Adriaen Van Ostade, Johannes Vermeer and those glorious days come instantly alive again in the Rijksmuseum.

Not, of course, that they have ever been allowed to die in Amsterdam. Not in the old part of the city, at any rate. Which is why it is so wonderfully easy to relate to these Old Dutch Masters when you visit them on their own home ground.

When you've absorbed the canvases of stately canal houses and spired churches, you can leave the museum, travel a few short blocks and see the original models. They haven't changed by one brick in the intervening 300 years.

You can spend all day among the museum's Rembrandts: the incredible "Night Watch" and the large collection of etchings, and 24 other paintings including "Portrait of the Artist as St. Paul" and "Old Lady Reading". Then take a streetcar to Jodenbreestraat and walk through the beautifully-preserved house where Rembrandt lived and worked for twenty years.

Sunshine in Museumplein

Technically, perhaps, he does not yet qualify as an Old Dutch Master, since he died less than a century ago. Nevertheless, Vincent van Gogh is second only to Rembrandt as an attraction, and the museum named after him and devoted to his works is a joyous place to spend a few Amsterdam hours.

The van Gogh museum's permanent show on Museumplein is a family collection put together by Theo van Gogh, the painter's brother, and administered by his nephew, Vincent.

On one floor you will find all the darker, more sombre paintings from van Gogh's Dutch period; pictures like "The Potato Eaters" and the fascinating "Cottage in Evening Twilight" in which the sky seems to glow darker and the firelight more brilliant as you stare at it.

Upstairs, the whitewashed walls sparkled with the sun-filled canvases he painted in Provence: "Bedroom at Arles", those dazzling "Sunflowers", and "Orchard in Bloom".

Altogether, there are 150 paintings and 400 drawings signed simply "Vincent". And, to complete the picture of this unique artist, there is also a complementary collection of works by his contemporaries and friends; notably a portrait of Vincent by Toulouse-Lautrec and a picture of him painting "Sunflowers" by Gauguin.

The Establishment

Frans Hals, a contemporary of Rembrandt's, was master of what might be called the Establishment style — huge, life-sized groups portraying the upper echelon of the time, along the lines of "The Night Watch".

Many of his most impressive works have been collected in the Frans Hals Museum in his home town of Haarlem, an easy drive west from Amsterdam.

The ornate interior has been restored and filled with furnishings of the period, to provide the perfect background for Hals' greatest works — including "Regents" and "Regentes", painted when he was 80 years old.

Recreations and healthful days Promised at American spas



The Palm Springs Spa in California has been called the 'golf capital of the world', and guests at this facility can also play on numerous nearby championship courses.

Syndicated Travel News

Combine the necessary vacation ingredients of recreation and relaxation. Add luxurious surroundings and an emphasis on facilities to enable the visitor to emerge healthier and the result is an American spa.

Some spas are centuries old, and, like traditional European spas, are built around mineral springs. They usually stress the health-giving benefits of the waters.

Most have gone a step further, evolving into total vacation resorts. Their health facilities are complemented by a wide range of recreational facilities, such as golf courses, tennis courts and swimming pools. The spa hotels are often palatial, featuring excellent cuisine, nightly entertainment and many nearby tourist attractions.

Two famous resorts are The Greenbrier in White Sulphur Springs, West Virginia, and the Homestead in Hot Springs, Virginia.

The healing qualities of the two springs were well known as far back as the mid-eighteenth century.

The Greenbrier has played host to presidents, kings, princes and leaders of government and industry. Besides the famous mineral baths and massage, the resort offers modern visitors golf, swimming, tennis, bowling, horseback riding, trap and skeet shooting, as well as gourmet dining.

A colony of skilled artisan who demonstrate and sell paintings, sculpture, pottery and other crafts, is a

unique feature of The Greenbrier. The Homestead's 17,000-acre estate includes the oldest golf course in continuous use in the USA.

Tennis courts, a well-stocked trout stream, swimming pools, bowling lanes, horseback riding and trap and skeet shooting add to vacation pleasure. Winter guests enjoy the ski slopes and ice skating rink.

Safety Harbour Spa, on Tampa Bay on Florida's west coast, is a spa in the traditional European sense of the word. In a gracious, palm tree setting, the spa provides medical supervision, a personal program of exercise, baths, massage, yoga, diet, sauna and steam.

The Harbour Island Spa in Miami Beach offers such treats as daily massages, herbal wraps, assorted baths, sauna, yoga and exercise classes. Golf, tennis and swimming round the relaxing and healthful regimen.

A few miles to the north is the Spa at Palm-Aire in Pompano Beach. Each guest is given a completely personalized program of diet, exercise, massage and hydrotherapy under medical supervision.

Nestled in the midst of 2,500 acres of palm trees and lush greenery, the spa is part of The World of Palm-Aire, a resort complex that includes five 18-hole golf courses, 19 tennis courts,

six swimming pools and a private beach, as well as a hotel and country club, homes and condominium apartments.

The Palm Beach Spa's slogan is "Add years to your life and life to your years" — a statement that sums up the benefits of many American health resorts.

Complete spa facilities are available, as are fresh and salt water swimming pools and eight different Palm Beach golf courses.

Discovered accidentally by an oil crew in 1913, the thermal waters (116° F; 46° C) of Hot Wells are the center of a year-round resort operated by the State of Louisiana.

This woody retreat, near Alexandria, features moderately priced accommodations and spa facilities in an area abounding in outdoor recreation opportunities.

California's Palm Springs has been called the "golf capital of the world," and guests of the Palm Springs Spa Hotel enjoy play on championship courses.

The hotel, at the foot of Mount San Jacinto, provides hot mineral water baths, swimming pools, tennis courts and miles of scenic hiking and horseback riding trails.

Nearby, the Palm Springs aerial tramway provides spectacular views of snow-capped mountains and palm tree-dotted desert scenery.

Crisp, dry air, warmed by the desert sun, makes Palm Springs one of America's major resorts.

The state's oldest health resort is at Murrieta Hot Springs, where soothing mineral waters and rich tulle mud baths add to the health resort's popularity. The medically-supervised spa also offers golf, tennis, swimming and horseback riding in a mild, sunny climate.

LaCosta Resort Hotel and Spa at Rancho LaCosta is the center of a resort complex that includes swimming pools, tennis courts, a championship golf course, stables and a private beach on the Pacific Ocean.

Its medically-supervised spa with twin facilities for men and women guests, offers one of the most complete programs of personalized care in the nation.

Camping Russia and Europe

BY JOHN MOFFAT

SYNDICATED TRAVEL NEWS — Let's assume that you're between 18 and 30, have always wanted to go on a camping tour of Europe... and Russia... and Scandinavia... and are prepared to spend three months doing just that! Far-fetched? Not really, because this is just one of the many camping tours that the London based Contiki Tours runs during the Summer and early Fall.

Why camping? Well, first it keeps the cost way, way down. And secondly, Contiki Tours knows that young people enjoy camping, enjoy travelling with others of their own age group — and figure that this is one of the best ways of really getting to know a country and its people. Not that Contiki sends the young travellers off with a rucksack, a map and spare thumb for hitchhiking! Their parties travel in the latest Mercedes Benz coaches, the camping gear (including the field kitchen) are custom designed, and each tour has its own guide, driver and cook. But at the same time, this is a camping holiday, and for that reason everyone helps set up camp and spends some time helping in the kitchen — it's all part of the fun.

So, assuming that Europe, Russia and Scandinavia do appeal, just where would you go? Starting from London, you go first to

Up date on St. Kitts

For years, Canadians have been "going south" for holidays. Of course they have their favorite island retreats where they spend weeks soaking up sun, and playing in the sands, while their neighbors are coping with snow and sleet here at home.

When talking with these holiday makers one usually hears details of vacations spent in the "regular" destinations — Antigua, Barbados, Trinidad, and so forth. But there is still another island in the Caribbean that is, relatively speaking, still untouched by numerous visitors. This island is St. Kitts (proper name, St. Christopher) and it is part of the three-island state of St. Christopher-Nevis-Anguilla.

New facilities for tourists are being readied for the winter season on this tucked-away sugar island that is being discovered by more and more "in" travelers.

A casino — the island's first — is among the approximately \$200,000 worth of additional facilities being

added to the recently completed 100-room luxury Royal St. Kitts Hotel & Golf Club.

Tennis courts and a swimming pool — although the hotel is but a five-minute stroll from both Atlantic and Caribbean beaches — also are expected to be completed by the end of November.

The hotel, built by the government of the British-associated state of St. Kitts, Nevis and Anguilla as part of its tourism and industrial promotion program, recently was leased to a group which also operates hotels on the nearby island of St. Maarten.

Other hotels, such as the Ocean Terrace Inn on St. Kitts and Rest Haven Inn on nearby Nevis, also have increased their accommodations, to give the two islands something over 1,000 tourist beds.

Over recent months, government officials also have been discussing with various airline officials the

possibility of expanded air service to the islands, some 1,800 miles southeast of New York, 2,200 miles from Toronto/Montreal. Golden Rock airport on St. Kitts is able to handle modern jet airliners.



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