

THE GERMAN OFFENSIVE—AMMUNITION DUMP FIRED

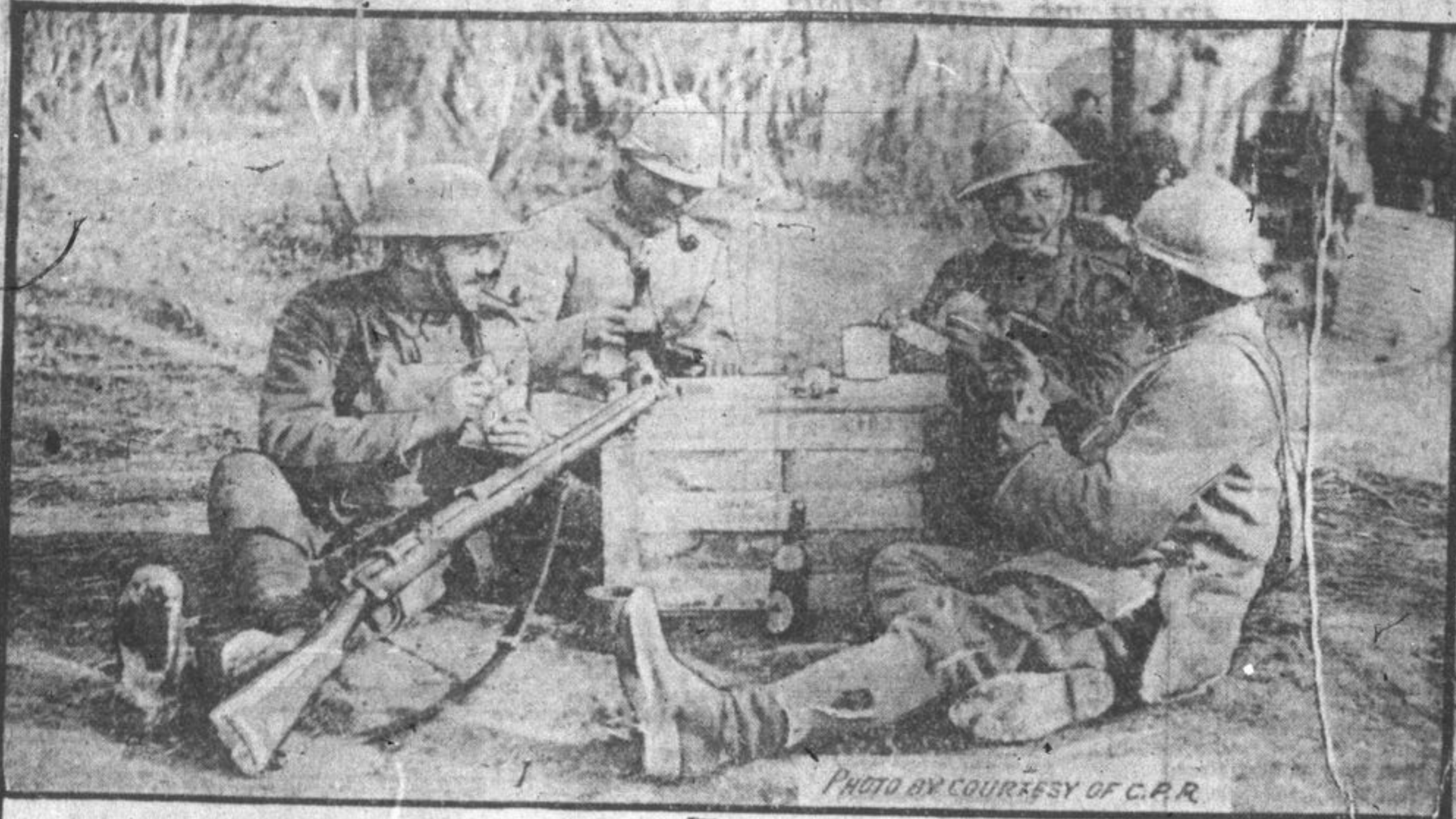


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- (1) French and British soldiers enjoy a card game during a rest.
- (2) A busy scene on a road to the western front.
- (3) A direct hit on a German 18-pounder.
- (4) R. A. F. Scouting squadron in France who fly low and use their guns.
- (5) A working party carrying duck boards over a support line trench at night.
- (6) R. A. F. pilots and observers marking German positions.
- (7) Jocks taking a chance and dash across in front of enemy guns.
- (8) An ammunition dump which we fired before retiring.



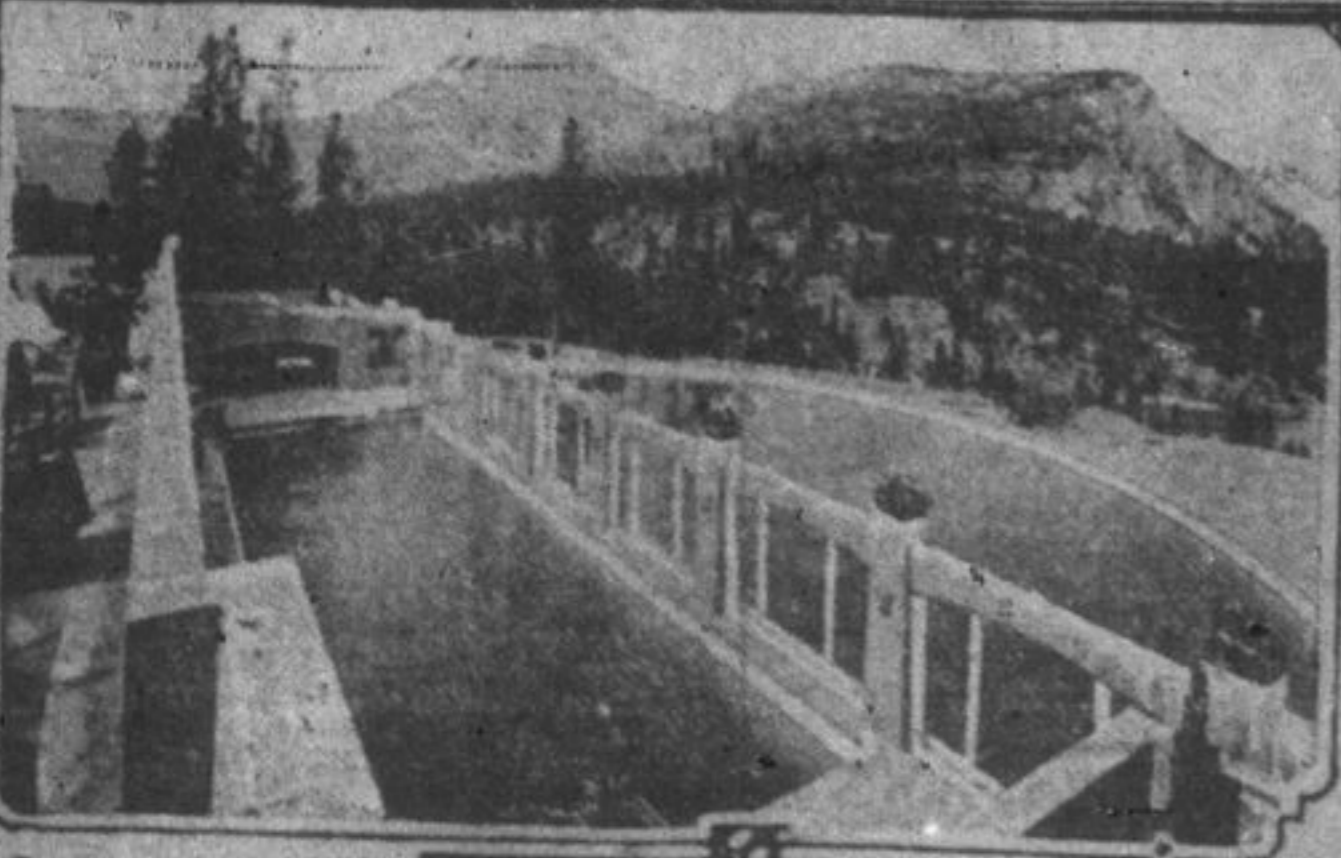
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Banff, Alberta



On Lake Louise



Swimming Pool at Banff



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Have You Been to Doc. Nature, War Strain Specialist?

"These are war times, and I'm too busy to take a holiday. I work all day and night, and I have not the energy for a holiday," said a business man who in addition to his own office work attended each week a dozen or more patriotic and war committee meetings.

No wonder that, in time the doctor was sent for, and ordered him to a

sanatorium.

He did not remember the headline that he wrote in his school copy-book: "A stitch in time saves nine," otherwise a month at a holiday resort would have saved him a year of ill health. Nature is the one great healing physician for the tired and overworked, and nature is always best when using preventatives. She cures, too, but she prevents in all cases where a breakdown is threaten-

ed.

Holiday resorts of this country are at their brightest during July, August and September. The hard working home fighter needs leave as much as the soldier needs his period of recreation behind the firing lines; and every train should bring visitors to Evangeline's apple-sweet Annapolis Valley, trout-streamed New Brunswick with its golf links at St. Andrews-by-the-Sea, to the silver

lakes and streams of Quebec and Ontario, to the Canadian Pacific Rockies, and their thousands of square miles of Alpine parks, where trails lead up to the glaciers, and where thousands visit the summer hotels at Banff, Lake Louise, Field and Glacier. The stream of tourist traffic flows out to Vancouver Island and on to Alaska, the Land of the Midnight Sun.

In spite of war conditions, Canada

still retains good service for passengers on her railways. Life has become simpler, and one has to be content sometimes with an upper berth, while the regulations of the Food Board are rigidly observed on the dining cars, but the health resort is recognised not as a luxury, but as a necessity, and Canada's summer travel promises to be as active as ever.