

CHAMPION ATHLETES AND LOVELY CANADIAN SCENES



Athletes Off to Antwerp

The Canadian Pacific Ocean Services Liner Melita sailing from Montreal on Saturday, July 24th had amongst her passengers the Canadian athletes who will represent this country in the Olympic Games, now and championship athletic events, to be held at Antwerp in Belgium this summer.

On Saturday, July 17th the final trials to decide the men who should represent the Dominion were brought off on the grounds of the Montreal Amateur Athletic Association. Contests were brisk, and the exhibitions given would warrant the prediction that it is not unlikely a few Olympic honors will be brought to Canada.

The chief performance of the day was furnished by Earl Thomson in the 110 metres hurdles. The big fellow clipped one and three-fifths seconds off the Canadian record and was just a fifth over the Olympic record. His time for the distance was .15 1-5 seconds and from the manner in which he performed it is evident that there will be a further reduction in the hurdle event when this native son again competes. The previous record, .16 4-5 seconds, was established by George Barber, May 23, 1908, during the Olympic trials at Toronto.

Thomson won from a good hurdler, K. L. Carruthers. In fact an observer would be tempted to declare that Carruthers was the stylist of the pair. Thomson also performed in the jumps winning the high at 5 feet 10 inches, and the distance at 22 feet 7 1/2 inches.

The other feature event of the afternoon was the 5,000 metres run in which four competed. Walter Knox the Olympic coach very calmly predicted that Thomas Town, the Brandon man, would prove the winner. Indeed Knox had advised Tommy to come with his trunk ready for a sea voyage, so confident was he that the Manitoba entry would size up to Olympic form. The Brandon runner slipped along with a good rhythmic movement and had lots in reserve when he finished with a smart sprint. Altogether it was as pretty a race as old timers confessed to have witnessed on the track.

In this event the first mile was done in 4 mins. 56 secs., the second in 5 mins. 23 secs., and the third in 5 mins. 10 secs., the three miles being completed in 15 mins., 29 secs. Some of those on the Canadian team at Antwerp will be:

Alex. Ponton, Broadview Y. M. C. A., Toronto, and Cecil Coaffee, sprints.

Hector Phillips, West End Y. M. C. A., Toronto, 400 and 800 metres.

E. Lawrence, C. P. E. A.A.A., Montreal, 1,500, 5,000 and 10,000 metres.

T. Town, Brandon, Manitoba, 1,500, 5,000 and 10,000 metres.

E. J. Thomson, Prince Albert, Saskatchewan, 110 and 400 metres hurdles and jumps and Pentathlon.

E. C. Freeman, unattached, Toronto, 3,000 and 10,000 metres walks.

Archie Macdermid, Vancouver, 56 lb. and hammer throws.

John McEachren, Winnipeg, 55 lb. throw and shot put.

John Cameron, Vancouver, hammer throw, Decathlon and Pentathlon.

(1) Eddie Lawrence, Montreal, the C. P. R. middle distance runner, who won the 1,500 metres race at the sports which decided the Canadian Olympic team.

(2) A group of the athletes at the meeting.

(3) John McEachren, Manitoba, (on left) and Arch. MacDermid, British Columbia, who will represent Canada in some of the weight throwing events.

(4) Earl Thomson, a native of Saskatchewan, but now of Dartmouth College, United States. He stands 6 ft. 2 ins., is 26 years of age and weighs 190 pounds.

(5) K. L. Carruthers, Ontario, who ran second in the 110-metre hurdles. He stands about 6 ft. 3 ins.

(6) E. C. Freeman, Ontario (on left) and C. L. Barnes, Ontario, competing in the 3,000 metre walk. Freeman won by a narrow margin.

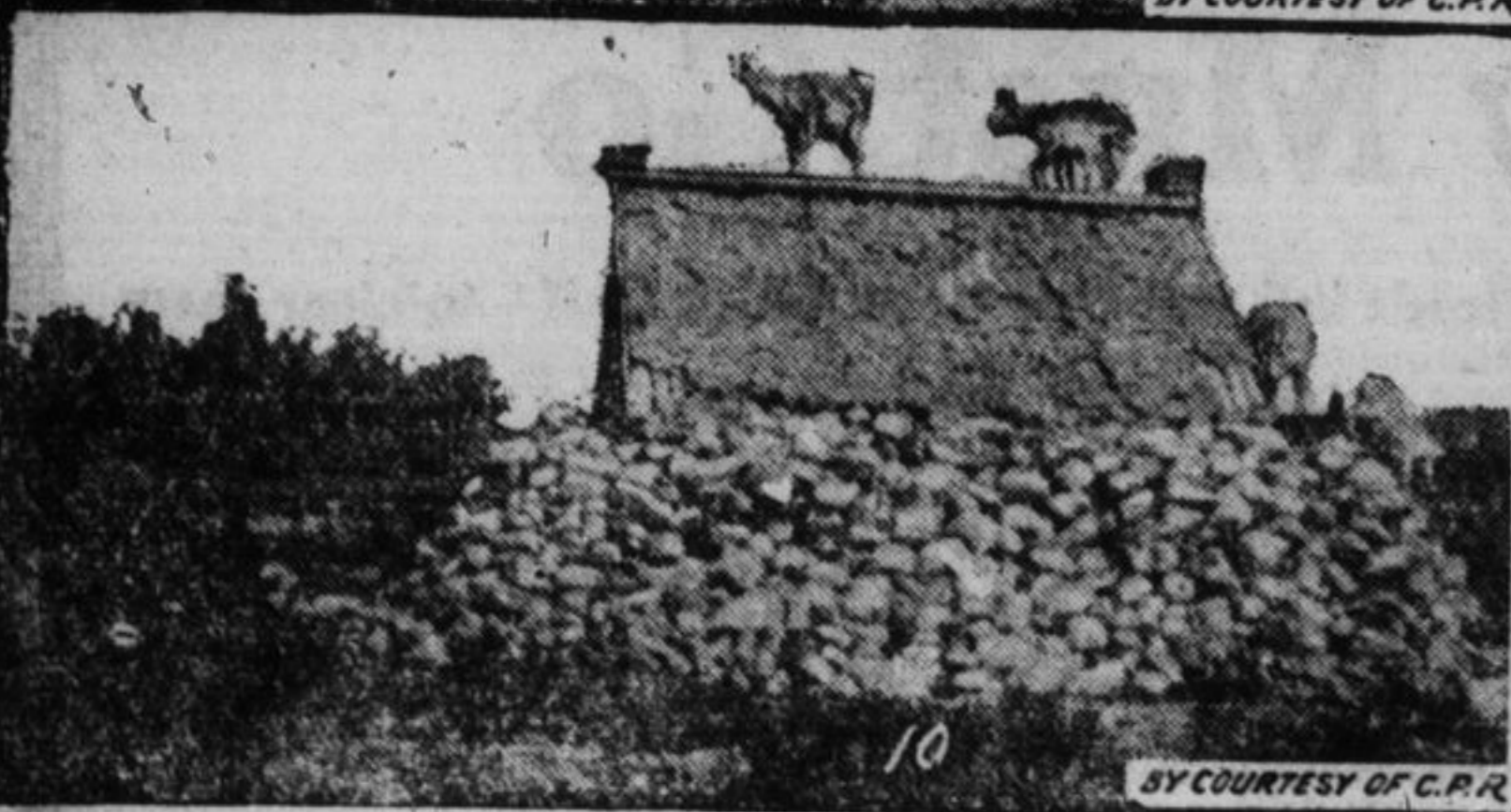
(7) Tommy Town, of Manitoba, who ran splendidly in the 5,000 metre race.

(8) Indians in full dress take part in the Calgary, Alberta, Stampede each fall.

(9) Albertan Indians and their wigwams pitched at Calgary.

(10) Mountain goats at Banff.

Viewing the Canadian Rockies



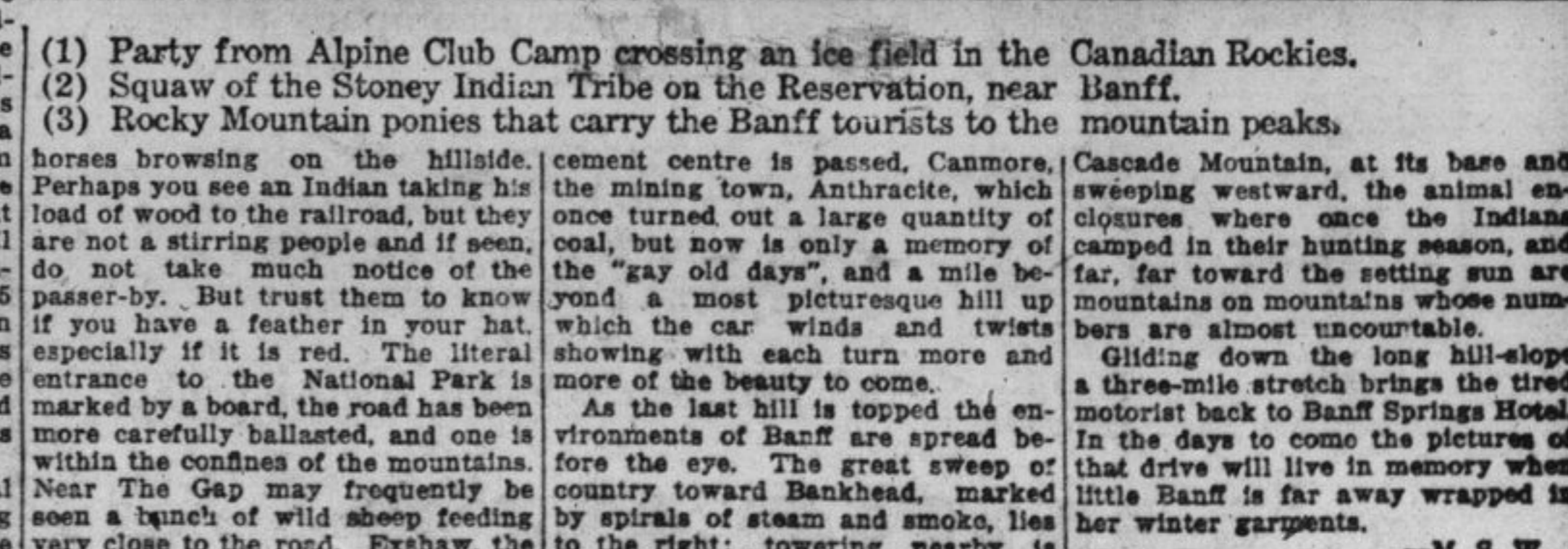
An easy trip from Banff, Alberta, is that to Lake Minnewanka, nine miles distant. There is a good road which passes the various animal reserves where yak, deer, moose, elk, goat and buffalo may be seen in almost natural environment. The mining town of Banffhead is beautifully situated in a pocket of the hills, a location to be envied, but decidedly lacking a mining town. At the lake a comfortable chalet is found with good meals to be had and plenty of fishing. A small boat plies the waters and each afternoon sees cars of all kinds and descriptions arriving with their loads of sight-seers for the trip up the lake. The return trip to Banff may be made in two ways. There is an old Indian trail round the north shore of the lake, then the walker turns south, passes through a short draw, then down Carrot Creek till he reaches the main highway from Calgary and from there is a good highroad into Banff. This walk from the chalet to Banff counts up about 31 miles. To lessen the mileage, the motor-boat may be utilized and a request be made to the captain to be allowed to disembark at the above mentioned draw, then walking up the draw and down Carrot Creek to the motor-road, our pedestrian (having phoned for a car before leaving the lake) sinks down into a seat of solid comfort and is bowled over a beautiful road back to his temporary home Banff Springs Hotel.

If the one on pleasure bent is a climber by love of the same, he has an amount of work cut out for him well within practical distance. Mount Aylmere at Lake Minnewanka is the highest peak (10,365 ft.), Mount Rundle with its lower wooded slopes and high, bleak, limestone walls just across the Spray River, comes next in height (9,630 ft.). This latter mountain extends in one long, straggling range for fifteen miles east, at which point Canmore has been built. Cascade Mountain, near the buffalo pasture, has an altitude of 9,800 ft. and has been climbed from its face but more frequently from its longer and easier slopes at the north. Mount Edith (8,340 ft.), to the north of Bow Valley, is seen to advantage from the Sun Dance Canyon road. To make the ascent the motor-road west is taken to about one hundred yards west of the third Vermillion Lake, where the trail to its base is well marked. Mount Norquay, (8,225 ft.) to the east of Mount Edith is best for climbers to be one of the said elevations. Banff is a rallying point of climbers.

Many have not the strength or desire for such a strenuous vacation as walking and climbing trips. Do not think you must sit still in Banff on that account. After one's own feet come those of the little four-footed friend of the trail—the mountain pony. He is not much to look at, he is generally uncouth and shabby; but live with him, try the trail to the top of Sulphur Mountain, give him his lead, do not attempt to attend to the business yourself, and he will bring you back safely. His one motto is "safety first" and he has no intention of ending his days abruptly by falling over a precipice. What is more, he never does. At Banff all trails are perfectly safe; they are Government-made, wider and free of debris and any child who can sit on a pony is safe on them.

By far the most popular means of seeing Banff is by the motor-car. The Government roads in every direction are constantly being improved and each year sees more mileage added to the already long list with improved condition of the older roads. Nothing gives a more comprehensive idea of the Bow River valley than to run down to Calgary (80 miles) by train and return to Banff in a good touring car. If there have not been long rains, the roads will be in fine shape and the run may be made in three or three and one-half hours. The incoming stranger travelling by automobile will get a better idea of the foothill country and the amphitheatre of the mountains ahead. The prairie flowers nod a pleasant welcome as you pass, the little gophers watch with such human curiosity, a coyote may be seen sneaking from one isolated nook to another. The mountains seem to come closer out of the blue haze than above them all the eye picks out one ugly but towering peak—the Devil's Head (9,175 ft.)—which stares sullenly down on those who dare to come within his precinct. As the car glides into the Indian reserve, that menacing head disappears behind the lower hills and does not come in view again.

Across the reserve an occasional tepee is seen, the children playing about it, the squaw at her work, the



(1) Party from Alpine Club Camp crossing an ice field in the Canadian Rockies.

(2) Squaw of the Stoney Indian Tribe on the Reservation near Banff.

(3) Rocky Mountain ponies that carry the Banff tourists to the mountain peaks.

Cascade Mountain, at its base and sweeping westward, the animal enclosures where once the Indians camped in their hunting season, and far, far toward the setting sun are mountains on mountains whose numbers are almost uncountable.

Gliding down the long hill-slope a three-mile stretch brings the tired motorist back to Banff Springs Hotel. In the days to come the pictures of that drive will live in memory when little Banff is far away wrapped in her winter garments.

—M. S. W.