

[The International Nursing Congress—Montreal, Canada, July 1929. The following articles are sent to us by the International Council of Nurses—who are giving us word pictures of some of the beauties of Canada. Great preparations are being made to make the congress a huge success and we hope that many of our readers will be able to be present.]

QUEBEC—GATEWAY TO THE DOMINION

BY MR. LEO COX

THE first comprehensive glimpse of Canada which those attending the Congress of the International Council of Nurses will receive will be the mediaeval towers of Quebec, reminding them startlingly of the old world. As a matter of fact Quebec is one of the oldest, if not the oldest, city in North America, and it is certainly the only fortified one. It is the gateway to the Dominion, and the history of its development has been called the history of Eastern Canada.

As a summer and winter resort Quebec is now unsurpassed on the Continent, and delegates to the Congress will find much to fascinate them in the ancient capital. There is much to see worth two or three days' stay within its quaint walls. Commanding the St. Lawrence River for many miles, Quebec stands on a rocky promontory facing its sister city of Levis, on the opposite side of the mighty river. On the famous Dufferin Terrace the youth and beauty of Quebec promenade in the evenings under the glorious Canadian sunsets. In the winter-time this terrace is the scene of winter sports unexcelled in the most fashionable Swiss resorts. Many feet below, built into the face of the cliff, run the tortuous streets which remind the visitor of the days when this was New France, in the turbulent years of the 17th century.

Quebec, is, of course, famous in British history as well as in French. Where now English and French civilisations mingle harmoniously, one of the fiercest struggles for the New World took place—the Battle of the Plains of Abraham. Your guide will show you the place where General Wolfe and his hardy soldiers are said to have climbed up the face of the cliff, at Wolfe's Cove, and surprised the gallant Montcalm in the now famous struggle of the Plains. There is much in Quebec to remind the visitor of this struggle for possession of the gateway to the New World. Chief of these is the Monument des Braves and the Montcalm monument commemorating the heroic death in 1759 of the famous French General.

The harbour is one of the most important in the Dominion. The dock equipment includes a 2,000,000-bushel grain elevator, with conveyors, and 16 miles of railway tracks and plenty of accommodation for ocean liners. It is here that the Cunard and Anchor-Donaldson liners dock on

their way to Montreal from Europe and disembark third class passengers and any others wishing to commence their tour of Canada at Quebec. Quebec is also a port of call on the Eastbound voyages of these liners.

Plenty of accommodation is to be had in Quebec, from the luxurious comfort of the Chateau Frontenac to the more modest accommodation afforded by the smaller hotels and boarding houses scattered throughout the city. The cost of living in the town ranges from \$2. 50 a day up to whatever you wish to pay.

Trips out of Quebec include one out to the famous St. Lawrence Bridge, under which your Cunard or Anchor-Donaldson ship passes, and an unforgettable excursion to the famous shrine of Ste. Anne de Beaupré. To this shrine come hundreds of thousands of tourists every year from all parts of the world. The shrine was destroyed by fire in 1922, and is now being rebuilt. The drive by motor along the river separating the mainland from the Isle of Orleans is one of the most beautiful drives to be had in America. Coming back your guide will usually show you the Montmorency Falls—over 100 feet higher than Niagara—from the terraces of Kent House, once the residence of the Duke of Kent. There are many other excursions which the delegates to the Congress could take if time permits. There is the trip, for instance, to Baie St. Paul, on the north shore of the St. Lawrence, just beyond Ste. Anne de Beaupré. The old manor-house, built in 1718, is still standing, with its walls over two feet thick and great stone chimneys. Across the bay is Isle aux Coudres, one of the most historic islands in the river.

Other trips which could be taken are to Murray Bay, and Tadoussac, at the mouth of the Saguenay River, and to resorts on the south shore, like Riviere du Loup and Kamouraska. If you have two or three weeks at your disposal, delegates could not do better than take a boat to the Gaspé Peninsula, where some of the finest marine landscapes are to be enjoyed, and some of the best fishing on the continent.

GLIMPSES OF OTTAWA

BY MR. LEO COX.

OTTAWA—capital of Canada—is preparing to welcome the hundreds of nurses who are expected to attend the Congress of the International Council of Nurses, to be held in Montreal in July 1929, for no glimpse of Canada can be said to be adequate without a visit to what some call the most beautiful city in the Dominion. Ottawa is only a short run from Montreal, about three hours by train, reached either by C. P. R. or C. N. R., while the motor drive is one which cannot be easily forgotten.