

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.

If your stay in Ottawa is likely to be a short one, you can do no better than obtain a guide, either from the automobile club or from any travel agency in Ottawa.

The first place your guide will take you to will undoubtedly be the Dominion Parliament Buildings, a magnificent block of three separate buildings in the best Gothic tradition, in the centre of which rises the famous Victory Tower, work on which officially reached conclusion in 1927. On July 1st, last year, the dedication of the Victory Tower to the country was one of the most remarkable features in the ceremonies attendant upon the 60th anniversary of the Confederation of Canada.

The Victory Tower contains the now famous carillon of 53 bells, cast at Croydon, near London, England, and which have been played by various internationally known carilloneurs. Each summer the carillon concert is one of the attractions of a visit to Ottawa.

On the other side of the buildings are beautiful grounds which drop sheer down into the broad, swift Ottawa River. From here a magnificent view is obtained up and down the river and across to the thriving town of Hull, in the Province of Quebec.

Your guide will then probably take you to the Victoria Memorial Museum, in which is located temporarily the collection of paintings of the National Gallery of Canada. This museum also contains one of the most remarkable collections of Indian relics and handiwork existing today.

Lansdowne Park, through which runs the beautiful driveway, is the locale of the Central Canada Exhibition, which draws hundreds of thousands of people in August from all parts of the continent. Few cities in Canada, or in any other country, are blessed with so many trees, and boulevarded streets as is Ottawa. Parks and gardens are its great glory.

Your guide will then undoubtedly take you to the Experimental Farm, leaving the Ottawa-Prescott provincial highway. On this beautiful and orderly farm you would be able to examine the immense flower-beds, fascinating green-houses, orchards of fruit trees, bees, horses, chickens; while the chemical laboratories and the Dominion Observatory would keep you interested for hours.

Chaudiere Falls is one of the beauty spots of the city. Here you can see the majesty of the Parliament Buildings on the high river bluff. In a street-car ride, or motor drive round Ottawa, you pass the gates of Rideau Hall, the residence of the Governor-General of Canada. The grounds are extensive, although the residence is modest yet in the best taste. Further on is Rockliff Park, comprising about 90 acres of as pretty a park country as you could find anywhere in America. The view from the Park over the river is even more beautiful than anything you have yet seen.

Your guide will probably also show you the residence of the Premier of Canada, the Sacred Heart Church and the University of Ottawa, as well

as other points such as the Royal Mint, the Nepean Point Park and the entrance to the Rideau Canal. The first locks of this canal were built by a certain Colonel By a century ago ; in later years Ottawa was named Bytown in his honour, and afterwards changed to its present name.

If you have time, a trip to the Rideau Lakes, situated on the C. N. R. between Toronto and Ottawa will repay a visit to this famous fishing region.

SPECIAL POINTS IN THE CARE OF INFANTS UP TO 1 YEAR

BY THE EDITOR.

Healthy Infant

General appearance. Colour, condition of skin and hair, nutrition, facial expression.

Growth or development. Weight, height, amount of food taken, sleep, speech, mental powers.

Voluntary movements, type of clothing worn.

Cries of infant dentition.

Importance of breast feeding, management, number of feeds for the 24 hours at different months.

Weaning ; diet after weaning.

Artificial feeding. Preparation of feeds. Sterilisation. Pasteurisation. Method of feeding ; cleansing of the nurse's hands. Temperature of feed. Infant awakened for feeds ; held during feeds ; head and back supported in semi-recumbent position. Feeds given slowly. Time taken over feeding. Quantities of various ages. Proportions. Suitability of diet. Observations of quantities taken, crying, character of stools and urine, sleeplessness, vomit, colic, and weight at intervals. Normal number of stools and quantity of urine passed in 24 hours.

THE SICK INFANT

The attitude of the Nurse to the Infant ; lack of adequate mothering detrimental to the delicate infant.

Hygiene of the sick room ; fresh air, sunshine, no draughts, suitable temperature ; coal fire a necessity all the year round, if in cold climate.

Cleanliness. Instant removal of soiled linen.

Bathing ; temperature of bath, time, frequency, method.

Routine care of the scalp, nose, eyes, ears, mouth.