

heights than the writer, who perhaps was a little out of condition on account of the laziness of sea life. One of the buildings with which I was most pleased was that of the Young Men's Christian Association (built partly by the munificence of Mr. George Williams, of London, the founder of the Young Men's Christian Associations all the world over), which is quite a credit to the place, and from the top of which you get a magnificent view of the quaint old city, with its gates and narrow streets, and the pleasant suburbs, and the far-away plains and hills, amongst which the St. Lawrence or the river Charles, which runs into it here, urges on its wild career.

‘In a city where we have to contend,’ says the last Report of the Association, ‘against great disadvantages, where the Protestant population seems to be gradually diminishing, and the young men seeking other fields of enterprise, it is a matter of sincere thankful-