country can only be mentioned here as being ideal in every respect for a summer holiday.

"Storied Halifax," "St. John—The City of the Loyalists," "Prince Edward Island—The Garden of the Gulf," "Quebec—The Ancient Capital," "Fishing and Hunting," and "Summer Fares to Summer Haunts," are the names of some of the descriptive booklets issued by the Intercolonial Railway, and free copies can be obtained at the Passenger Office, 130 St. James street, Montreal, or by writing to the General Passenger Department at Moncton, N. B.

The steamers of the Richelieu and Ontario Navigation Company leave Montreal every evening for a delightful night-ride to the quaint old walled city of Quebec, returning the following evening, so that a pleasant day may be spent in Quebec, with two nights on the steamer. The surroundings of Quebec are also very interesting, and Montmorenci Falls and the shrine of Ste. Anne de Beaupré are well worth a visit.

Steamers leave daily for Prescott, thus affording an opportunity of viewing the most wonderful chain of canals in the world, and the exciting experience of shooting all the rapids on the return journey. This trip only occupies a day and a half.

Another short trip of but a few hours' duration is by the steamer "Boucherville" down to the pleasant grove of Isle Grosbois and Boucherville. The trip to the town of Laprairie presents, both on the going and return journey, an excellent opportunity of viewing the gigantic Victoria Bridge.

When making the trip to Quebec, if time will permit, the tourist should not miss the opportunity of making a side trip down the picturesque lower St. Lawrence and up the far-famed Saguenay River. The beauties of these two rivers are unequalled on the continent, the trip up the Saguenay being practically a trip through the mountains, not in a birch-bark canoe, but in a palatial steamer, replete with all modern improvements.

Montreal has much to offer in the way of recreation, being the sporting centre of the Dominion, and at all seasons of the year appropriate contests may be seen.

Sporting Centre.

In Montreal will be found pastimes peculiar to Canada, and in no other city on the continent are these peculiar games played with such skill. The