

SEVEN DAYS IN QUEBEC.



IF you spend a week in Quebec, one of your days must of necessity be a Sunday, and there are many churches from which to choose.

The English Protestant Cathedral, which is situated on a stately square near the Terrace, and surrounded by beautiful linden trees, is a fine old building and contains two tattered flags which create a romantic interest. They were left there by the 69th Regiment of the British Army when it was presented with new colors in 1870.

One of the spectacles on Sunday mornings is the assembling of the Canadian regulars in the Cathedral Square, after service and their quick march off to the Citadel headed by the regimental band.

St. Matthew's Church, out on St. John Street, is surrounded on three sides by an interesting old burying-ground, in which near the street is a tomb-stone erected to the memory of a brother of Sir Walter Scott. Among the Roman Catholic Churches the Basilica has of course the best music; but those who want an English speaking preacher must go to St. Patrick's Church, the large edifice upon McMahon Street.

A sermon from nature may be found in a Sunday afternoon walk upon the *Glacis*, where one cannot be driven. Strolling along the heights one is elevated physically and spiritually by the sight of those peaceful blue mountains upon the horizon, and the quiet flowing St. Lawrence far below. Even the Martello Towers no longer suggest wars nor rumors of wars, for in these times of peace they do but keep watch upon the squads of red-coated golfers,