fact that Montreal, although 1,000 miles from sea, is one of the world's largest seaports. This gives it a cosmopolitan flavour, and explains why it is often described as "the Paris of North America".

Another reason why Montreal deserved this distinction, Douglas told Paul, was because it was the second-largest French-speaking city in the world. Only Paris itself was larger.

HEART OF FRENCH CANADA

The next day Mr. Simpson and the children flew 200 miles down the St. Lawrence to Quebec City, capital of the Province of Quebec. Here Betty and Douglas practised speaking French wherever they went. Although their pronunciation was not perfect, they found that their efforts awakened a warm welcome and friendly understanding everywhere.

They were struck with the great beauty of the rocky fortress round which Quebec had grown. Instead of climbing straight to the top, at Betty's insistence they first found one of the old city gates and then walked along beside part of the stone walls, which had first been built more than 350 years ago. Then they explored the narrow crowded streets of the ancient Lower Town, nestled at the foot of the cliff, and visited the site on the river where the explorer Champlain landed in 1608 and founded his settlement.

After this, they climbed up a winding lane with many steps that brought them first to the Upper Town and after-



SAINT LOUIS GATE (LOWER TOWN OF QUEBEC)