



Part of the Old Ramparts



French and English Soldiers



1759

in the bracing air of the Canadian winter. Instead of the enervating climate of the South, that makes exertion of every kind a burden, physical exercise in Quebec, during the season of frost and snow, is a positive pleasure. The more one walks, or drives, or skates, the more temptation there is to continue it. The bracing atmosphere of the Canadian winter is the very elixir of life. The bronchial affections that are developed and cultured by the stuffy air of a muggy winter, invariably yield to the curative effects of the clear northern atmosphere of Quebec during the cold months of the year.

If Quebec is beautiful in the richness of her summer verdure, she is perfectly sublime in her pure array of regal ermine, when the drifted snow envelopes churches and cloisters, saints and sinners, streets and dwellings; and the delicate tracery of branch and twig are crystal-plated by Nature's own process. To view the old city aright, it is as necessary to see her when the icy diamonds in the tiara of her Citadel-