

ALHHS 2007 MONTREAL

Dear friends,

Welcome to Montreal! The following lists are just a sample of what is available in the city. I have tried to focus on those places that are close and/or which my friends and I think are noteworthy. Much more complete information on all aspects of the city can be found on the web, of course. I would recommend the site of Tourisme-Montreal, a body partially funded by the national, provincial and municipal governments to promote Montreal (<http://www.tourisme-montreal.org/B2C/00/default.asp>). This site has information about accommodations, restaurants, attractions and general information and maps of the city.

A good map of the downtown area, which shows major features and metro (subway) stations, can be found at <http://www.stm.info/English/info/centre-ville2006.pdf>

Passports are necessary for all but U.S. travelers to get into Canada, but American will need one to get back into the States by air, and I suspect it is very useful for land crossings. Also, it looks like the appealing tax rebate for foreign visitors to Canada has been eliminated. See the Canada Revenue Agency website for details <http://www.cra-arc.gc.ca/visitors>.

Weather can be variable in Montreal in early May, with warm days and cool evenings, or cool days and cold evenings. It is best to check out the weather before coming. Try the five day forecast at the Environment Canada website, which also converts metric into imperial units (http://www.meteo.ec.gc.ca/city/pages/qc-147_metric_e.html).

If you have any other questions or need any help, just let me know.

I look forward to seeing you,

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HOTELS

Like any big city, there is the typical range of chain hotels downtown, auberges and boutique hotels in Old Montreal, bed and breakfasts scattered here and there and motels on the edge of town. For detailed listings, see the Accommodations section of the Tourisme Montreal site, which allows you to search for accommodation type and area (use downtown) <http://www.tourisme-montreal.org/B2C/06/accommodations.asp>. There are several bed and breakfasts in the downtown area and smaller hotels in Old Montreal that could provide an interesting alternative to the big hotels.

In terms of hotels, some possibilities near the ALHHS/AAHM area are:

- **Best Western Hotel Europa Downtown**, 1240 Drummond Street, between Rene Levesque and Ste. Catherine, 1-800-361-3000. <http://www.europahotelmtnl.com>.
- **Best Western Ville Marie Hotel and Suites**, 3407 Peel, at Sherbrooke, 1-800-361-7791. <http://www.hotelvillemarie.com>.
- **Days Hotel and Conference Centre Montreal**, 1005 Guy, corner of Rene Levesque, 1-877-468-3550. <http://www.daysinn.qc.ca>
- **Four Points by Sheraton Montréal Centre-Ville**, 475 Sherbrooke Street West, 1-800-842-3961. www.fourpointsmontreal.com. Just east of McGill University, this is considered more affordable than the Centre Sheraton on Rene Levesque, where the AAHM conference is being held.
- **Quality Hotel Montreal**, 3440 du Parc, north of Sherbrooke, 1-800-228-5151. (Place des Arts Metro Station) <http://www.qualityhoteldowntownmontreal.com>.
- **Fairmont the Queen Elizabeth**, 900 Rene Levesque Blvd West, between Peel and University, 1-800-441-1414. <http://www.fairmont.com/queenelizabeth>. Close to the AAHM site, but expensive.

RESTAURANTS

Montreal is famous for its restaurants. The following is a pick of places that people I know like. For more information, try <http://www.restomontreal.ca/index.php?lang=en>, which allows one to search by area of the city and cuisine. Diners also post comments, which are not always positive. See also <http://www.tourisme-montreal.org/B2C/06/restaurants.asp> for restaurants.

Downtown:

- **Café Vasco de Gama**, 1472 Peel, between Ste. Catherine Street and de Maisonneuve. 514-286-2688. Specializes in burgers and sandwiches with unexpected ingredients such as fois gras, duck, lamb confit and hand-ground tuna. Also serves breakfast during the week from 7 am on (ask about the week-ends).
- **Mister Steer**, 1198 Ste. Catherine Street, near Drummond. 514-866-3233. This is a good place for beef and chicken. Not fancy, but good and filling.
- **Restaurant Sho-dan**, 2020 Metcalfe, near de Maisonneuve, 514-987-9987 and 1425 Rene Levesque, between Bishop and Mackay, 514-871-0777. Sushi/Japanese food. Very good but expensive.
- **Restaurant Zen**, 1050 Sherbrooke Street, near Peel, 514-499-0801. Omni Hotel. This is a sort of Chinese nouvel cuisine restaurant, very tasty but expensive. As an alternative, try eating in Chinatown.
- **Reuben's**, 1116 Ste. Catherine Street, near Peel. 514-866-1029. Deli and steaks. This is the place to go to try a Montreal smoked meat sandwich if you can't get out to Schwartz (see below)

A bit further away, but worth the effort

- **Prince Arthur Street**, east of St. Laurent Blvd, west of St. Denis. (Sherbrooke Metro Station or the 55 bus north from the St. Laurent Metro Station). A whole series of restaurants here, predominately Greek, with terraces and an active street scene (closed to cars). Most of the restaurants allow you to bring your own wine too. A possible place to go is to the **Casa Greque**, 200 Prince Arthur East, 514-842-6098, which has plentiful, inexpensive Greek food, a terrace and allows you to bring your own wine (in other words, an archetypal Prince Arthur restaurant).

- **Schwartz Montreal Hebrew Delicatessen**, 3895 St Laurent, north of Avenue des Pins, 514-842-4813. (St. Laurent Metro Station, then the 55 bus north or walk). Many, many people in the city consider this to be the best smoked meat sandwich in Montreal, if not the world. The atmosphere is drab, in fact one ends up sharing large tables with others, but the line-ups outside the door tell you something about the quality and popularity of the food. If you can, don't order a lean sandwich (where they trim the fat) but enjoy the full taste. They don't take credit or debit cards, but there is an ATM machine.
- **L'Express**, 3927 St. Denis, between Roy and Duluth, 514-845-5333 (Sherbrooke Metro Station). A highly recommended **French bistro**, not cheap but very, very good, I'm told.
- **Psarotaverna du Symposium** 3829 St Denis, between Roy and Duluth. 514-842-0867 (Sherbrooke Metro Station). Great Greek seafood.
- **Chinatown**. There are a great number of restaurants in the area, catering to Chinese and non-Chinese clientele. I don't think I've ever gone to a really bad restaurant here (however, I tend to avoid buffets). The norm is plain décor, good Chinese food and good prices, an alternative (and perhaps an antidote) to the upscale, business crowd catering Zen Restaurant on Sherbrooke Street. You might want to try **Maison Kam Fung**, 1111 St. Urbain, corner of Rene Levesque, 514-878-2888, (Place d'Armes Metro Station). The dim sum comes highly recommended. Another place that comes recommended is **La Maison VIP**, 1077 Clarke, South of Rene Levesque, 514-861-1943, (Place d'Armes Metro Station).

Books, Museums and Sites

1) Bookshops - used and rare

Montreal has a number of used and rare bookshops, several of which deal primarily in English language titles. A partial list of them can be found on the Used Book Circle website (<http://www.usedbookcircle.com/ubc-montreal.htm>).

A selection of these in the general ALHHS meeting area includes:

- **Ex Libris**, 2159 Mackay - between Sherbrooke Street and de Maisonneuve, 514-284-0350. Robert Campbell must have Canada's largest stock of historical medical and scientific books, as well as secondary works in these subjects. He also has strong holdings in the history of ideas, art and architecture and military history. Well worth a visit.

- **The Word**, 469 Milton - East of University, 514-845-5640. Just East of the McGill University campus, the Word supplies students, academics and lovers of good books with high quality books at prices that suggest that Adrian and Lucie King-Edwards care as much about sharing their passion as in making a living. Main areas are literature, poetry and philosophy, but they have holdings in the usual areas, including small sections in medicine and science.
- **Odyssey**, 1439 Stanley - between de Maisonneuve and Ste. Catherine, 514-844-4843. Good stock of general books with some antiquarian, as well as musical LPs.

Books - New

This is only a selection of near or noteworthy shops.

- **Argo Books**, 1915 Ste. Catherine, between St.-Marc and du Fort, 514-931-3442. A very small but discriminating independent bookshop, with a good selection of books about Montreal and works by local authors, as well as general literature and other subjects. The store was founded 41 years ago with the explicit mission of bringing high quality literature at good prices to Montrealers.
- **Chapters**. 1171 Ste. Catherine, corner of Stanley. A three story box store of books and trinkets, with a café. There are some French titles and discounted remainders.
- **Gallimard**, 3700 St. Laurent, between Sherbrooke and Avenue des Pins, 514-499-2012. (St. Laurent Metro Station). Perhaps the most intellectual of **French** language bookshops in Montreal. Since a great deal of the stock is imported, prices here are not for the faint hearted!
- **Indigo Books and Records**, Place Montreal Trust (corner of Ste. Catherine and McGill College), 514-281-5549. Another box store owned by Chapter's, but with a largish selection of music cds as well.
- **McGill Bookstore**, 3420 McTavish, north of Sherbrooke Street, 514-398-7444. The university bookstore, which in addition to course books also carries a large number of books in a variety of fields, plus the usual university souvenirs.
- **Paragraphe Books**, 2220 McGill College, just south of McGill University, 514-845-5811. A good selection of scholarly and popular titles owned by a Quebec chain of music and book stores.

2) Museums and Galleries

- **Musee des Hospitalieres de l'Hotel-Dieu de Montreal**, 201 Avenue des Pins, corner of St. Urbain, 514- 849-2919 (Place des Arts Metro Station, then walk or take the 80 bus north, or go to the Sherbrooke Metro Station and take the 144 bus). This is a must see for those who are interested in hospital history, particularly an example of how the Catholic church developed and ran health services in Quebec from the 17th century until very recently. Exhibit signs are for the most part bilingual French and English. Their website has an English section <http://www.museedeshospitalieres.qc.ca/> (see link on the bottom right). The American Association for the History of Medicine is planning a tour of this museum.
- **McCord Museum of Canadian History**, 690 Sherbrooke Street, across from McGill University, 514-398-7100. The museum has a large collection of native Canadian and Montreal artefacts, including decorative arts and costumes. It also has very large archival collections, especially the Notman Collection of historic photographs of nineteenth century Montreal. <http://www.mccord-museum.qc.ca/en/>
- **Redpath Museum, McGill University**, 514-398-4086. Located on the campus of McGill University. This recently restored museum has exhibits on Quebec natural history, geology and ethnographic material from around the world, including mummies and dinosaur bones. <http://www.mcgill.ca/redpath/>
- **Montreal Museum of Fine Arts**, 1379-1380 Sherbrooke Street (between Crescent and Bishop), 1-800-899-6873. The museum has a large, diverse permanent collection of paintings and other media, plus hosts touring and special exhibitions. Admission to the permanent collection is free. <http://www.mmfa.qc.ca/en/index.html>
- **Canadian Centre for Architecture**, 1920 Baile Street, 514-939-7026. This museum is actually just a few blocks west of the Centre Sheraton hotel on Blvd. Rene Levesque, site of the AAHM this year. This is a world class architectural museum, with exhibits drawn from its own vast collection, as well as special exhibitions. The bookstore is also extensive. This is a wonderful place for those interested in architecture or who appreciate museums that believe that people go to them to learn something. <http://www.cca.qc.ca/>
- **Musée d'art contemporain de Montréal** (Museum of Contemporary Art), 185 Ste. Catherine (corner of Jeanne Mance), 514-847-6226. This is the premier contemporary art gallery in Quebec and features local and international works. <http://www.macm.org/en/index.html>
- **Pointe-à-Callière, Montréal Museum of Archaeology and History**, 350 Place Royale, 514- 872-9150. This museum, located in Old Montreal across from the Old Port, uses archeological remains to tell the story of Montreal's history, focusing on the immediate area. <http://www.pacmuseum.qc.ca/index.aspx?lang=EN-CA>

3) Sites and Neighbourhoods

Montreal is a city of neighbourhoods. People tend to have strong affinities with certain areas because of their particular ethnic, cultural or architectural make-up. Personally, strolling through different areas, sampling the food, admiring the architecture and checking out the shops is a never-ending source of joy and discovery.

- **Downtown.** This is the area around which the ALHHS and AAHM meetings will take place. Main features include Ste Catherine Street, an East-West artery that has a great number of shops, restaurants, shopping malls and movie houses. It is a real mixed bag, with upscale department stores such as Ogilvy's (1307 Ste. Catherine, corner of de la Montagne) and strip clubs a stone's throw from each other. The street takes a decided turn for the seedy at St. Laurent. Boulevard. Sherbrooke Street is much more uniformly upscale, with office buildings, shops, galleries and hotels. There are also some remnants of the days when this was the main street for the Golden Square Mile, the residential area with the greatest accumulation of wealth in Canada in the nineteenth and early twentieth centuries. Some mansions remain on Sherbrooke Street and the side streets going north from it, many having been saved by McGill University. Rene Levesque Boulevard is a cold street of office towers, a cruel irony in that it was renamed in honour of a Quebec politician known for his humanism. By the way, you may hear of the **underground city**, which is essentially a number of downtown shopping malls and other places linked to by the Metro and passageways.
- **Mount Royal Park.** The mountain that acts as a backdrop to the downtown skyline was opened as a park in 1876. It was designed by Frederick Law Olmsted, who also did New York's Central Park. Despite some subsequent building, the mountain is still a pleasant place to stroll around, with a very nice view of the city, the St. Lawrence River and beyond from the Chalet Lookout. To get to the park either go up to the end of either Peel or Drummond streets to get on to the foot paths, or take the number 11 bus from the Mont Royal Metro Station.
http://www.lemontroyal.qc.ca/en_index2.html
- **Old Montreal.** This is perhaps the most popular part of Montreal for tourists. This is the area along the waterfront where the city was founded and from which it grew. There are buildings in the area dating back 300 years. Many of the streets are cobblestoned. Some of the more popular spots include the Old Port, a redeveloped strip of land along the waterfront, Notre Dame Cathedral, which is an ornate 19th century Roman Catholic church on Place d'Armes, and Jacques Cartier Square, which has a number of artists and street performers. There are also a number of restaurants of varying quality, as well as shops and some hotels. It is near the Champ-de-Mars, Place d'Armes and Square Victoria metro stations. <http://vieux.montreal.qc.ca/>

- **Chinatown.** North of Old Montreal, Chinatown is a collection of restaurants, grocery stores and shops, along with a couple of herbal pharmacies centered on de la Gauchetiere Street and Boulevard St. Laurent. The more traditional Cantonese population has been joined by more recent Vietnamese immigrants. Place d'Armes metro station.
- **St. Lawrence Boulevard/the Main/Boulevard St. Laurent.** This street goes by three names, the official French one and two local ones, which should give you some idea of its importance to Montrealers. It was traditionally the main street of the Jewish community, where restaurants serving smoked meat sandwiches to the workers in the garment buildings. This is the Montreal made famous in the novels of Mordecai Richler. Much has changed, however, although there are still some remnants of this (see Schwartz in the restaurant section). Today, Boulevard St. Laurent hosts upscale clubs and restaurants, Latino grocery stores, artists' lofts, student cafes and the mix of other things. It is best to walk north from Sherbrooke Street and watch the panorama unfold. St. Laurent Metro Station.
- **Quartier Latin/Boulevard St. Denis.** A good area to experience French café and Bistro culture and the home of many terraces. Best bet is to go north along St. Denis from Ste. Catherine Street. Berri-UQAM metro station.
- **Gay Village (sometimes called The Village).** Montreal has a reputation for being a tolerant place, and this is seen in the extensive and lively gay and lesbian communities. This part of Montreal has a number of clubs, bars, restaurants and accommodation. For more information see http://www.tourisme-montreal.org/B2C/00/default_gay.asp. Beaudry Metro Station.