

was fully impressed with a conviction that he was one of those who were labouring for a future and eternal reward. There was indeed such a seeming happy coincidence of disposition between the different members of this house, that they appeared to be animated only by feelings of obedience and resignation. After dinner, I was introduced to another monk, who kindly shewed me the house; we ascended by ample stone stairs, the bannisters of which were of iron, to the first and only floor. The house seemed constructed on the ancient scale of opulence, and to have been once tenanted by a lordly possessor. On the right is the dormitory, situated over the chapel. The abbot has a small room or study the, door of which opens into this apartment, and behind it is another room, to which you ascend by a few steps, appropriated to the use of those whose business was more constantly on the farm. The beds were composed of straw, made into hard palliasses; the covering consisted of a blanket. The front windows look over a wide extent of country; immediately below them is one of the gardens in which are grown vegetables—the principle diet of the monks. On the right was a new chapel then unfinished; and beyond it the ruins of a church which the revolutionary fury had demolished. In the garden and shrubbery the monks take their occasional recreation; but it is remarkable that few avail themselves of the hour after dinner devoted to exercise: the majority prefer spending it in prayer before the altar. On the left of the landing-place are situated, the apartments in which pious christians, who needed a temporary retirement, were accommodated. They pay a trifling sum for their board; one of the rooms was then occupied by an English

gentleman, who had served in the peninsular war: he spoke of the brothers with a sincere fervour, inspired by an admiration of their charity and meekness. He declared that the time he had spent in the monastery was the happiest period of his life. From the chapel you ascend by a black staircase to another large apartment, called the chapel room, where the monks daily conclude their devotions—In this room are a number of shelves for books, and here the brethren publicly acknowledge whatever breaches of their rules or other faults they may have been guilty of.

The monks are divided into two classes. Those who sing the office are called the choir religious, and those who are more constantly employed on the farm are termed lay-brothers. The habits of all are composed of coarse woollen cloth, the only difference being in the colour. They also wear hoods, like those usually represented in drawings; the silence maintained might be thought the most difficult part of the rule; yet I could hardly perceive that any effort is necessary for them to comply with it. Though they never speak, they perfectly understand each other, nor does it seem to banish that vivacity and cheerfulness so well becoming christians. The number of this community, when I saw them, was somewhere about forty. Several, I understood, leave it after spending some time in their noviciate; but the abbot assured me, during his short interview, that many returned and perseverance crowned their efforts. Their austerities are considered by the generality of christians as extremely rigorous. They fast for more than six months of the year on one meal, and perpetually abstain from flesh-meat, fish, butter, eggs, and cheese. The diet is generally