

immediately followed by compline and other devotional exercises till 7, when they retire to their much needed rest on their hard straw mattresses. Perpetual silence is prescribed, unless in case of necessity, so that the Trappist's whole life is one of extraordinary austerities and of incessant recollection, reminding him at every turn of the shortness of life and the tremendous rigor of judgment. The time-table for summer varies in some minor practices and observances, while, according to that of Sundays and holidays, those religious in the latter case rise at midnight, and in the former at 1 a. m., and busy themselves till 7 o'clock, p. m. during winter, and 8 o'clock during summer in the praises of the Lord.

James Merle was born at Lyons, France, the 29th October, 1768. His father was a much respected physician in that city. On the 7th of April, 1798, while the godless Revolution was carrying resistless devastation over the country, he privately received the holy order of priesthood at the hands of Mgr. C. F. D. Dubois de Sanzay, Archbishop of Vienne, and seven years afterwards he entered the Trappist Order, taking the name of Father Vincent de Paul, by which he has always since been known.

In his memoir Father Vincent speaks of having bought a large tract of land near the sea in Nova Scotia, and of having built a house thereon. This was in Tracadie, where he resided for some years previous to his return to France in 1823. In 1824 he came again to Tracadie with another worthy priest of his Order, Father Francis, a native of Freiburg, together with three lay brothers, and the house above referred to became thenceforth the monastery of Petit Clairvaux. A few years later three other lay brothers were admitted, two of them from Halifax, and one from the United States.

Until the Rev. John Quinn was appointed parish priest of Tracadie, (1837) Father Vincent had pastoral charge of the