

the close of the eleventh century, when St. Robert (1098) inaugurated a reform at Cîteaux, which resulted in the establishment of the Cistercian Order. A monastery of this Order was subsequently (1140) founded in La Perche, France, by the Count of Perche, and was called La Trappe. In 1662 the commendatory abbot of La Trappe, Armand Jean le Bouthilier de Rancé, a nobleman who abandoned wealth and a brilliant career, visited La Trappe, undertook a new reform of the Cistercian rule, and thus became the founder of that branch of this Order which became known as the congregation of La Trappe. In consequence of the Revolution of 1789, one of the Trappist Fathers, Dom Augustin conducted twenty-four of his brethren from France to Valsainte, in Switzerland. Here they decided to adopt a rule still more strict than that which they had hitherto observed. This step occasioned a division in the Trappist Order: some monasteries following the rule of Valsainte, others that of de Rancé. An appeal to Rome resulted in a decree dated October 3rd, 1834, by which all Trappist monasteries were placed under one government. The decree not having however had the desired effect, the Holy See decided in 1847 to sanction two distinct congregations, one to follow the constitution of de Rancé, and the other to observe the rule of St. Benedict, with the primitive constitution of the Cistercian Order. To the latter congregation belong the Trappist monasteries of Canada and the United States, whose time-table on week days during winter is as follows:—

At two o'clock, a. m., the Trappists rise and proceed to their chapel, where they devote their time to the recitation of the Office, meditation, &c., till 7.45, when they have High Mass, followed by manual labor, which, with the interruption of only half an hour given to the recitation of Office and examen of conscience, continues till 2 p. m. Ten minutes more and they break their long fast of twenty-four hours with the lean and only repast of the day. At 6 p. m. begins spiritual reading,