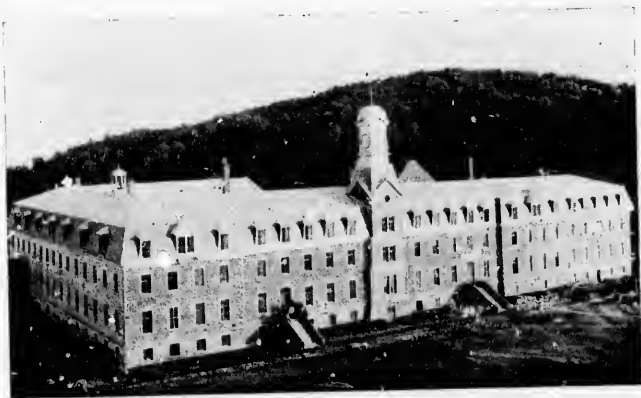


as fabricators of wine and cider they keep up their old world reputation.

The rules of the order of the La Trappe monks are very strict ; and only male visitors are admitted into the Monastery—ladies are politely stopped at the threshold ; no conversation between the members of the Order is permitted, except by special permission of the Abbot, and then as few words as possible must be used. The monks are compelled to rise at 2 a.m. for prayer and meditation. One meal a day only, as a general rule, is permitted, and there is entire abstinence from meat, fish, eggs or butter ; a spare quantity of bread, vegetables and



The Trappist Monastery, Oka.

milk only being allowed. It is most interesting to watch the monks in the field performing their silent labor, in the garb of their Order, and the sombre brown costume of the novice brother forming a striking contrast to the bright dress of the brother in full orders. How strange all this active life going on without a sound being uttered ; to see them fall suddenly on their knees while the father, whose duty it is, performs "the office." Everything is done by rule, and whatever the occupation, it must be suspended when the bell sounds for the religious exercises.

A day or two may be spent most pleasantly at the Monastery, where the comforts of man are well attended to by the polite and gentlemanly monks of La Trappe.

Stages are always in readiness at the steamboat wharf at Oka to meet the steamer every day to convey visitors