

an insuperable aversion to *soupe maigre*, but her mother, who was always present when the children took their meals, compelled her to eat it, notwithstanding her reluctance and her tears.¹ Mary Beatrice, from whose lips these little traits of her childhood were recorded after she was herself a parent, was wont to say, "that the duchess her mother considered this severity as her duty; but, for her own part, she would not imitate it, for on fast days, when she was compelled to eat of the *maigre*, she always left the table in tears, and she wished not for her children to regard any observance connected with their religion in so painful a light, but rather to perform those little sacrifices of inclination as voluntary acts of obedience."² Her mother forbade sweetmeats and cakes to be given to her and the little duke her brother, lest such indulgences should create a propensity to gluttony; but that these orders were frequently broken there can be no doubt, for Mary Beatrice, when discussing this matter, also in after-years, said, "I advised my son and daughter not to eat sweetmeats and cakes, but I did not forbid them, well knowing that these things would then have been given them by stealth, which it is not always possible to prevent; and this would have accustomed them to early habits of concealment and petty artifice, perhaps of falsehood."³

The duchess of Modena discouraged every symptom of weakness and pusillanimity in her children, considering such propensities very derogatory to persons who are born in an elevated station. Those who conduct the education of princes can never place too much importance on rendering them, habitually, insensible to fear. Intrepidity and self-possession in seasons of peril are always expected from royalty. The greatest regnal talents and the most exalted virtue will not atone to the multitude for want of physical courage in a king or queen. When Mary Beatrice was a little child, she was frightened at the chimney-sweepers who came to draw the chimney of her nursery; her mother made them come quite

¹ Inedited Memorials of Mary Beatrice d'Este, in the Secret Archives of the Kingdom of France.

² Ibid.

³ Ibid.

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¹ MS. Memorials of Mary Beatrice d'Este, in the Secret Archives of France.

² Ibid.