

faces the Mediterranean Sea. Beneath the high altar which is dedicated to the Blessed Virgin, is the Grotto of Elias. This grotto was once the dwelling place of the great prophets Elias and Eliseus. We entered it down a flight of five steps. The grotto is about fifteen feet long by ten feet wide. It was here where the prophet lived, and it presents the same appearance now as when St. Elias resided there. It is yet black from the smoke of the fire used by the prophet in preparing his meals. There are three altars within the grotto, and two other priests and myself celebrated Mass there at 12 a. m. on the first day of May. Although it was so early, some Arabian boys were in the church ready to serve our Masses, and it was very edifying to hear them answer the prayers. When a priest has the happiness to offer up the Sacrifice of the New Law in the place where the prophet Elias lived, the soul is moved to thoughts of great devotion. The high altar of the church is above the grotto. The sanctuary is fourteen feet higher than the floor of the church. The altar is crowned with a grand statue of Our Blessed Lady of Mount Carmel. On her right arm reposes the Holy Infant, and in the left hand she holds the holy Scapular.

Having come from the church we noticed before us the small pyramids which mark the burial place of the French soldiers, who were massacred by the Saracens at St. John d'Acre in 1799. Every year the French pilgrims offer up Mass for the repose of the souls of these soldiers. At the northern extremity of the enclosure of the convent grounds is the summer palace of Abdallah Pascha. It is built from the remains of the old monastery. The building is now used to lodge the native pilgrims, and for the last twenty years has had a tower which serves as a light-house.

I would like to give a few historical details about Mount Carmel. At the time of the chananeans, Carmel was a kingdom,

Their king was killed by Josue. It is believed that Lamech killed Cain the fratricide on Mount Carmel. It was on Mount Carmel that God, through His prophet Elias, confounded the ministers of Baal. This famous mountain was the home of Elias and Eliseus who had their school there. It was on Carmel where the Sunamite came to tell Eliseus of the death of her son, who was restored to life by the prophet.

The beauty of Carmel often serves as a comparison in Holy Writ. According to tradition, St. Anne kept her flocks here, and had a house for the shepherds which was often visited by St. Anne and the Blessed Virgin. It is also believed that the immaculate Mary on her return from Egypt remained there for some time with the divine Child and St. Joseph. During the stay, Mary with her divine Babe occupied the Grotto of Elias.

In the early ages of christianity, the hermits who inhabited Mount Carmel embraced the Gospel and united with the Apostles in preaching Jesus Christ. Towards the year 83, the hermits built a church, which, according to Joseph of Antioch, was dedicated to the Blessed Virgin. 130 pious hermits left their convent in order to preach the gospel in Samaria and Galilee.

In the fourth century St. Helena built a church on Mount Carmel. In the year 412, John, the Patriarch of Jerusalem, gave a Rule to the Hermits of Mount Carmel.

Mount Carmel has been the home of many saints, amongst others being St. Narcissus who lived in the first century, and became Patriarch of Jerusalem. In the third century St. Spiridon, Bishop of Cyprus, resided there. St. Eutemus dwelt there. He founded a branch house at Jericho. In the sixth century St. Cyriacus and St. James adorned the holy mount by their saintly lives.

Towards the middle of the 12th century the venerable Berthold united the Carmel-