

A Day At the Great Carmelite Hospice.

(By a Special Correspondent.)

Niagara Falls, Ont., July 16.

ON THE WAY.—All aboard! the big ropes are flung from the dock, the last comers scramble on board, the large steamer moves slowly from the moorings and on the 16th of July, 1903, the beautiful feast of Our Lady of Mount Carmel, the passengers on the "Cheppewa" from Toronto find themselves crossing the broad bosom of Lake Ontario bound for the now noted Hospice of Mount Carmel.

A steam of two hours and we find ourselves at historic Queenston; here the electric cars are taken and for an hour we follow the zig-zag road leading to the goal of our desires. Anything more beautiful than the planning of Nature along the route could scarcely be imagined; trees in many shaded green foliage line the banks where the pinkish loam in which the roots are set attracts the attention of even the least observant; here and there one looks into the wonderful basins of the cataract where the seething waters play unceasingly and the whirlpool performs its never ending and changeless role. From our elevated site the eye follows the serpentine way of the "Gorge-Route" which skirts the almost edge of the precipice seems the very closest link possible between time and eternity. On either side are the orchard of apple or peach, the field of gracefully flowing corn or expanse of white-blossomed and sweet smelling clover. At the "Whirlpool" the car is stopped to give the passengers an opportunity to view this fascinating specimen of Nature's activity, and then on again until the town is reached; after this a hill and at the summit the Hospice, the hospitable house of the monks of Mount Carmel.

Here for a moment one goes back in thought to Palestine where Carmel first of the name is situated; one compares its height above the sea, its rich verdure, its innumerable caves and its hospitality to pilgrims with the scene that meets the eye and we say "truly history repeats itself," here on the western continent is a second Carmel pointed out by a second Elijah; the elevation overlooks the magnificent Falls, Nature's green surrounds it, the monastery door stands open to all and the brown-cassocked monk like another Berthold extends the hand of welcome to all who come that way.

HISTORY OF THE HOSPICE.

The story of the origin of the Hospice is one that tells us that the nineteenth and twentieth centuries are not altogether materialistic; the sublime stands out strongly at intervals. To the Most Rev. John Joseph Lynch, late Archbishop of Toronto, is due the inception of the Hospice. When this prelate first saw the magnificent waters, he was filled with their grandeur and unceasing activity which to him seemed an endless psalm of praise to the glory of their Creator, and from that moment his desire was to found there a house which in its prayer and work should be typical of the mighty cataract. The means employed to bring this about are too numerous to mention here, but from a pastoral letter of the Archbishop we get the pith of his idea. "I have searched," he said, "for a fervent congregation of men to found a monastery and church worthy of the place and its destination. Enthusiastic pilgrims of Nature's grandeur come here to enjoy its beauty; others alas! to drown remorse. We desire to have a religious house where pilgrims would be attracted to adore Nature's God in spirit and in truth." This desire has culminated in the present Hospice and shrine, but there yet remains much to be done. It is the intention that the building when completed shall consist of three parts; a central wing or shrine with the Hospice on one side and the monastery for the members of the Order on the other.

As yet only one wing is built; the Guest House is a substantial erection of grey stone in the shape of an "L," the sides being 200 and 250 feet in length; twin towers 35 feet from the ground crown the graceful facade with its many massive supporting pillars of granite,

the whole presenting to the eye an enduring and artistic figure. The interior is everywhere suggestive of cleanliness, order and comfort, but with the exception of handsomely stained glass windows on the landings there is nothing that speaks of elegance or wealth. We know, of course, that luxury is no part of the Carmelite environment, but then we somehow associate the idea of art in painting and in architectural design, in richness of vestments and in the appointments of the sanctuary, in the well selected volumes and in phases innumerable — with the ideal monastic retreat, but so far all these are wanting—wanting too for lack of funds, for the outlay before the whole idea is completed will be great and the income is in no wise proportionate to the demand. Here then is a chance for the generous giver. Not money alone but statuary, books, pictures, adornments for the chapel, vestments — a hundred and one things that which might suggest themselves will be found most useful and command a grateful reception and at the same time help build up a shrine and hospice destined to become one of the most famous and lasting in the western world.

The House has accommodation for sixty guests; the rooms open into long and lofty corridors; one floor is devoted to men, another to women, and a third for families; there is also a dormitory where women may be accommodated at the reasonable sum of five dollars a week. Ordinary rates are from a dollar fifty to two dollars a day. Everything is up-to-date; plumbing, lighting, heating are perfect; an office with equipment for long-distance telephone is among the modern conveniences; a large and beautifully lighted library which commands a magnificent view is one of the attractions the house affords, the books, however, are not as numerous as it is hoped they will be in the future. The institution is unique in the fact that it is the only house in the world where the cooking and heating in addition to the lighting are done by electricity. Down in the kitchen the ovens and furnaces send out their juicy joints and russet loaves, but no glowing embers or consequent gray ashes are used in the process, but as in the days of the Arabian Nights a magic button is pressed the heat comes on, and without dirt or laborious cleaning the work is done. The lion's share of the building of the Hospice done by the Rev. Father Kreidt. The present Superior is Rev. Father Best, who receives the pilgrims who find their way thither with the courteous hospitality of the English gentleman.

THE SHRINE.—The shrine or chapel of Our Lady of Peace was built in the early part of the last century. To it in the time of Archbishop Lynch, and through his solicitations, Pope Pius IXth granted all the favors and indulgences of the old and famous shrines of Europe. These privileges are all transferable to the new shrine when built.

The little chapel can boast of no beauty. The wonder is that being so long known and having been visited by so many thousands that nothing in the way of votive gift or other offering is in view. Everything is of the plainest; the chapel is small, the walls of plaster in many places showing signs of age and wear; the altar though neat, displays not even one glimmer of richness; plants in plain earthen pots and utterly devoid of any attempt at more artistic covering stand in rigid rows behind the tabernacle; the one redeeming feature is the electric lighting which surrounding the statue of Our Lady with lobes in pretty coloring gives a vivifying touch to the whole.

On the feast of Mount Carmel Mass was being celebrated when the Toronto pilgrims arrived, and many went at once to the chapel. The scene here was very different to the ordinary; instead of the usual quiet stream of people went back and forth continually; women and children entered carrying bundles or picnic baskets, which they deposited in any available space and then drew forth prayer book or beads; a few men were also present; many nationalities were represented, the German language, especially being plentifully mingled with English. Outside in the little grave yard surrounding the chapel the stones drooped over the sacred mounds almost hidden by the long grass and the subdued voices and reverent tread of the living kept close company with the long departed and silent dead.

THE HOSPICE CHAPEL.—A special word about the chapel in the Hospice itself. This is a large apartment possessing all the advantages which good lighting and generous space can give. These are the

foundation for what in time may be a haven of beauty, at present, however, all details to this end are lacking. The benches are plain and the plastered walls devoid of all relief save the Stations which are small, and the little altar is almost pathetic in its poverty; at least this is how it struck the writer, and the bit of carpet that covered the step was most limited in dimensions speaking plainly its distress. Now it must be understood that no word of complaint which might have marred the beauty of the beautiful day on which we visited the Hospice was heard, no reference was made to lack of funds; everyone was received with the genial smile that told nothing of the cankering cares which a struggle for necessary and pressing demands entails, but in a little booklet speaking of the place a foot note tells us that the "Hospice solicits donations of books, pictures, etc." and this together with the transparent need for such donations especially to the chapel are the writer's only authority for drawing the attention of the public to the spot where a rich harvest may be gained by sending the "mite" to the chapel of Mount Carmel while the "hundred folds" may be storing up rapidly. It is not necessary to specify anything and everything useful or ornamental for the chapel would be acceptable. In time the Hospice promises to be of continental reputation, and the handsome and substantial exterior demands that the interior details in every particular should not be disappointing. It is here that the priests of the Toronto diocese spend the week of their annual retreat; this then is a selfish motive, to speak of nothing higher for Toronto people at least to take an interest in the Hospice at the Falls, to help beautify the spot where those who do so much for them are resting for a while from the routine and worries of parish life. As to the people of Quebec they are so rich in church adornment that out of their abundance something might easily be spared, and at the same time they are assured that to all "workers in the vineyard" the recompense is alike.

HOW THE DAY WAS SPENT.—A

large tent had been erected capable of covering several hundred and in this a temporary altar had been arranged and seats set. Here Mass was celebrated. Pilgrims from many of the neighboring American cities were on hand rendering the gathering quite varied. Singing during the Mass was impressive, and a sermon in English on Our Lady and the Scapular was preached by Rev. Father Wilson of Buffalo.

After this all looked for luncheon. The young ladies of Toronto's Cathedral Sodality betook themselves to the park, others lunched in the grounds near, while many, hundreded in the house where, for a reasonable sum dinner was served in the large dining-hall, and pretty amiable girls-presumably the daughters of the families round—waited on the guests. The only drawback was the delay in getting to the table, and the luck of those who getting there last found everything cold. This, however, was to be expected under the circumstances. Outside booths had been erected, and here cool drinks and luscious fruits were sold to the hungry visitors.

On the verandah of the house a sale of devotional articles was inaugurated, and here throughout the entire day buying went briskly on. Beads, scapulars, prayer-books, crosses, statues, photos of the Hospice, pictures, were all in view, and under the direction of the ladies of the district and a young member of the Order, who in his brown habit looked like a modern St. Anthony, business was unceasing. At three o'clock these articles were blessed, and afterwards taken home as mementoes of the day. In and out too, of the chapel went the throng in an unending procession, for each time one entered an indulgence was gained. Others again visited the places of natural interest, the Horse Shoe Fall, the Twin Sister Islands, the American Falls, the Whirlpool and the many other well known spots. In the afternoon hundreds seated themselves under the big tent, and awaited the Benediction, which was to be given later. By and bye the music of voices was heard, and plaintively and sweetly the words and air of a German hymn were taken up by those assembled; this was followed by many others. How one was impressed by the beauty of the singing. All sang correctly and with devotion; women, mothers of families, and the many low and true contraltos added richness to the sweet treble of the greater number. The men took no part in the singing, but remained seated with uncovered heads, evidently enjoying the impromptu programme. Benediction and a sermon in German closed the day, though those who

had to take the early boat were unable to assist at these.

LIFE AT THE HOSPICE.—Some may wonder how time at the Hospice is spent; like one who found himself there as a guest, they may imagine as he did before he found out the contrary that one must "go round all the time with a book in his hand." This, however, is all a mistake; recreation, rest and spiritual exercises are so intermingled that they never become irksome and life is made "a thing of beauty and a joy forever." Meals are served at regular hours as in an hotel; recreation is provided by means of a tennis-court or visits to the lovely spots adjacent, and rest and conversation are found in the library or cosy corners of the house. Mass, of course, is celebrated every morning at seasonable hours, and extra spiritual exercises are provided for those who wish to avail themselves of them; for instance, some come here who for years have neglected God almost entirely, but who have received grace to pick themselves up before going right over the chasm; such may wish to make a retreat, and if so, arrangements are made to suit the case, and all, according to the story of one who was there, is done so kindly and encouragingly, that when the exercises are over, the penitent leaves the scene with nothing but regret and loving memories of the time he spent at the Hospice of Mount Carmel.

M. L. HART.

Healing Power of Sun.

Man is naturally an outdoor animal. The tropics being his natural home he lives in cold countries only at the expense of an enormous outlay of labor, and probably also with a very considerable shortening of his life.

The value of outdoor life is best appreciated by those accustomed to sedentary life when opportunity is afforded for them to spend a few days in the open air. It needs no lengthy argument to demonstrate to such a person the value of continuous outdoor life as a health promoter. The value of such a life does not consist wholly in the purity of the air and the exercise, matters of great importance, but also in the cooling effect of the air in motion, and especially in the vitalizing influence of the sunlight.

The rays of the sun contain heat and chemical rays as well as light rays. The heat rays act powerfully upon the glands and vessels of the skin, while the chemical rays influence the nervous system in a remarkable way. It is the chemical rays which cause so-called sunburn. The sun is the source of energy to the world. The marvelous energy manifested in plant life is derived from the sun acting upon the green parts to organize and vitalize the elements of the earth and air into living substances. The same energy of the sunlight is essential to animal life, invigorating and vitalizing the tissues and quickening all the processes of life. The sun bath is now a well-recognized and much-valued therapeutic agent.

In this form of treatment the whole body is exposed to the direct action of the sun's rays. Persons who are not accustomed to exposure to the sun, and individuals who have light hair and light skins, should make the first exposure to the sun of short duration, ten or fifteen minutes. Longer exposures are likely to produce sunburn. No particular harm is done by sunburn excepting the inconvenience occasioned by it. The pigmentation of the skin induced by sunburn protects the skin from further injury in this way.

The body may be exposed either in the open air or before a window. When the sun's rays are so intense that the heat is depressing, the heat rays may be filtered out by means of a blue-glass screen placed between the patient and the sun.

After the sun bath, a cold plunge, a cold shower, a cold towel rub, or a wet-sheet rub should be administered to tone the skin and the nerves.

In the summer time in a hot climate the sun bath may be very conveniently taken in an outdoor gymnasium. A sand pile furnishes a most appropriate couch, as the heat which it accumulates may be utilized as an aid to induce perspiration when this is desired.

Every home should be provided with a convenient place for taking the outdoor sun bath in summer time, and sun bath indoors during the cold season. Civilized human beings suffer greatly because of the seclusion from the sun occasioned by



modern modes of life. Those who reside in cities, like the cave-dwellers of the olden time, are by their opaque walls and shaded windows, almost excluded from the sun. The results are shown in the pale faces of old and young, the rickety children, the growing prevalence of consumption and other constitutional maladies, the increase in deformities and degenerations, and other evidences of race deterioration. Out-of-door life and a return to the simple habits of our ancestors is the only way in which the race extinction to which we are at present rapidly hastening, can possibly be averted.

The sun bath is useful in almost every form of disease in which an acute febrile process is not present. It is especially valuable in neurasthenia, all forms of dyspepsia, rheumatism, diabetes, gout, skin disease, and chronic maladies of every sort.

By means of special appliances, the actinic rays of the sun and of powerful arc lights may be separated from the heat and light rays and by concentration upon diseased parts with lenses are utilized in the cure of skin cancer, lupus, or tuberculosis of the skin, acne, psoriasis, or dry tetter, and other superficial diseases of the skin.—J. H. Kellogg, M.D., in Good Health.

Household Notes.

FRUIT DIET.—Fruits are natural foods, and cannot possibly be productive of harm. When disturbance results, it is not due to the fruit, but its improper combinations with other foods. There are people who fill the stomach with a many-course dinner, finishing up with fruit to counteract the ill effects of the heterogeneous mass that preceded it. In such a case, if fruit appears to disagree, it is not to be wondered at. By far the better plan is to make one or two meals of fruits exclusively, and the remainder of the meals of other foods, if it is deemed necessary. The secret of a nutritious diet lies in properly combining foods; but simply pitchforking all sorts of foods into the stomach indiscriminately, cannot help but invite disaster. In its general aspect digestion is a chemical process, and as the chemist avoids the attempted union of incompatible, so the individual should avoid mixing incongruous substances in his dietary. Fruits are ideal summer foods, combining not only diuretic and laxative qualities, but germicidal ones also, and their liberal use under the foregoing limitations cannot fail to be beneficial in the highest degree.—Health.

ORANGES are a most valuable fruit. Orange juice allays thirst, and with few exceptions is well borne by the weakest stomach. It is also a laxative, and if taken at night or before breakfast it will be found most beneficial.

EATING BETWEEN MEALS.—Eating sweets, fruit, nuts, and other things between meals is a frequent source of headaches and general discomfort in summer, says a writer on domestic topics. Sweets are better not eaten at all; least of all between meals, when the stomach already has work on its hands. Fruit should form a large part of the morning and evening meals, and taken in this way will only do good. But if eaten at odd times during the day, it may cause digestive disturbances. Children would be far less fretful and troublesome if cured of the habit of eating between meals. Three meals daily afford ample nourishment for anyone, and many would reap real benefit by limiting themselves to two.

HEADACHE CURE.—Here is a headache cure that is said to be a marvelous remedy and to relieve the

sufferer when all else fails. It is easy to make and easy to apply, and it consists simply of black pepper and camphor. Take a quantity of black pepper and put it in a handkerchief. Then fold the handkerchief over so that the grains cannot fall out and saturate the whole thing with camphor. Bind this "plaster" on the head and lie down. In a very few moments the headache will be relieved and the patient will be asleep. When the handkerchief becomes dry saturate again with the camphor; that's all. People who have tried everything else say that this home remedy relieves them quickest.

WHAT HOT WATER WILL DO.—When tired, drink hot water as a tonic. When hot and thirsty, drink it as a cooler, for it never disappoints.

Headache almost instantly yields to the simultaneous application of hot water to the feet and back of the neck. A strip of flannel or towel folded several times lengthwise and dipped in hot water, then slightly wrung out and applied to the neck of a child suffering with an acute attack of croup, will usually relieve the sufferer in the course of ten minutes, if the flannel is kept hot.

A towel folded, dipped in hot water, quickly wrung out, and applied quickly over the seat of pain will in most cases promptly relieve. Hot water, if taken freely a half an hour before bedtime, is one of the best possible cathartics in severe cases of constipation, while it has a soothing effect upon the stomach and bowels.

There is no domestic remedy that so promptly cuts short congestion of the lungs, sore throat or rheumatism as hot water when applied promptly and thoroughly.

FEELING WELL.

This matter of feeling well or ill, or of working or not working, is largely a question of mental domination.

The writer knows a physician's wife, a very estimable lady, who has been subject for years to occasional severe attacks of headache which last for three or four days. While these attacks last she is completely prostrated. She says, however, that, when anything of supreme importance makes it imperative that she should fulfill the duties of her position, she is always able to postpone an attack, sometimes for days at a time.

A MATTER OF HUMOR.

There is great danger that young girls who are delicate while growing up, and lounge around the house and lie down wherever they feel the least bit out of sorts, will form a habit of invalidism when they reach maturity.

How often do we see such girls "brace up" at once when anything happens which interests or excites them! An invitation to a reception or a ball, or any other pleasant social function, acts like a tonic. For the time being an instantaneous cure is effected. They are as well as anybody until after the entertainment.

A GOOD TONIC.

Self-confidence has a great deal to do with one's health.

If, for instance, you have anything of importance to do, and if failure to do it would mean a great loss to you, you would not allow any ordinary feeling of indisposition to prevent its accomplishment. The conviction that you must do a thing, the belief that you can and your determination to do it at all hazards have a great deal to do with the suppression of mental or physical disorders.

The influence of expecting yourself to do a good day's work and demanding it of yourself works like magic. It is a powerful tonic.

TH CO

CHAPTER XXVIII

Eily, as if yielding impulse, glided into the which, during the b been furnished up an her own use. She eyes from wandering t able, and commenced and trembling han ments for departure. and speedily effected. was folded into her once she tied on h cloak without referri It was all over now. py dream, but it wa a tear fell, nor a sig lips, during the course well occupations. Th deep and terrible, th mastered. A few elapsed before she aga the door of the little courted for the journe "Danny," she sal small voice, "I am re "Ready?" exclaimed going you are, a-chre Nothing could be m to Eily's firmness at that any sound of con kindness. She felt th once, and hurried chance of this additi "Poll," she replie, same faint tone, "goo I am sorry I have o give at parting, but I get you when it is in left my things withi for them some other t "And where is it "Danny, what's all this "What business is it plied her brother, in a "or of mine either? ter's bidding, an' you why he done it when you want to know". "But the night will r a bad night," said I the clouds gatherin' for I comin' down the mov Eily smiled faintly a head, as if to intim changes of the seasons forth be to her of trivi "If it be the master must be right, no doub still looking in wonder city on Eily's dreary face; "but it is a quare what it is. Won't y thing?"

"Oh, not a morsel with a look of sudden disgust; "but perhaps I have it," returned the "one which showed that much the likelihood of ment of that kind remai active in the possession ter. To his delight and ment, however, Poll b bottle from the neighb which contained a consid ity of spirits. He dr whole at a draught, and more clearly show the est which Poll Naught situation of Eily, than that she left this unnoticed.

Without venturing to farewell, Eily descended but feeble step, the which led to the Gapro quickly followed by the Committing herself to h she soon lost sight of the cottage, which she ha hope and joy, and wh abandoned in despair.

CHAPTER XX

HOW HARDRESS LOST AN OLD ACQUAINTANCE

Eily had not been absent from the cottag thunder-storm predicted Poll commenced, smid tuncstances of adventio by which those elemen tions are accompanied. Kew mountains. The down in torrents, and