State Insane Asylum. What food for reflection! It is an example of the vanity of vanities.

On the American side of the Niagara falls the shadow from the spire of "Our Lady of the Cataract." The zeal of the good pastor Father Nicholas Gibbons has made St. Mary's Church a prominent point of interest to every pious pilgrim.

Exhibit "A" of the Exposition at Butralo is conceded to be Niagara Falls. The Hospice is immediately in the vicinity of the great cataract. Some one has truthfully and facetiously said that "the Falls are in the back yard of the Monastery." Moreover, a beautiful night view of the Exposition can be seen from our verandahs and cupolas. The view at a distance is enchanting.

We trust our subscribers who are in arrears will be generous towards us this year. We recoil from the thought of having to appear before our visitors this season in threadbare habits.

If you or your friends intend to stay over a day or so at the Hospice, be sure to write to us fifteen days ahead.

Cards with our rates, etc., and other things of interest concerning the Hospice will be mailed to you for the asking.

At the Canadian end of the Grand Trunk Railway arch bridge is the terminus of the electric line which runs direct to the Hospice. It is a yellow car. Be sure to ask for the car that runs via Lundy's Lane.

All Michigan Central trains stop near the Hospice, whether they cross the Niagara by way of the Cantilever or the International bridges. The Carmelite Fathers at Niagara Falls will be pleased to tell you where to find all the points of interest in the shortest time and at the lowest cost.

Do not forget that the Novena preparatory to the great feast of Our Lady of Mount Carmel commences on July seventh next.

The annual pilgrimage to the Shrine of Our Blessed Lady of Mount Carmel at Niagara Falls will take place this year on Tuesday, July 16th.

July sixteenth next is the Scapular Feast. His Holiness the Pope grants a PLENARY INDULGENCE FOR EVERY VISIT TO A CARMELITE CHURCH ON THAT DAY, commencing at 2 o'clock on July 15th and lasting until sunset on the 16th. Thousands will as usual make the visits (for themselves or the departed souls) at the Niagara Shrine.

The usual special train for the Shrine of Our Lady of Mt. Carmel, at Falls View, this year as formerly, will leave Exchange Street, Buffalo, direct for the Shrine without change. Pan-American visitors, please make a note of this! The Michigan Central Railroad is the name of the line to take.

Answering the enquiries of a few members of the devout sex who say they feel a calling towards a religious life particularly in an order devoted to hospital work, we with much pleasure recommend them to the good Sisters of St. Joseph, who need plenty of laborers in their holy vineyard. Any further information required can be had from the esteemed Mother Superior of St. Vincent's Hospital, Erie, Pennsylvania.

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