

remainder of the year the same abstinence is observed, but fasting is kept only on fridays and certain other days assigned by the rule, which however are very frequent. Many other forms of penance are of familiar and almost daily practice with the Nuns, who nevertheless, as a rule, enjoy good health, and sustain sometimes for 40 and 50 years the strict observance of those fasts and abstinences. They practice them as easily in Canada as in France, notwithstanding the severity of the climate.

The young canadian postulants admitted amongst them become very easily accustomed to this severe rule ; they are even astonished to enjoy such good health in the Carmel, and become daily more attached to the practice of its austere virtues. The dear children know that a great mission is offered them : to pray, to suffer and to immolate themselves for their brethren ; they would willingly acquit before God the immense debt which so many poor souls have contracted towards His justice, and atone, by the practice of the most heroic virtues, for the enormous sins, almost infinite in number, which are every day committed against His adorable Majesty. To atone for the luxury and effeminacy of the world, they love to become poor, to be wanting in everything : poor in their raiment, poor in their living, poor, oh ! yes, very poor in their furniture. A narrow cell, and within a chair, the poorest that could be found, the chair of the peasant's hut,..... three paper images without frames, a wooden cross without paint, a holy-water cup, a few books, a little lamp very sparing of its feeble light, constitute the whole detail of ornaments. To complete the furniture add a small bedstead made of three boards, upon which is laid a hard mattress, with a coarse woollen blanket and pillow. Upon this