

Volume 1

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SHCJ ARCHIVES ROME

[Copied from the Original]

Villa de Sémainville  
Hyères, Var, France  
Nov 26<sup>th</sup> 1869

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JMJ

My dear Elizabeth [wife of John Bowen]

Your letter containing a bill for £200 was forwarded to me here where we have come for the purpose of bringing some of our Pupils to the genial climate of the South of France, and with a view also to founding a Convent of our Order here. Many thanks dear Sister for the remittance – I forwarded it immediately to St Leonards and have arranged to bring your & our darlings here with the remainder of our party. I think it will be of immense benefit to them in every way & they will go on with their studies, more particularly in French and Drawing and see something of the world - & of France & Italy in particular. I hope it has not put you to great inconvenience to send the money – but any inconvenience may be balanced by the advantages to these darling children who are ever anxious to do right & to profit by everything in their way – They are so much beloved in the School by the Sisters and the children, that they have no end of encouragement, and of innocent enjoyment I wish your boys had the same though nothing wld. induce me to advise you

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to send them to England for their education The English boys are rough fighting boys & glory in combativenesses, in Colleges – and they get flogged too for naughtinesses, but at home with their Mothers and Sisters they are gentle as lambs and full of attention and politeness to their parents & Sisters. I always regretted having sent dear Mercer to an English College & would never have consented to sending Frank.

I hope your dear Johnny's rheumatism is cured – Why do you not try a course of Homeopathy with him? If you get the books & read fully on the subject you can cure him yourself with time & patience He ought never to take coffee but only weak tea or milk water & sugar – very little sugar in anything – Sugar produces Rheumatism & gout & makes a strong acid in the stomach & bowels – I wish you would get that large Book of Dr Laurie to read out the causes of disease. Though I should not advise you to use the Globules but the Tinctures – The tinctures one drop three times a day produce a most marvellous effect after a course of three weeks – I have been under this treatment for the last ten years, and have kept myself going on well, while other medicine would have very soon put me into the grave. No doubt your good son in law would laugh down a system not in accordance with his own, but if he tried it with patience on delicate subjects such as his own little wife & baby he would soon find the benefit. The use of Chammonilla would quite do away with colics and opiates to lull them! It has been a long time

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since dear Mary wrote, I hope she takes an interest in her dear brothers. She is very capable of educating them and giving them more advantages than they could possibly have in the companionship of the boys of your neighbourhood (if you except perhaps some few). Will you tell dear Mary from me that if she teaches her own brothers daily, if only between school hours she will keep herself up in memory for her own children and counteract the languor which the climate leads to. The employment of intellect will do good to her body as well as her mind. I am now in my 61<sup>st</sup> year & though always delicate & weak never expecting to reach my 50<sup>th</sup> year I use an Office Book of the small print and never use spectacles for writing so you see I am a good specimen of the usefulness of constant employment, & of religious life under the blessing of God.

I hope my dear Elizabeth that you are able to go to holy Mass on Sundays and all Feast days – You know this is strictly of obligation, to keep the Commandments of God & of the Church and your dear boys will be led by your example and by their Sisters. Tell them I love them very much though I have never seen them – They are each of them a remembrance of their dear father to me. I wonder whether I shall ever have little Lizzie to educate as her Sisters – If it is Gods will that I should live so long I hope indeed to have her – and perhaps to bring her from America the next time I go to Philadelphia – perhaps two or three years hence. I hope to

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see Cornelia & Bella in abt four days and as soon as they have rested after their journey they will of course write you an account of it

I wonder you do not get D<sup>r</sup> Gaenslen to go to live in Jamaica on Bowen Hall estate – where he has a half interest in the whole and during the summer the mountain residence is delightful – It used to yield in good years sugar crops \$20,000 per annum May god ever bless you & the dear children. Tell Johnny I shall be glad to have a letter from him.

Ever yrs. affect. In J.C.

C.C.