

man may spend a day now and then, with great advantage to his soul's health—unknown to any—in his own Church, —with no interruption, and no fear of interruption, in protracted meditation and prayer.

By the use of these means, it seems to me, my Brethren, that we may do much to obviate the danger of spiritual deterioration, resulting from the distraction of petty cares and calls, and the benumbing familiarity with sacred things, to which we are inevitably and constantly exposed.

LAUS DEO.

