

“ battles of the Church, we would thereby perform our  
“ little utmost to help our good Lord, who receives so  
“ much injury from those to whom He does so much  
“ good. Oh ! my dear Sisters in J. C., help me to pray  
“ our divine Saviour for those souls ; for that purpose  
“ did his Majesty assemble us here ; that is your voca-  
“ tion, your sole business here ; that should be the  
“ object of your most ardent desires, of your tears, of  
“ your prayers, etc.”

It is not, therefore, for themselves that the Carmelites embrace the austerities of their Rule : they offer themselves to God as victims of expiation for the conversion and salvation of sinners, for the Holy Church and for her Ministers, for all the wants of their brethren. With the Eucharistic Victim, they offer themselves as mediators between heaven and earth, beseeching God to calm his anger and withhold his arm, ready to smite the guilty.

Abstinence from flesh meat is perpetual in the Carmel : meat is never used, except in case of sickness, and even then only when all other means of restoration have been exhausted. Vegetables, milk, eggs and fish appear in turn on the frugal table, whence all delicacies are banished, and nothing is allowed but simple and substantial food, prepared with care and neatness.

During Lent, every friday throughout the year, and on several other days appointed by the Rule, the aliments are seasoned with oil or merely boiled with salt, butter, eggs and milk being then forbidden. Besides abstinence, fasting is also frequent and prolonged ; the Lent of the Order begins on the 14 of September and lasts without interruption till Easter, sundays excepted ; the first meal is taken at eleven or half-past eleven, according to the season ; the second, fixed at 6 in the evening, is not properly a meal, but a mere collation, calculated rather to excite than to satisfy the appetite. During the