

"good work," and says of it, "Fasting, even by Christ's assent, is a withholding of meat, drink, and all natural food from the body for the determined time of Fasting." "And that it was used in the primitive Church appeareth most evidently by the Chalcedon Council, one of the four first General Councils (A.D. 451). The fathers assembled there to the number of 630, considering with themselves how acceptable a thing fasting is to God, when it is used according to His word; again, having before their eyes, also, the great abuse of the same which crept into the Church in those days through the negligence of them which should have taught the people the right use thereof, and by vain glosses devised of men; to reform the said abuses and to restore this so good and godly a work to the true use thereof, decreed in that Council, that every person, as well in his private as public fast, should continue all day without meat and drink till after the Evening Prayer [that is 3 o'clock], and whosoever did eat or drink before the Evening Prayer was ended would be accountable and reputed not to consider the purity of his fast." In this cold climate so strict a fast would, perhaps, be scarcely possible; but a fast can scarcely be so called unless there is such abstinence from food that hunger is felt. When it is remembered that our Lord, distinctly said of a work that required great spiritual power, "*This kind goeth not out but by prayer and fasting*," we may well wonder that this "so good a work" has fallen so much into disrepute even amongst earnest Christians. Might not the standard of the spiritual life be very considerably raised amongst us if more people "humbled their with souls fasting" as well as "prayer" (Ps. xxxv. 12)?

With fasting there should be also increased *alms-giving*. What is saved by such self-denial, should not be kept for self, but should be given to God. In this country, it may be, there is not so much opportunity for alms-giving, usually so called, that is giving to the poor, as in many other countries. For this we may thank God. But nevertheless, this is no excuse for not giving to God. The Church is God's Treasury.

And, Brethren, let me remind you, the Church in this country needs your liberal self-denying offerings for its maintenance. We have been liberally supported hitherto from England. But it is a shame and a disgrace if we ask from others for one cent more than is absolutely necessary.

The good harvest with which most of this district was blessed last year, has not yet made that difference, so far as I have heard, in the local receipts of our different Churches that it ought to have made. There is such a thing as allowing a state of dependence to grow till it pauperises those who allow themselves to be dependent. But such a state is most unhealthy; it is worse, it is dishonorable; it is dishonest to those who, often, out of their poverty give liberally to help those whom they fancy are worse off than themselves. The total sum collected during last year, in this Diocese, for the maintenance of Clergy, was only just over \$2,000, of which nearly \$1,000 was received in two places. This is surely nothing like what might be done, and what ought to be done.

(To be continued.)

**FORT PELLY.—Indian Mission.**—The Rev. Shafto Agassiz desires to state that the people of St. Andrew's, Indian Mission, Fort Pelly, beg to thank their kind friends in Toronto, the C.W.M.A., for the case of clothes lately received and in return to wish them 'good luck' in the name of the Lord.

#### DIOCESE OF SASKATCHEWAN.

**PRINCE ALBERT.**—A series of Missionary Meetings has been held in the different parishes around Prince Albert. The first was held in

St. Catherine's Parish, Prince Albert. Canon Fleet, S. P. G. incumbent, took the chair. Archdeacon J. A. Mackay, C. W. S., spoke on the subject of the organization and working of the great Church societies in England, and the duty of self support. Rev. Isaac Taylor, C. M. S., spoke of work in India, and Captain Craig delivered an address. Archdeacon George Mackay also spoke.

The collection amounting to \$3.79 was given to the Home Mission Fund. St. Catherine's is a very poor parish. This is the first effort that has ever been made in Prince Albert to give information on Missionary work, and it is hoped that much good will result from the effort now begun. There are seven parishes in and around Prince Albert in a radius of thirty miles.

On Wednesday, Feb. 1st, the ministers of the recently formed Clerical Union met at the house of Archdeacon G. Mackay, and spent a profitable evening.

**CALGARY.**—Rev. A. W. F. Cooper, M. A., has gone on a three months' visit to his father in Ireland. His duty as Rector of Calgary is taken by the Lord Bishop of the Diocese.

#### DIOCESE OF NEW WESTMINSTER.

The following interesting particulars of the state and work of the Church in this distant diocese—taken from the address of the Lord Bishop at the Synod lately held will—we think, be of general interest. After referring to his visit to England and his laborious work there, he continues:

I arrived back in the Diocese on the morning of Oct. 8th., and I will now proceed with a Report of the several Parishes and Districts, taking them in the order in which I reached them.

##### DONALD.

The Diocese commences on the Eastern side at Stephen, but my first stay was at Donald. Here the energy and popularity of the Rev. H. Irwin had accomplished the building of a substantial and picturesque village Church on land given by the C. P. R., in the immediate vicinity of the Railway Station. The population is small, almost wholly composed of Government and Railway Officials, but what they lack in numbers they make up in zeal, and I am only sorry that the enormous district that has to be served from Donald makes it impossible to give them a service every Sunday. Kootenay is included with Donald in the Kamloops Missionary District, and Mr. Irwin had the satisfaction last summer of being the first English Clergyman to visit this remote section of the country receiving a hearty welcome from the Mounted Police, and Settlers.

##### KAMLOOPS.

After a stay of two days I came on to Kamloops. Canon Cooper whom I have put in charge of this district in succession to Mr. Horlock had preceded me from England about a month, and immediately on his arrival had started off on an expedition through Okanagan and Similkameen and Nicola, by the way of making himself acquainted with his parish and flock, and he was still away on my arrival. He returned, however, during my stay, and I was able to confer with him and the other clergy, the Rev. A. Shildrick and Rev. H. Irwin, and with the Lay Reader, Mr. Ridley, on the affairs of the District. I had to express my disappointment at finding no new Church even commenced, while both Roman Catholics and Presbyterians had handsome buildings approaching completion. The old warehouse, at present used as a Church was all very well in the past, but is quite unworthy of the present congregation, and I hope that this year will see both a Church and a Pastorage provided. The amount raised within the District in 1886 was \$4457.95 and last \$2734.88, a very handsome revenue, especially when it is considered that one clergyman is provided for by S. P. G. and

a grant of \$240.00 is made from the Diocesan Fund towards the stipend of a second.

A Church and Parsonage have been built at Spillumcheen, and Mr. Shildrick was resident there until Mr. Horlock's departure. We must replace him there before long for there is quite sufficient work for one man between Spillumcheen and Priest's Valley, and this will be a very convenient district to work when the Shuswap-Okanagan Railway is an accomplished fact.

##### LYTTON.

From Kamloops to Lytton was once a matter of four days journey; it can now be accomplished in as many hours, though they happen to be the most inconvenient hours in the twenty-four. All the clergy of the Indian Mission were there to meet me, and I found a class of twenty-eight candidates ready for Confirmation. This is one of the most conclusive evidence of work, and it has been a grief to me that the token has been so conspicuously wanting in other places. I am sorry to have to report that the special contributions which have hitherto supported a third Missionary in the Indian District have been withdrawn, and it is doubtful, therefore, whether we shall be able to maintain the present staff. By the facilities which the railway now affords however, for getting about, two men can now accomplish as much work as was formerly enough for three and by a re-distribution of the work we may probably be able to permanently reduce our present staff of three Priests to two.

##### YALE.

I have only, as yet, been able to pay one short visit to the Sisters at Yale, and I should have been very much ashamed of myself had not this been the result of various circumstances which were beyond my control. The work of the Sisters is so far off the beaten track of life in the Diocese that I dare say many of the more recently arrived Churchmen are unaware of it altogether. Otherwise I am certain they would derive a much larger measure of support from the Diocese than is at present the case. They were prevented last year from making a personal appeal in the Diocese, but I hope that an opportunity will be afforded them soon after Easter of introducing themselves and their work to Churchmen generally, which I am confident is all that is necessary to ensure them the cordial sympathy and support of all generous people. There is nothing that so readily appeals to the kindly instincts of our people as earnest and self-denying endeavours in doing good.

##### NEW WESTMINSTER.

It is impossible to speak too warmly of the kind reception I received on my return to the See City, and this, I am bound and glad to say, not from Church people only, but from many others from whom I did not know I had any reason to expect a welcome at all.

The Principal feature of progress here has been the appointment of an assistant Priest. The Daily Celebration, which was established at Holy Trinity some years ago, made it absolutely necessary, and the largely increasing population of the Parish has rendered it more and more imperative. The question of stipend is, naturally, one of some anxiety too. I hope it will be remembered for how many years the congregation have been relieved, by the Endowment of the Archdeaconry, from the principal part of the burden of their Rector's stipend, and this reflection ought to be sufficient to stimulate them to the necessary effort.

(To be Continued.)

#### CONTEMPORARY CHURCH OPINION.

The Iowa Churchman says:

Can we not in each parish or congregation make a move in the advance this year? If thought, prayer, and labor are given to the