

and infirm poor, and fifty-five orphans, in the House of Providence, or to the sick inmates of the Hotel Dieu, numbering, at a yearly average, over six hundred. We earnestly hope that there is sufficient fairness of spirit in the citizens of Kingston to remedy this inequality of distribution of public money. Meanwhile the Catholics, We hope, will feel it all the more incumbent on them to provide for the poor and afflicted members of Christ, who throw themselves upon the charity of the good Sisters for that relief which they are entitled to receive from the public generally.

ASSIST AT EVENING DEVOTIONS AND MORNING MASS.

We hope our faithful people will supply for the deficiency of bodily mortification by their regular and constant attendance at the daily public devotions in the church. Every family should make it a rule, whensoever possible, to join with the priest and the congregation before the altar each Lenten evening for the recitation of the Rosary and the reception of the special favors bestowed by Our Lord in the Benediction with the Blessed Sacrament. The pastors resident in towns or villages are required to hold these services in the church on all evenings in Lent, with a practical instruction every Tuesday and Thursday, and the Stations of the Way of the Cross every Friday. We most earnestly request our Rev. Clergy to facilitate and encourage the daily assembly of their flocks in God's house for these exercises of worship and prayer and the feeding of their spirit with the word of salvation. Moreover, we recommend to our people residing in towns and villages, to assist at the Holy Sacrifice of the Mass each morning of the Lent. The Mass is the most sublime and efficacious of all forms of prayer. It is adoration, praise, thanksgiving, supplication for pardon of sin and impetration of the graces and blessings we have need of for our spiritual and temporal welfare. It is Jesus Christ Himself, the High Priest and Victim of the New and Eternal Testament, who offers worship in all those forms to His Father, for us and with us, in the oblation of the Holy Mass. It is He who lays the offering of our hearts, our faith and hope and love and compunction, our