

murmuring and seeking to avoid everything unpleasant and hard for nature to bear? Every day contact fresh debts; but let us each day bear our troubles in a spirit of expiation and, humbling ourselves before our Creator, let us cry out for pardon and mercy.

Did not the holy Precursor, when preparing the way for our Lord, cry out continually: "Do penance"? And in our own days, did not the Immaculate Virgin Lourdes constantly cry out for "Penance! Penance"? The reign of Jesus in our heart and souls must be preceded and purchased by Penance, and what Penance can there be where there is no self-denial?

During this precious time of Lent the Church imposes penance on us, and by listening to her teaching and practising it, we shall become more collected, we shall pray better and more, we shall overcome our dislikes and evil inclinations, we shall learn to sacrifice our ease, to mortify our senses, and, having fought bravely against all the concupisces of life, we shall be the better disposed to celebrate worthily the joyful solemnities of Easter-tide.

—(*From the French.*)

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ST. ANNE AND BRITTANY.

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At the beginning of a new year, our hearts turn towards Mary and Joseph, as towards a mother and a father who are worthy of all our love. Can we forget whom our devotion fears not to call the *grand* father? The grand mother has a place of her own in family-rejoicings: she receives marks of affection