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The Holy Season of Lent.

COMMENCING ON ASH WEDNESDAY, FEB 19TH

In the army, we often hear of men being called upon to undergo a short period of special training. Without this training these men would be of little use in the day of danger or emergency ; but in the course of a few weeks they improve wonderfully and may be relied upon to do great things. And it is much the same in religious matters. If there were no days of special training we should make little spiritual progress ; but Lent comes and affords us special opportunities, and the result is often marvellous.

Each must, to a great extent, make his own rules. There are some who may well deny themselves some of their luxuries ; there are others who may well decline for a time their innocent pleasures, and give themselves to other things instead. But whatever is done must be done out of devotion to our Lord Jesus Christ, and without any outward fuss or show. And none should attempt too much ; it is better to make some one little plan or rule for Christ's sake and to carry it out, than to attempt many things and to give them up just when we will

Besides our home rules and home prayers, we should all take care to avail ourselves of one or more of the special Lenten Services in our Churches. All such training, undertaken from the right motive is very helpful, and is sure to bring its blessing.

The Bishop's Engagements for February.

Saturday, Feb. 1st.—Travel by G. T. R. to Richmond and drive on to Kirkdale.

Sunday, Feb. 2nd.—(Purification B. V. M.)—Celebrate the Holy Communion and preach at South Durham, 10.30 a.m. and hold Meeting after Service with a view to the erection of a new Church.

Preach at L'Avenir at 3 o'clock and preach at Kirkdale at 7 p.m.

Monday, Feb. 3rd.—Give Church History Lecture at Kirkdale at 7 p.m.

Tuesday, Feb. 4th.—Travel via Richmond to Lennoxville, to confer with John Martland, Esq., M.A.

Wednesday, Feb. 5th.—Return to Quebec and preside at Annual Meeting of Quebec Church Society at 3.30 p.m.