

under Canon Thorneloe's wise and faithful rule, has prospered and increased. Dr. Thorneloe is the second Rector of Sherbrooke who, in time, rose to the Episcopate, for Reverend Isaac Hellmuth, the retired Bishop of Huron, once occupied that position.

Dr. Thorneloe undertakes his new work under propitious circumstances, for, according to the statements made by Bishop Sullivan to the Provincial Synod, the Diocese of Algoma, except as regards its Mission Fund, is in a good and healthy condition. The clerical staff is larger than ever it was before, there being thirty-two missionary districts, occupied by as many ordained Priests, and three others under the guidance of Catechists. There are in the Diocese seventy-seven Churches, four of which are of stone, four of brick, five of hewn logs, and sixty-four frame buildings. Forty-one of these were erected in Bishop Sullivan's time. Parsonages also have increased, there being now twenty-five as against six when Dr. Sullivan was elected in 1882.

A strong desire was shown on the part of the Bishops of the Province to make Algoma an independent Diocese, and this, in some respects, it will ere long become; but, as far as its support is concerned, it must for a long time remain a missionary jurisdiction."

We are glad to know that Bishop Thorneloe received a most hearty welcome on his arrival at his new home, Sault Ste. Marie, and that he has already won golden opinions amongst his people there. We most earnestly wish him "God speed," and hope that he may some day find time to write a letter to the DIOCESAN GAZETTE, and tell us a little about his work.

A Thought for Lent.

Once again it comes—a time for self-recollection : a time for self-searching : a time for repentance : a time for more special self-denial : a time for revenges upon appetites for old sinful indulgences : a time for discipline, for self-restraint : for accustoming, by controlling them in innocent things, strong passions to obedience in urgent temptations.

Prayer and Fasting. Our Lord Himself speaks of these as of utmost importance in casting out strong evil, in follow-

ing after hardly attained good. No saint of God has attained to high holiness without earnest use of the former of these means. Perhaps it may be said the same of the latter also. In what degree may it be applicable to any one of us must be left to honest, prayerful self-examination to discover. But the exercise, more or less severe, of denying the unruly passions and lusts of the flesh is, believe me, a necessary thing for many—a salutary thing for all.

Training is necessary for runners in a race : and our race is one requiring all our powers of endurance. Stint of the body's fulness, in order to free the pinions of the Spirit, has been found, by those who have tried the experiment, of great value towards the increase of earnestness and undistractedness in devotion. Scoff not at it, dear friend, until you have prayerfully tried it, and then you will not scorn it.

The practice of Fasting is one belonging to no party in the Church. In our Prayer Book we find it ordered, in accordance with the teaching of the Bible : and such men as Henry Venn and John Wesley most strongly recommend this aid to spirituality, by their lips and by their practice.

In short—thou who sneerest at it—art thou in earnest in pursuing after holiness ! Hast thou ever made a beginning in running the Christian race ? That is the question. For all earnest runners agree in valuing a means concerning whose due performance the Saviour Himself gave rules. Deny thyself somewhat in Lent. *At least*, give more of your time from the world to God.

Devotions for the Clergy.

It is often said that, from time to time, the Clergy should consider what is their position before God, and that in order to do so, they should often refer to the solemn Service that was used, when they were ordained.

One of our Gaspe' Clergy, the Reverend G. T. Harding, has recently sent us, on this point, some suggestions which are so good, that we give them, trusting that they may be of service to many of our Brethren.

Having withdrawn yourself to some quiet spot, either in Church or in your own house and kneeling down, begin by dwelling upon