

arms by which we can overcome the enemies of our souls, and the means by which light for the mind, strength for the will, and tenderness of heart can be obtained. The prayer of the Christian is a profession of Faith in God, an act of submission and a mark of confidence in the love of our Creator. Hence it is most pleasing to the Almighty, and most powerful in moving Him to pity and to spare us. The proud of heart, and those who do not understand, whilst, perhaps, pretending to teach Christianity, may laugh at the power of prayer; but God's word endures: "Ask and you shall receive; seek and you shall find; knock and it shall be opened unto you."

In order to promote in the faithful the spirit of Penance and prayer, the only remedy for the ills of the soul, and the only cure for the corruption of society, the Holy Father has not only raised his voice in warning and exhortation, but he has also added the inducement of the graces and privileges of a Jubilee which may be gained during the present year, under the following conditions:

1. That within the course of the present year one shall visit six times the church or churches designated, and there pray for some time according to the intentions expressed by the Pope in granting the Jubilee.

2. That they shall fast and abstain on two days on which they are not already bound to fast and abstain.

3. That they shall truly and sincerely confess their sins, and receive Holy Communion.

4. That each one shall give according to one's means, and after consultation with one's Confessor, an alms for some pious work destined to promote and increase the Catholic Faith. Each one is left free to choose between the various pious works of this nature; still the Holy Father mentions two special ones for which alms would be well bestowed—private schools for children, and seminaries. We, too, knowing the needs of our Diocese would recommend, whilst, of course, leaving each one free, the fund for the support of Ecclesiastical Students.

The Indulgence to be thus gained may be applied by way of suffrage to the souls in Purgatory.

The conditions for gaining this great spiritual favour are not difficult; but if faithfully performed will be something in the way of nourishing a spirit of self-denial and prayer. The churches to be visited for the purpose of gaining the jubilee are:

In the city of Halifax two visits each to St. Mary's, St. Patrick's, and St. Joseph's. Outside of Halifax six visits to the