

ere he told them to invoke St. Anne, and then go and see what his *dear little old friend*, as he called her with loving familiarity, had just left for them on the vessel's prow. They ran thither, and found as many white loaves as were necessary to feed them until they could be out of danger.

—(*From the French of Father Mermillod, S. J.*)

(*To be continued*)

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## PENANCE AND SELF-DENIAL.

(*From the Lenten season.*)

Of all the Christians virtues that are so surely and gradually disappearing from society, as it is now constituted, there are none that are more frequently and completely ignored than those we have named at the head of these few lines. It would seem about as if the world was drifting back into paganism, for in these easy going sensual days everything is sacrificed to the gratification of the senses, materialism is reigning triumphant.

This state of things gives rise to cowardice in time of trial, to a spirit of compromise as regards the performance of duty, and to an almost universal weakness of character which renders the Christians of the present day altogether incapable of practising the grand virtues which distinguished their forefathers.

From their earliest years we seek to preserve our children from everything that may be displeasing to them; we give our young people latitude to indulge in everything that flatters their senses and develops their self-love; we do not even expect our young men to exercise the slightest self-restraint. And what have we gained by this fostering self-indulgence and