

to be viewed and dealt with as the one thing in the way, and the main hindrance to the recovery of a lost fellowship with God: and on this account Conventualism, with its severer measures of penance and privation, or Sacramentalism, with its ritualistic observances, offers to carry the *soul* beyond the contaminations of the body.

The Monastic system, with its continental pilgrimages and new order of "the Sacred Heart," might have been added to these; but these so-called pilgrimages are properly speaking "excursions by railways" and connected with hotel accommodations and refreshments, under which the body escapes the impositions and privations formerly practised for its mortification. It is merely passed through the genuflexions and continuous adorations due to the Virgin, alternated by the counting of beads, and the daily lessons and hourly duties of "sisters of mercy," by which it is sought to bring the body back to its original virtues in "holy communion."

Still it is the human body, and a fallen nature, that occupies each and all of these systems, however they may vary in the choice of means for its subjugation, or its voluntary surrender to God, or its fuller consecration to His service.

One of the last of these pilgrimages was to Parai-le-Monial, and "the Sacred Heart," and this (as may be remembered) was arranged for from London, through France, with a well-known excursionist company by return tickets, under the