

to God, and by his example shows forth in himself, the likeness of the Divine Master.

Anger, on the contrary, obscures the judgment, and prevents us from seeing things in their true light. Passions are bad counsellors ; it is rare that one does not regret having acted under the impulse of anger. You have without doubt, your rights to defend, your honor to safe-guard ; but meekness does not forbid firmness. Jesus Christ, the model of meekness, never hesitated to defend the rights of truth, and the glory of God, His Father. Many a time He showed a holy indignation, and manifested His Divine authority ; yet He was silent and exercised a calm moderation indicative of wisdom, when personally assailed by calumnies and injuries. Here, it must be remembered, there is a *violent anger*,—an irregular movement of the soul, purely physical, and wherein reason is absent ; an *anger of vengeance*, which is reprehensible, knowing that vengeance belongs only to God ; a *just anger*, which punishes and chastises, legitimate when kept within the limits of reason and moderation ; and finally, *anger actuated by zeal*, or a holy indignation produced by the love of God, and our neighbor. Moses breaking the tables of the law, at the prevarication of the Israelites, Elias enflamed with zeal for the glory of the Lord, our Saviour, chasing the money-changers out of the Temple of Jerusalem, are examples of this legitimate anger. This is what St. Paul means when he says : " Be angry and sin not." (Ephes. iv. 26).

Let us always act with this moderation, so becoming to a disciple of Jesus Christ. Give Him your honor to guard, and if for His sake, you suffer some humiliation, He will restore to you that honor lost for love of Him. Your forbearance will be rewarded according to those words of the Gospel : " Blessed are ye when they shall revile you, and persecute you, and speak all that is evil against you, untruly, for My sake : Be glad and rejoice, for your reward is very great in heaven." (Matt. v. 11, 12). God in His