

ardent emotions of the wounded heart are appeased, — whilst it places us under the empire of right reason. It is thus a sign of the influence of reason over our conduct, whereas passion makes us resemble the brute creation.

Meekness allows the free exercise of reason, and preserves in us the attitude of calmness, becoming to our dignity. Take, for example, that man carried away by anger, hurling forth against St. Francis of Sales, the most injurious language ; and in striking contrast to that hideous and excited countenance, the calm sweet face of the holy bishop, replying : " Know, sir, that even should you pluck out my eye, yet would I look upon you with the same affection, as I would have for my best friend." Who shows himself the greater, and more worthy of esteem ? Ah ! certainly not he, who forgetting his dignity, politeness and respect, allowed himself to be carried away by his anger.

2. Meekness is necessary in our relations with God. The spiritual man requires this self-control ; otherwise it would be impossible for him to communicate with God. One sees not the sun in the midst of the tempest, nor the stars in a cloudy atmosphere. Hence, the importance of preparing one's soul for prayer, and establishing peace in our hearts. How many souls, desirous of holding communion with God, lose the happy occasion of tasting the sweetness of prayer.

3. In our social relations, meekness is also necessary. On all is imposed the duty of living in harmony with our fellow-beings ; and in order to attain this end, we must follow the counsel given by St. Paul : " Let all bitterness, and anger, and indignation, and clamor, and blasphemy, be put away from you, with all malice. And be ye kind one to another ; merciful, forgiving one another, even as God hath forgiven you in Christ." (Ephes. iv. 31-32.)

How useful is this recommendation of the Apostle. Whoever has had experience of the world, understands the importance of this counsel inspired by wisdom : " My son, do thy works in meekness, and thou shalt be beloved above the glory of men."