

he died at Ephesus, aged ninety-three, in the year sixty-eight, and was buried near the same city.

28th.—*Holy Innocents*, a feast in commemoration of the infants barbarously slaughtered by Herod, when he sought to take away the life of our blessed Saviour. It is also called Children-Mass Day, from the particular commemoration of those martyred children in the Mass of that day.

19th.—St. Thomas, archbishop of Canterbury, and patron of the English clergy, for maintaining the privileges of the Church of God, was martyred at Vespers in his own cathedral, in the year one thousand one hundred and seventy.

The several festivals of the saints are instituted by the Church to honour their martyrdom and sufferings for the faith of Christ.

NECESSARY RULES FOR A CHRISTIAN.

Often examine your thoughts, words and actions, especially after much business, conversation, etc., that you may discern and amend your faults.

Hold your peace in such things as relate not to you, and where your speech is not for the honour of God, and the good of your neighbour.

Often call to mind your past life, and what your Saviour suffered for you in every moment of his.

Live as if you had nothing, and yet possessed all things, and remember that meat, drink and clothing, are not the riches of a Christian.

Offer yourself entirely to God; and though you have nothing to return for his favours but yourself, you will be comforted when you consider, that: *He gives all that gives himself*. The apostles quitted their poor boats and nets, and received for them a most ample reward. The poor widow gave only two mites, and her offering was preferred before those of the richest.

He easily parts with all things, who considers that he must die and be separated from them.

Use no extravagant or unusual gestures in open assemblies, but on all occasions observe a becoming modesty and discretion.

In all occurrences of life, prefer that which conduces the most to the service of God: as to comfort the afflicted, reconcile such as are at variance, visit the sick and imprisoned, and relieve the poor.

Never go to rest at night with any disquiet or trouble on your mind, but endeavour to pacify your conscience by an act of contrition, or by confession, if necessary.

Often confess your sins, and make frequent acts of contrition, aspiration, or ejaculatory prayers, so that you may prevent the deceits of the Devil, conquer temptation, avoid sin, and live under the continual protection of God.