

Again, in another homily, he says "Christ did not say to his disciples, I have fasted, although He might have spoken of those forty days; but 'Learn of me for I am meek and lowly in heart:' and when he sent them to preach the gospel, He did not tell them they should fast, but eat such things as are set before them. . . . This I speak not, to depreciate fasting, God forbid, but to give it extraordinary commendations. Only I am sorry ye should think this, which is in the lowest rank of virtues, sufficient to salvation, while other things of greater value, charity, humility, mercy, are wholly neglected."

St. John with the Golden mouth, was worthy of the name, but he spoke unadvisedly in saying that "our Lord had found out this medicine of fasting," as in fact he seems to allow in the following Homily, for it is certain that neither our Lord nor His Apostles enacted any law about fasting.

Our Lord's only directions, as recorded by St. Matthew, are "When ye fast, be not, as the hypocrites, of a sad countenance, for they disfigure their faces that they may appear unto men to fast. Verily, I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly," but these words were *to the Jews** who were com-

* *Ante* page 14.