

life for them, and to purchase them even by the shedding of His precious blood; and in order to urge ourselves to labor every day for our salvation, we should frequently put to our hearts and consciences the momentous question of our Lord: "What doth it profit a man to gain the whole world if he lose his soul, or what exchange shall a man give for his soul." (Math. 16, xxviii).

3d. Instructed by the teachings and example of our blessed Lord, we should embrace poverty, toil, sorrows and afflictions as coming from the hand of God. We should accept them with humble and patient resignation to the Divine will, and should make use of them, in union with the merits of Christ, as occasions of merit and means of sanctification, "for Christ also suffered for us, leaving us an example that we should follow his steps." (1 Peter, 2, xxi).

4th. After the example of Christ we should be charitable to the poor, tender and compassionate toward the sorrowing and afflicted,