

not do this without pain to ourselves, it is only a sign that we have much to amend, and that the labour is well worth our while. If the thing is strange and new to us, and we hardly see how to set about it, the more reason is there for doing what we can. No one expects to be able to do anything useful and effective in the works of this world till after several trials. If we can do but little, the more reason for not losing that little; for he who can do little in Lent, can most likely do but little at any time, and so very little will be done while he lives, if the best time is lost.

Whatever it is that hinders you from attempting something real and solid is certainly a vain excuse. If (whether from choice or poverty) the diet is already through the year as low as health allows, and all unnecessary amusements and pleasures put away, then let care be taken that the spiritual work of the season is done in its due time, and kept to its due character, for there is a time for all things. Easter will be for the joy of the Resurrection, the time just before it for the sorrows and consolations of the Passion of our blessed Lord, and surely the time before that should serve for some sort of judgment, examination, and discipline of our own selves.