

We are encouraged in careful use of the opportunity by remembering how much authority the fast of 40 days derives from scripture. St. Jerome (A.D. 390) says : " Moses and Elijah by the fast of 40 days were filled with the converse of God, and our Lord Himself fasted the same number of days in solitude, that He might leave us the solemn days of fasting."

The Church has ever loved with reverence to trace the example of her Lord, and follow Him in His Humiliation, as well as in His Triumph. As His Passion preceded His glorious Resurrection, so a time of penitential sorrow would naturally be fixed before the Easter season of rejoicing.

Sundays in Lent are not counted in the 40 days of abstinence. They are always festivals.

MEMORIAL SERVICE AT THE CATHEDRAL.

On Wednesday, January 20th, being the occasion of the funeral of the lamented Prince Victor, Duke of Clarence, a minute bell was rung at the Cathedral until 12 o'clock. At the usual 11 o'clock Matins and Litany, the Psalms for the day were as they often are, very appropriate. " Hide not thy face in the time of trouble ;" " Take me not away in the midst of mine age ;" " The days of man are but as grass." The special lessons were 2 Saml. xviii 21 to xix 5 the mourning of the king on the death of his son, and the expressive, hopeful and triumphant scripture, 1 Cor. xv. 20, to the end, appointed for the burial service of the Church of England. The congregation was not large, but there was evidence of deep feeling and loyalty.

A DISCHARGED PRISONERS' SOCIETY.

Regular services having been established at the jail, it has been found absolutely necessary to supplement this with practical outside measures for the relief of the prisoners who have been discharged with good characters. A Society, therefore, is now in process of formation, and funds are being collected. The Bishop has kindly promised \$50, and several Victoria gentlemen are giving a grand entertainment at the Victoria theatre, on Friday and Saturday, February 26th and 27th, in aid, and it is hoped a building will shortly be taken and suitably fitted up.

The central principle of the Society will be " no work, no food," and men who decline to work will have to still shift for