

our bodies, we may also refrain from all noxious pleasures !

Convert us, O Lord, our Saviour, and instruct our minds with thy heavenly doctrine, that this Fast of Lent may be beneficial to us.

Look down, O Lord, on thy children, and grant that while we chastise ourselves by the mortification of the flesh, our minds may be inflamed with the love and desire of Thee !

We beseech thee, O Lord, mercifully to regard the devotion of thy people ; that mortifying their bodies by fasting, their minds may be refreshed by good works.

Mercifully, O Lord, look down on thy people, and in thy clemency turn away from them the scourge of thy wrath !

Grant, we beseech thee, O Almighty God, that thy people who mortify themselves by abstinence from food, may likewise, by following righteousness, fast from sin !

Grant us, O Lord, we beseech thee, thy assistance in order that we may thoroughly perform this holy fast, that what we have undertaken by thy appointment, we may accomplish by thy grace !

Vouchsafe us, we beseech thee, O Lord, the assistance of thy grace, that whilst we duly apply ourselves to fasting and prayer, we may be delivered from all enemies both of soul and body !

Grant, O Almighty God, that being purified by the fast, we may come to

the approaching Solemnity (of Easter) with pure hearts !

Grant, O Lord, we beseech thee this salutary effect of our fast, that the chastisement of the flesh which we have undertaken may become the improvement of our souls ! *

This is but a small portion of the melting language of our Holy Mother, a few of her thrilling accents. Who can address them to Heaven without emotion ? Who can refuse to see that her glorious object is the spiritual purification of her beloved children, her principal aim to teach them the saving fast from sin ?

We may probably before this holy season shall be over, be tempted to draw again on the rich Treasury which she has filled for us in Lent with the most sparkling and precious gems from the Book of Life and Truth, that inexhaustible mine of wealth from Heaven !

We are edified at the manner in which the Catholics of Halifax are availing themselves of the spiritual opportunities afforded them during these days of mercy and grace. The House of Sacrifice and Prayer is diligently frequented, and as the bread of life is more abundantly broken, the faithful listen with a holy eagerness to "every word that cometh out of the mouth of God" through his sacred ministers. During the last, and a portion of the present week, the Rev. Mr. Quinan de-

* Collect. &c. for Lent. *Misale Romanum* Passim.