
The Great Conquest.

Vague resolutions to do something in the line of wholesome self-discipline during the Lenten season do not have satisfactory results. We've got to aim at some definite mark if we are to get anywhere.

Self-mastery is the work of a lifetime, and it must begin in small ways. The following suggestions towards its accomplishment are offered by Father Wilberforce, O.P., and are especially timely at this penitential season:

In general, strive to learn to refuse to nature everything not necessary. Strive to give to self everything he would refuse without reason, through whim or mere inclination.

Self asks some minutes' rest after being called: refuse even a second.

Self wants to consult ease and comfort in sitting or lying: do not listen.

Self wants to indulge comfort of posture in prayer: refuse.

Self suggests that prayer might be shortened: if possible, prolong it.

There is one bite on your plate self most fancies: offer it to Jesus.

Hunger makes your mouth water: wait a little: eat slowly.

Self feels down and low: sing. Self is grumpy and cross: laugh.

Self longs to speak, to say a sharp thing: be silent.

Self wishes to avoid meeting some one: take him to the meeting.

Self desires to speak bitterly: make him speak kindly.

Self wants to take a slight revenge to pay some one out: be obliging and polite.

It costs self-love something to do an obliging thing, or it goes against sloth: double reason for doing it.

Everything seems to make you impatient: be equable in your humor.

Self seems all alive and in great eagerness to act or speak in haste: wait, let the storm pass.

Self wants to walk quickly, to recite quickly, to do this work or this thing quickly: go more slowly.

Something is said around you that excites curiosity: do not listen: offer it to Our Lord.

There is some interesting object or something that every one is running to see: do not look: go not one step to look.

You much want to pick this flower: leave it.

Act of Faith and Love.

Let us resolve never to pass by or near a church without entering it. If we have plenty of time, surely we need not begrudge Our Lord a few minutes while we make a quiet act of adoration at His feet. If we are pressed for time, let us still enter, if only to make a genuflection and hurry out again. For even if we do not say one word with either heart or lips, what does that genuflection mean? It is in itself an act of faith and a proof of love; an act of faith, because by that reverent bending of the knee we acknowledge the Divine Presence; a proof of love, for surely if we were indifferent to that Presence, we would not have troubled to come and pay It homage.

Prayers.

Deceased - Rev. Thomas Schwertner, O.P.; Albert, King of the Belgians, who applied Catholic principles in the government of his people; an aunt of Francis Quinlan.
Ill - an uncle of Myron Penty (pneumonia); Harold Gilday's sister (appendectomy).
A thanksgiving for the recovery of health. Three special intentions.

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