

as a religious rite, become purged and purified in the physical sense, and thereby bettered spiritually.

This long fast was placed in the spring because that is the season when it is most beneficial to man. During the winter people have to live largely on dried or preserved foodstuffs, as it is difficult for them to get green vegetables, etc. As a result the system becomes clogged with waste matter and all sorts of bodily ailments are invited.

Doctors will tell you that there is the maximum of sickness at this season, and this due to indiscreet diet more than to bad weather. It has been discovered for example that tonsillitis and various other affections which are usually ascribed to "taking cold" can be traced almost always to overloading the stomach with sweets and other strong foods. Parents whose children are subject to such attacks should therefore look to their diet the first thing.

We are told that there is "no rule of law without a reason," and this is true of all rules that stand the test of time. Now, why was flesh denied to people during Lent? and why was fish allowed? We find the reason for this verged by modern dietetics. Meat is a highly nitrogenous food and it conduces to rheumatism and many other ailments. Fish on the other hand, while nutritious, is not rich in nitrogen.

In fact if you went to the most eminent diet specialist in the land and consulted him, the chances are he would prescribe for you just about such a diet as the ancients discovered was the proper thing when the blood had been thickened by the accumulated waste matter from a period of hearty eating as in winter. Fish has sacred significance, it is true; a fish was used by the early Christians as one of their symbols. But fish is employed as a substitute for meals during fasts because, while supplying sufficient nourishment, it relieves the system and purifies it.

And we should not forget that bodily purity is a condition precedent to spiritual purity. It is a sure thing that people who indulge in gluttony, or intemperance of any sort, and who treat their God-given bodies as if they were cesspools are not well prepared for living a higher spiritual life, no matter how much religion they may profess.

Even if you belong to no church, this Lenten period of reduced diet and reduced frivolity is a good thing to observe. Good health and true religion are closely associated, and no one who neglects his health or allows his appetites to run riot is fulfilling his duty either to himself, his fellows or his Creator.

Lent is a good time to take an account of yourself and see if you are living up to your expectations and opportunities. Very likely you can think of ways to improve if you will try it. Don't be content with yourself if you are this year no further along on the road than you were at this time last year. Make progress, grow, improve; don't stand still