

POINTS OF VIEW

The Mass and the Laity

To the Editor, THE LIFE OF THE SPIRIT

I CAN sympathize with Denis Forbes on the Mass becoming so 'little' to us. As one who is in town all day, it is certainly hard to become 'detached' from the world, but may I give your contributor a little suggestion, I am assuming, of course, that he, like myself, goes 'up' and 'down'. If so, he should go into a Catholic church, say, in the lunch-hour for about fifteen minutes, and just 'give himself' to God. He need not strive to *say* anything, but he can kneel or sit in perfect silence, or perhaps mutter our Lord's name if he feels distracted. He should do this as regularly as possible. It is surprising what this simple little exercise can do. By this means, one *can* get into contact with our Lord daily; and, on the Sunday, Mass does not appear so hard an act on which to concentrate. In these changing, noisy days, the simpler our approach to the Divine Wisdom, the better. And is there any necessity to read newspapers up and down in the train? Why not a good book on theology?

N. Harrow.

AUGUSTINE, T.O.S.D.

Angelic Ministry

To the Editor, THE LIFE OF THE SPIRIT

RECENTLY our newspapers were full of letterpress and pictures of a temple of Mithras and some of its statues discovered during building operations. Thousands flocked to see this evidence of the Roman occupation of England, and the suggestion was actually made that four hundred thousand pounds of public money should be expended in preserving these remains in their original site. But there has been another uncovering of things hidden, and in this land, too, which has excited no comment; indeed, so far as my reading goes it has not been mentioned at all in any Catholic publication. For long years all unacquainted with Hebrew have read in Daniel 10, 12 these words: 'And he said to me: Fear not, Daniel, for from the first day that thou didst set thy heart to understand, to afflict thyself in the sight of thy God, thy words