

as the imagination, memory, and understanding: their proneness to distraction, and the itching curiosity of the mind, must be curbed, and their repugnance to attend to spiritual things corrected by habits of recollection, holy meditation, and prayer. Above all, the will must be rendered supple and pliant by frequent self-denial, which must reach and keep in subjection all its most trifling sallies and inclinations. If any of these, how insignificant soever they may seem, are not restrained and vanquished, they will prove sufficient often to disturb the quiet of the mind, and betray one into considerable inconveniencies, faults, and follies. Great weaknesses are sometimes fed by temptations which seem almost of too little moment to deserve notice. And though these infirmities should not arise to any great height, they always fetter the soul, and are an absolute impediment to her progress toward perfection.

ST. RICHARD, KING AND C.

THIS saint was an English prince, in the kingdom of the West-Saxons, and was perhaps deprived of his inheritance by some revolution in the state: or he renounced it to be more at liberty to dedicate himself to the pursuit of Christian perfection. His three children, Winebald, Willibald, and Warburga, are all honoured as saints. Taking with him his two sons, he undertook a pilgrimage of penance and devotion, and sailing for Hamblehaven, landed in Neustria on the Western coasts of France. He made a considerable stay at Rouen, and made his devotions in the most holy places that lay in his way through France. Being arrived at Lucca in Italy, in his road to Rome, he there died suddenly, about the year 722, and was buried in St. Fridian's church there. His relics are venerated to this day in the same place, and his festival kept at Lucca with singular devotion. St. Richard, when living, obtained by his prayers the recovery of his younger son Willibald, whom he laid at the foot of a great crucifix erected in a public place in England, when the child's life was despaired of in a grievous sickness: and since his death, many have experienced the miraculous power of his intercession with God, especially where his relics invite the devotion of the faithful. His festival is kept at Lucca, and his name honoured in the Roman Martyrology on the 7th of February. See the life of St. Willibald by his cousin, a nun of Heidenheim, in Canisius's *Lectiones Antiquæ*, with the notes of Basnage. Henschenius. Feb. t. 2. p. 70.