

of compunction and holy contemplation. This may be easily demonstrated both from reason and religion, and from the examples of so many illustrious saints. Retirement is recommended by particular motives to persons who, after going through the station of a public life, are at liberty to embrace it in order to fit themselves for eternity.

### ST. PUDENTIANA, V.

\* SHE was sister of St. Praxedes, and daughter of Pudens a Roman senator, who was converted to the faith by the apostles SS. Peter and Paul. Her festival is mentioned in the Sacramentary of St. Gregory. Her church in Rome is esteemed the most ancient that is known in the world. It was in the first ages called the church of the Pastor, and is said to have been the palace of Pudens, in which St. Peter lodged and celebrated the divine mysteries.

See the Bollandists, and Tillem. t. 2.

### ST. DUNSTAN, ARCHBISHOP OF CANTERBURY, C.

HE was a native of the town of Glastenbury, of noble birth, and received his education under certain Irish monks who were excellent masters of the sciences, and at that time resided at Glastenbury, which the wars had left in a most ruinous condition. Dunstan outstripped his companions in every branch of literature which he thought worth his attention, and through the recommendation of Athelmus archbishop of Canterbury, his uncle, with whom he had lived some time, was called to the court of the great king Athelstan, a lover of virtue and learned men. He enjoyed the favour of that prince above all the rest who had the honour to approach his person, till envy made him feel the usual instability