L.S.J.M.J. 15-29

I very much approve, my dear Child, of the fact that you have not entered into an explanation of the causes of the woes you have experienced. Alas! it is always our weakness that causes or is the occasion of our ills. Get up promptly when you have a fall. More than any one, you must avoid looking back at them, examining them; your natural inclination towards gloomy ideas about yourself gives you a strict obligation in this respect.

There is nothing to prevent any of you taking warm water with milk, when cold makes you unwell. We have arranged that with the Mme Superior General. You may tell your Mme Superior so.

I am pleased to tell you that your letter is very well drawn up and well written.

May the good God deign to help you, my dear Child, and enable you to go forward generously in the way of perfection. Such is the wish of

Your very devoted Father in Jesus Christ C. G. Van Crombrugghe

27th July 1842