

worries, we say, compared with the treatment Jesus endures daily ! Those with whom we find it so hard to live, do not provoke us one half so much as we provoke our Lord daily by our negligence and failings in His service. Thus, gradually, the little troubles which, a while ago, we found so insupportable, melt away into nothingness, as we fix our eyes upon the lowly Home of the meek Lamb of God. Meekness being one of the essential virtues practised by Jesus, in the Blessed Sacrament, we, who are so often in this living Tabernacle, are bound in honour to imitate our Master in this. Meekness should be our habitual virtue. If it be natural to us, let us cultivate it and develop it, drawing fresh draughts of sweetness from the Sacred Host every time we approach that unfailing source ; if it is not natural to us, let us never rest, until we have made it the prevailing virtue of our lives, until our very countenance, the expression of our eyes, and the tones of our voice are mirrors of the meekness of Jesus.

As there is no disposition more attractive than sweetness so there is none more repellent than the opposite of sweetness — sarcasm, sharp retorts, offence taken where no provocation was intended, and so forth. Let us keep ever before our eyes, the fact, that a person who leads a devout life, communicates frequently and is a constant visitor of the Blessed Sacrament, is expected by those around him, whose piety is of a less fervent nature than his, to be much more perfect than themselves. He knows full well how weak he is, how full of faults and failings, and that were it not for the spiritual helps, he would fall into sins a thousand-fold more grievous than those committed by his critics, nevertheless, he has according to their views, placed himself on a pedestal from which he is in honour bound, never to descend, and great, therefore is their scandal, when they see this member of their family, who practises austerities from which they shrink, losing his temper over trifles, giving way to extreme sensitiveness, answering quickly, taking umbrage, making others feel uncomfortable, and, as they consider, bringing discredit on the religion, for which, if called upon to do so, they, with all their shortcomings, would lay down their lives.