

the sweet smile of the Infant God reposing in his arms ; our trustful love will be rewarded by the possession of this same God in our hearts. Let us try to compensate for all that is repulsive in our spiritual infirmities by an ardent desire of profiting by His visit.

Fourthly : *Simeon was filled with the Holy Ghost. " Spiritus Sanctus erat in eo. "*

The Holy Ghost is love, and it is love alone that can attune those dull heart of ours to the melody of divine love that sings deep down in our hearts during the moments after Holy Communion. It is the Holy Ghost that gives us strength to be faithful to the graces which inundate our souls in the blissful moments when Jesus' Heart is pouring out Its treasures upon our beating hearts near which It lies.

Justice, fear, desire and love were Simeon's great virtues, but what of our efforts in contrast with this noble old soul awaiting the consolation of Israel? We pride ourselves upon having no grievous faults weighing us down, it may be so ; but let us bring a light and look carefully into corners, and oh ! the heavy curtain of spiritual cobwebs that hangs there before us ! — Vulgar passions which agitate the heart, superficial virtues that can stand neither wind nor storm and how little we realize all this, how little we seem to know of our real misery ; how little we understand the grandeur of the Eucharistic mystery ; what apathy there is about our efforts if we make any at all ! See the lurkings of self-love : the sway which routine holds over the holiest act of the Christian life and the iciness of the hearts that come in contact with the warmth of infinite love !

Dear Jesus ! the greater number of my Communions are but daily surprises. I am heartily ashamed of myself, and dread profaning the Holy of Holies. Still, I cannot bear to keep away from the Holy Table. I come to Thee, then, dear Saviour of my soul, and since I cannot prepare as I should, I beg of Thee to prepare my poor soul. I am unworthy that Thou shouldst come to me, but I love to think of the consoling words said to St. Catherine of Sienna, the saintly virgin Thou didst love so well : " If you are not worthy that I should go to you, surely I am worthy that you should come to me ".