

your First Communion with her in her cell." "Go my child! God is with you," he murmured, at the same time handing her the precious deposit. Claspng it close to her heart she set out with fearless steps and face radiant as an angel's.

As soon as she entered her mother's cell she threw herself on her knees. Instinctively understanding the sublimity of the priest's intention the mother knelt close to her child faith and heart swayed by uncontrollable emotions.

After this spontaneous homage the Sacred Hosts were reverently laid on the table. The acts before Communion recited by the child. Then the mother in a voice trembling with joy addressed Our Lord earnestly recommending to Him her soul and that of her little child for all eternity; and taking the Sacred Hosts gave Holy Communion to her child and then to herself..

The next day when the little First Communicant returned to see her mother she had gone—gone to heaven.

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### HUMILITY IN SPEECH.

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JESUS, meek and humble of Heart, make our hearts like to Thine."

Meekness and humility of heart, comments the Sacred Heart Review. What a contrast to our proud, stiff, self-willed, repellant ways! And yet Christ was God. God humbled Himself even to man's nature and to a shameful death. Let us begin this month to try to be humble. One practical plain suggestion shall be made, for such suggestions are very helpful. Let us try to be humble in our words. Not fawning, not vacillating, not whirled about by every man's opinion, but gentle, forbearing, patient, kind to others, and not always endeavoring to gain our point. In matters of principle let us be as firm as granite, with a holy firmness far removed from obstinacy and contention. In matters of indifference let us be meek and humble. Our true dignity is quite secure in the keeping of our Lord's meek and humble Sacred Heart.