

charm of the Christian life, that mark of true virtue, admired even by the world, — that easy means of conciliating hearts, and gaining even our enemies. Deign in Thy Infinite Goodness, to bestow upon us the gift of meekness. Thou hast said : Blessed are the meek, for they shall possess their souls in peace, and enjoy Thy presence in the land of the living.

O Jesus, make us meek and humble ; then will we truly become the disciples of Thy Sacred Heart. Jesus meek and humble of heart, make our hearts like unto Thine !

R. P. SEGUIN, S.J.

A GOOD-NIGHT PRAYER.

My Father, hear my prayer,
Before I go to rest ;
It is Thy little child
Who cometh to be blest.

Forgive me all my sin,
That I may sleep this night
In safety and in peace
Until the morning light.

Lord, help me every day
To love Thee more and more,
To strive to do Thy will,
To worship and adore.

Then look upon me, Lord,
Ere I lie down to rest ;
It is Thy little child
Who cometh to be blest.