

bread is accomplished within ten minutes after receiving holy communion. This fact should impress upon us the importance of spending the precious moments after holy communion in fervent devotion. During these moments our dear Lord is fully in our possession. He is not only in our hands, but He truly and actually dwells within us

Think of the poor woman in the Gospel whose remarkable confidence in Christ impelled her to exclaim : " If I can only touch the hem of His garment, I shall be healed." What hopes may we not entertain, and what wishes may we not then expect to be realized, from our intimate union with Christ in holy communion !

To enjoy so intimate a union with our divine Saviour as to be " of one flesh and of one Blood with Christ " as the Fathers express it, is a wonderful grace, flowing to us from the excessive, the measureless love of God for man. The contemplation of this excessive love of God so enraptured the saints in the presence of the Blessed Sacrament, and especially at holy communion, that they became entirely oblivious of their surroundings and were frequently lost in ecstasy. This boundless love of Christ which causes Him to give His own person to us without reserve accounts, moreover, for the numerous examples of heroic self sacrifice in the history of the Church. From this excessive love of Christ in the Blessed Sacrament has sprung the fortitude of the holy martyrs the heroism of voluntary virginity, the self sacrificing service of so many in our charitable institutions for the poor and the infirm, as well as the unflinching devotion to the salvation of souls and the patient endurance of terrible hardships manifested by Catholic missionaries in foreign countries and among pagan nations. It is not surprising that a man whose nature is not perverted should be moved to pity at the sight of poverty, sickness, and other misfortunes. Examples of pagan philanthropy and generosity are related in history. Alms giving for the relief of the poor, enthusiastic agitation for the benefit of asylums and hospitals, may sometimes even become a so called society fad or a fashion among certain classes whose Christianity or whose religious inclinations are by no means very pronounced. Witness, for instance, the efforts of so called modern humanitarianism. The are, however, two things

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