

the weight of nature how can we rise if the impetus given be not divine? Before going to His Father Christ left us the Mysterious Bread whose all powerful virtue draws us heavenward and helps us to overcome the dead weight that drags us to earth. This Bread is His own dear Self. "Ego Sum Panis." If we partake of this Bread often we shall progress—attain the degree of perfection demanded of us. This progress means an increase of the life of God within us, and perfection is a superabundance of this life. How obtain this superabundance? By frequent Communion.

The daily reception of the Holy Eucharist is no innovation in the Church. It was a good old custom of the primitive Christians, desirous as they were to practice evangelical perfection. The great St. Cyprian, voicing the opinion of the early Christian doctors, says: "Each day we receive the Eucharist as the nourishment of salvation."

The Church, through the Council of Trent, speaks in the following terms:—"The Council desires that the faithful assist at Mass and receive Holy Communion, not only spiritually, but sacramentally. Lastly, the very nature of the Eucharist calls for frequent Communion. It is a sacrament of God's presence. He makes it His delight to be with the children of men. Should it not be our delight to make this divine presence more intimate by Holy Communion? The Eucharist is a sacrifice and a perfect sacrifice can be consummated only by eating the flesh of the victim. The Eucharist is a food—the true "daily bread" which Jesus taught us to ask for in the "Pater." And if it is a daily bread, "How is it," says St. Augustine, "that we eat it but once a year?"

The desire for perfection and frequent Communion are two thoughts that most naturally fit together. They are co-relative. He who desires to be perfect longs for Communion; he who longs for Communion necessarily longs to be perfect.

There are Catholics who tell us that they feel no desire for frequent Communion and that, apart from the Paschal obligation, they are satisfied with an odd Communion on

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