below in the Eucharist, it behooves Thy glory to make Him reign and triumph on earth. Crush every obstacle that prevents His

mounting His throne and governing all nations.

In our own day, as at Pilate's tribunal, the wicked f:ar Him. In one sense, the Jews were right. Jesus is a great revolutionist. "We have found this Man stirring up our nation." That is His mission. He came to revolutionize, not the material world, but the intellectual world, the world of the affections, the world of the passions, in a word, the moral world. But this last world He wishes to raze to its foundations, to replace error by truth, vice by virtue, good by evil. This is truly the reproach the Jews insistently make against Him before Pilate: "He stirs up the people," they say, "teaching throughout all Judea, beginning in Galilee even into these parts." Is not this revolution of evil to good entirely in favor of individuals and of the nation at large?

Do Thy work in me, O Divine Host! Come to destroy in my soul by Holy Communion the power of evil. I give up to Thee at this very moment and forever, through the hands of Mary Imma-

culate, the kays of my liberty

Destroy in my intellect the evil of error and enlighten it with the radiant beams of faith. Destroy in my heart the love of the creature to fill it with the chaste love of Thy Father, Thy Holy Spirit, Thy Divine Person. Supernaturalize the bonds of blood, of friendship, of esteem, which attach me to created things. Henceforth may my heart love only in Thee and for Thee!

Destroy in me those chains that hold me captive to evil, and grant me the holy liberty of the children of God! Reign by the empire of Thy truth and love over all men, especially over the Jews. Grant that soon all, Pagans and Christians, Jews and Heretics, kneeling before the Sacred Host, may submit their understanding to Thy word, and proclaim Thee before the whole world, the

only, the true Benefactor of the human race !

RESOLUTION. Unite hourly with Mary and with Jesus actually renewing in a mystical manner His immolation of the Cross upon some altar on earth, and communicate spiritually in the Divine Victim. Make each time a formal act of gratitude for all the benefits with which the Saviour has filled your life.

I have a Friend Who takes upon Himself my troubles, and Who is never better pleased than when thy are confided to Him. I bring Him my annoyances, and expose to Him simply my embarrassment. and under His direction things right themselves.—Golden Sands.