

to produce in our soul these effects, for which it was instituted, let us ask them in the Communions we receive, in the Masses we hear, the hours of Adoration we make. We would do well to renew often these prayers, understanding their importance.

During the ordinary meditation, apply the circumstances of the Passion to the Eucharistic state of our Saviour, in order to derive more benefit from it.

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### THE BIRD'S "HOSANNA"

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I am an old woman living a very lonely life, which, however is cheered to a great extent by a little canary which has become very tame with me and learned many tricks. I love and prize it very much, not only for the sake of the giver, who brought it up from the nest, but also because it shows its love for me.

I have been living in lodgings, and receive Holy Communion weekly from a priest who brought It to my bedside. The bird is exceedingly shy of strangers, and very timid and, as a rule retires to the back of its cage if any one it is not accustomed to see goes near it; and I may here mention that the little table which I made my altar was quite close to the cage. One Friday morning before the priest came I said to my little bird (though knowing, of course, that it could not understand my words): "Now, Pippet, I want you to sing this morning; Our Lord is coming and I should like you to sing to welcome Him." Being very deaf I heard no singing, but when I saw the priest again, later on the same day, I asked him about it, and he said that when he brought the Blessed Sacrament to me the bird immediately broke out into full song.

Whilst I remained in these lodgings, which was for some weeks after this, I continued to ask my little bird each Friday before I received Holy Communion to sing to greet Our Lord, and the priest told me it did so each time at the crucial moment.