this Man give us His flesh to eat? Then Jesus said to them; Amen, Amen, I say unto you; except you eat the flesh of the Son of Man, and drink His blood, you shall not have life in you. He that eateth My Flesh and drinketh My Blood, hath everlasting life; and I will raise Him up in the last day. For my Flesh is meat indeed; and My Blood drink indeed. He that eateth My Flesh and drinketh My Blood liveth in Me and I in Him. As the living Father has sent Me and I live by the Father; as He that eateth Me the same also so shall live by Me. This is the Bread that came from heaven. Not as your fathers did eat Manna and are dead. He that eateth this Bread shall live forever." (John vi., 48, 59).

Plainer or more emphatic words no man could utter. Mark how forcibly He brings home to us the necssity of frequent Communion. "I am the bread of life;" mark how He urges us, "He that eateth this bread shall live forever;" mark how He threatens those refusing to feed on His flesh: "Except you eat the flesh of the Son of Man, and drink His blood, you shall not have life in you." In face of these promises and threats, he is a bold

man who shall remain indifferent.

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Christ's whole life is one continual plea for the heart of man. Yet that He likens Himself to the pelican that was believed to feed her young with the blood from her own breast, to the wine giving life and nourishment to the branches is a cogent argument for His solicitude for us. Such indeed are Hislonging for us that He would seem to have need of us. "Oh how often as the hen gathers her little ones under her wings, I have called but you have not harkened. Come to me, all of you that labour and are burdened and I will refresh you: come and I shall pour the waters of peace over your soul; you shall drink the sweet milk of My consolations. I am come that they may have life and may have it more abundantly. Compel them to come in that My house may be filled." Oh like the early Christians "persevering in the doctrine of the apostles, and the communication of the breaking of the bread' let us know the "gifts of God."

(to be continued)