

took long journeys and bore the most painful sacrifices in order to partake of this great happiness ; while others did not fear to beg for It even at the risk of their lives. St. Francis of Assisium fell into an ecstasy after every communion and found himself, as it were, transported amongst the angels ; St. Catherine of Sienna sickened with grief whenever she was obliged to pass a day without receiving communion ; another saint asserted that to receive Our Lord in the Heavenly Banquet, she would not hesitate to walk through flames. When yet a child St. Magdalen of Pazzi burned with such an ardent desire for Communion that on the days when her mother had had that happiness she clung to her and would not leave her, saying : " If I may not yet eat the Bread of Angels, let me at least have the happiness of inhaling its perfume."

The brave officer who presented himself to receive Communion at seven o'clock, one evening, in a little chapel of Lyons, shared these sentiments of the saints though his name may not be registered on their calendar. His noble reply when the astonished chaplain gently told him he could not give him Communion as he must be fasting in order to receive is worthy of admiration and emulation : " I have not broken my fast since yesterday. To-day I was very busy at the barracks, all day, and could not leave until now ; but what is such a slight privation in order to possess the good God ! "

We do not assert that every Communion produces such blessed sensible results, though we do assert that every Communion properly made produces those blessed interior results ; moreover, the interior happiness often adds to the invisible and secret operations of grace. When a person says : I was sad before Communion and now I am happy ; I was anxious and troubled and now I am calm and peaceful ; I lacked courage or energy and now nothing daunts me, that person is telling the simple truth. His experience is as natural as it is to be refreshed on drinking ice-water, or to feel heat when close to a fire.

Whoever you may be, try the experiment for yourself. At the Holy Table you will find solace, help, happiness, confidence, strength, light, peace, courage, resignation... And as to the Communions which leave no sensible im-