

and even the admiration of the world. In every field of activity where the good of mankind is sought, Catholic endeavour is foremost — uplifting the poor and the weak, bringing succour and comfort wherever sorrow or suffering is found, diffusing knowledge, fostering art, and carrying the light of civilization to the uttermost ends of the earth. In these countless ways, the vitality of the Church is so manifest and provokes inquiry on the part of all who look beyond facts to find their explanation.

It is natural indeed that those who see in the Church only a human institution should try to account for her fruitful activity by referring it to such causes as the wisdom of her rulers, the compactness of her organization, the training of her clergy, the prudence of her legislation, the loyal obedience of her members. And doubtless all these are elements of her life; but that life itself, its inner sustaining source, only they discern and rightly understand who know that withing the Church there is an abiding Presence, that Jesus Christ is as literally and truly in our midst to-day as He was once among His Apostles, and that from each of our altars there flows out incessantly a stream of grace, of spiritual power, of faith and hope and love that cleanses and quickens the souls of them who believe.

« He that eateth my flesh and drinketh my blood, abideth in me and I in him. » This is the final explanation, given by Christ himself, of the spiritual life and energy which characterizes His Church — of the zeal, the self-sacrifice, the obedience and the generous initiative which mark the true Catholic. Let it once be understood that Jesus dwells continually beneath the sacramental veils, in the humblest shrine as in the majestic basilica, accessible at all times to our prayers, nourishing as strengthening our souls, renewing each day the sacrifice of the Cross — let this great central fact be realized, and the

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