

nerous. Our soul feeds—daily if it will—on the noblest Food God Himself can provide, a Food that repairs unceasingly the losses sustained in the spiritual conflict, by venial sin, by want of vigilance, by infidelity to grace, by the drag of the corruptible body on the soul. Like corporal nourishment, but in an incomparably higher manner, it builds up, invigorates, heals, refreshes, delights, wards off disease and death. Is any soul so weak as not to gain some strength from this Divine Food? Can any disease persistently resist this remedy? What more can Omnipotent Love do than give us—not Its help only, but Itself, by the undreamed of device of becoming our Food and in this way uniting us with the Source of all good! “I am come that they may have life and have it more abundantly.” (S. John 10.)

Here we draw from the Saviour's fountains the courage we need in the battle of life; patience with others and with self; the brave humility that rises promptly after every fall; the right intention that sanctifies our words and works; the charity that seeks not its own and brightens life for all around it; perseverance in well-doing, in monotonous work, in that dry and seemingly unanswered prayer which is the great difficulty in the service of God. Here, from our union with Him, we learn little by little to “put on Christ,” (Gal. 3.) to see from His standpoint, to adopt His judgments of passing and eternal things, to take to heart His interests, to desire nearness to Him even at the cost of pain and shame. Thus we come to live by Him, thus His life within us shows itself in all manner of spiritual beauty and fruitfulness.

(3.) *He that eateth My flesh and drinketh My blood hath everlasting life, and I will raise him up in the last day,*”—the necessary consequence of a union with the Sacred Humanity, so close that earth can furnish no parallel with it. The soul of the worthy communicant has now eternal life in pledge and promise, and will be called hereafter to share in the life and glory of its Saviour. He who has not suffered His Holy One to see corruption, will raise up in glorious beauty those members of His which on earth have been so closely united to their Divine