

called St. Alphonsus of Liguori who is now one of the greatest Saints of God's Church. At five in the morning a half-hour's meditation on bended knees followed by a half hour's reading of the breviary ; then five hours of study during which he composed his works ; at eleven o'clock holy mass and half an hour of thanksgiving and the morning ended with a more than frugal meal followed by a short recreation. He began the afternoon with a long visit to the Most Blessed Sacrament ; then came an hour of spiritual reading and meditation followed by study. At half past five, half an hour was given to the affairs of his Congregation ; a couple of hours were devoted to meditation, to holy offices, and the rosary, after which the saint resumed his studies. Thus did this indefatigable worker spend his day.

He, I trust, cannot be accused of not having given to religion and to his country his share of work and of prayer.

*Good intention.* Nevertheless the day as we have just considered it remains, in the eyes of faith, a body without a soul. Purely mechanical order introduces light but it is a torch whose rays extend not beyond time. With the good results obtained by the apportionment of our outward activity we are still exposed to hear the reproach of the divine Master : « *Why stand ye here all the day idle.* » In fact what is gained by the devouring activity of a man who is eager for gold and silver ambitious of glory : naught but days irremediably lost, and a thousand years of labor are not worth a day in the eyes of God who searches man's mind and heart. Yes an idle worker is the unfortunate Christian who, thinking solely of himself, omits to formulate the intention by which he places himself at the disposal of the Master of time and of eternity.

Observe the animal that spends its day grazing on the grass in the fields and lies down in the shade to ruminate ; its horizon extends not beyond its body ; when its appetite is satisfied it is content. Such is the worldly and carnal man : should he be successful in his temporal affairs, should he have enough to purchase pleasure and be glutted with it, he has attained his full desire. Therefore St. Paul bluntly calls him : *animalis homo*, the animal man, whose thoughts rise not to