

dear Lord and Saviour in the Blessed Sacrament was imperative, nevertheless the unfathomable love which Jesus entertains for us in the Holy Eucharist precludes the possibility of any reasonable excuse for the diffidence and tepidity of so many Christians in our day. With joy and gratitude to God we must, however, confess that in comparison with the irreligious spirit that was rampant at the beginning of the present century our times are much better and holy communion is far more frequently received. Nevertheless so long as in our parishes the weekly reception of holy communion is looked upon, in general, as an indication, of excessive fervor and extravagant devotion, so long there is evidently wanting a correct understanding and a full appreciation of the Most Holy Sacrament and of the infinite love poured out therein by our blessed Saviour.

How does it happen that in so many cases frequent holy communion does not bear much fruit, or does not produce a proportionate increase in virtue? What means must we adopt to produce the richest fruits from frequent holy communion? In answer to the first question we must distinguish two classes among those who frequently receive holy communion without any apparent or satisfactory progress in holiness and perfection.

The first class is the minority, and they who belong to it are their own accusers, and lament over their slow progress in the way of perfection. Such Christians sometimes ask their confessor: "Shall I continue to receive holy communion frequently? It seems I am not worthy; I make so little progress in overcoming my daily imperfections." As a rule these devout souls have already, by the grace of the Most Holy Sacrament, advanced far on the road to perfection; their vision has become keen in observing their frailties, enabling them to see clearly how much remains to be done to acquire sanctity. In their anxiety they may be consoled with these words: "Take courage, my dear soul! even though you do at times suffer a relapse into faults and imperfections, your earnest struggles are recorded in the book of life; you must not relinquish any of your good practices; you must not cease to co-operate with the grace of God; you must not surrender in the fight against your evil inclinations. You will eventually succeed with the help of divine grace."