

of the Blessed Sacrament at Angers). Without Him how can we live? Oh, that small, white, round, beloved Host which we would like to have always there, in our breast, in our heart, all our life! To think He will belong to us up there, to us forever, and it will be He, the real He and we shall be there on His heart."

Dear Children who read these pages, from whatever chapel or church your prayers ascend in pleading to the great white throne, asking for an ardent love for the Eucharistic Christ, be assured our supplications will be united to yours, imploring the Eucharistic King whom you will soon welcome for the first time to sew, Himself, this Eucharistic love in your hearts and to make it grow daily more and more.

I am the Bread and Wine of the Chosen.

THE fruits of our Lord's Body: As to chains of guilt; *It drives away the devil*; The Angel answering said to him, If thou put a little piece of its heart on coals the smoke thereof driveth away all kinds of devils, either from man or from woman, that they come to them no more. *Tob. vi. 8.*

It cools desire; When He that is in Heaven appointeth kings over her, they shall be whited with snow in selmon. The mountain of God is a fat mountain. *Ps. lxxvii. 15, 16.*

It cleanses the stain on the heart; One of the Seraphim flew to me, and in his hand was a live coal which he had taken with the tongs off the Altar; and he touched my mouth and said, Behold this hath touched thy lips; and thy iniquities shall be taken away, and thy sin shall be cleansed. *Is. vi. 6, 7.*

It appeases the anger of God; A hidden gift quencheth anger, and a reward in the bosom the greatest wrath. *Prov. xxi. 14.*

(See frontispiece.)