

till he come with him to his eternal country.

2. O sweet name of JESUS, above the names of all the saints in heaven or on earth, to which every knee shall bow, of things in heaven, of things on earth, and of things under the earth, of angels and men!

Thou art the way of the just, the glory of the blessed, the hope of the poor, the health of the sick, the lover of the devout, and the comforter of all in tribulation.

Be unto me my help and my protector in my need, for thy holy names' sake, which is blessed for ever.

When I am poor, I shall praise thee; when I am sorrowful, I shall, praise thee.

When I am joyful, I shall praise thee wheresoever I may be, I shall praise thee. Amen.

### CHAPTER XIII.

#### ON KEEPING A STRICT WATCH OVER THE HEART AND LIPS.

1. "Cor mundum crea in me, Deus." (Ps. 1. 12.)

'Create in me a clean heart, O God.'

This prayer is very profitable and powerful against every vice, whether of long temptation, or rushing suddenly into the heart.

Nothing is more laborious, but at the same time more useful than to keep the heart from vain imaginings, and the mouth from idle words.

Nothing is more fruitful, than to give one's self to spiritual exercises, in prayer or meditation, in study or singing psalms, or in doing the works of charity with a willing mind.

Few words are enough for our need; many words are superfluous: words of levity bring on vanity; words of curiosity bring in detraction; harsh words excite trouble; haughty words beget pride; simple words show humility; words of truth bring pleasantness; words of falsehood provoke indignation; good words deserve praise; evil words deserve punishment; a holy life deserves eternal glory. Wherefore, he that keepeth a good watch over his heart, watcheth over the door of his life, lest he lose the grace of interior devotion, by the carelessness of his external speech.

### CHAPTER XIV.

#### ON FREQUENT PRAYER.

"Quoniam oportet semper orare." (St. Luke xviii.)

"That we ought always to pray."

O how sweet and salutary an admonition; how pure and holy is prayer, touching the heavens, and deserting the earth; speaking with God, but silent with men!

This same word Christ teacheth to his Apostles, and to all religious. For as the body liveth and is nourished by earthly food, so is the soul strengthened by sacred words, by prayers, and by meditation. Great sorrow of heart for sins committed, and humble confession of thy sins, with a firm resolution of amendment, give great confidence to prayer; for nothing is so rich as a good will, nor so acceptable to God, nor so salutary to our salvation.

For as often as you pray to God, so often do you sigh and mourn over your sins; and because you sin daily, therefore you ought daily to pray and mourn,