

Are you convinced, Christian soul, that St. Francis de Sales was entirely disposed to help souls by frequent Communion? But remark what follow: "Communicate often, O Philothea, and as often as you can," (then, even every day) "with the advice of your spiritual Father" (Yes, because to communicate with the advice of the confessor is much better and more meritorious); "and believe me, by continually eating, relishing, adoring Beauty, Goodness, Purity itself in this Divine Sacrament, you will become all beautiful, all good all pure . . . !"

A Conversion

REVEREND AND DEAR FATHER :

Will you kindly accept me as a member of the Arch-confraternity of perpetual Adoration and register my name as such. Although born and brought up a Protestant, I have been devoted to the Blessed Sacrament ever since the feast of Corpus Christi 1879, when I witnessed the beautiful procession held on the public streets of Montreal, Canada, and there beheld, for the first time, the Blessed Sacrament. I was only a very young child at the time, but it made such an impression upon me, that from that hour I felt drawn to visit a Catholic Church whenever I could slip away unobserved. In later years I always attended the Forty Hours devotion whenever I knew of it being held, and visited, very frequently, the Church of St. Jean Baptiste, East 76 St. New-York City, where they have Perpetual Exposition.

I fully believe I owe my final admittance to Holy Church, Feb. 11-1905, to Jesus in the Blessed Sacrament. I will perform my hour of Adoration every Wednesday from 7-30 to 8-30 P. M. in the Cathedral of St. Vibiana in this City as that is the time the Rev. Fathers have the holy Hour for the People.

Respectfully yours
(Mrs. X.)