

And I thought on the peasant's humble lot,
 And the blazing hearth in his little cot,—
 And his blissful smile, and his humble fare,
 And I thought with myself that peace was
there.

I pictured the joy of the early ray,
 As it kissed the dew drop and stole away ;
 I thought on the mountain, the vale and glen,
 That led far away from the haunts of men,
 The buoyant heart and the spirit's glee,
 And all, that would there, make peace for me.

'Twas vain ;—for the mind was chainless still,
 And the thoughts of fire, and the passions'
 thrill :

And at length I found, that to man 'twas given
 To find his peace and his home in heaven !

Maxims of the Saints.

Make a good general confession, if you have never made one. Assist every day at mass. Examine yourself after each action, to see what has been deficient in it. Examine your conscience every evening.—Confess frequently. Watch over yourself, and perform your pious actions, with such regularity and devotion, that you may be permitted to go often to communion.

ST. IGNATIUS.

If your heart be not moved by the motives for loving God, let it be penetrated with a fear of his judgments.

Practice some great austerities in order to subdue your passions, and to draw down upon you the Divine grace. Vary them, that you may know what you are best able to per-

form, and what is most useful to you.

Above all things, apply yourself to the correction of some vice. For this purpose, make a particular examination, each day, to see what progress you have made in the contrary virtue.

Dispose yourself for the graces of God, by approaching him in a spirit of disengagement from yourself.

The more recollected you shall be in your spiritual retreats, the more profitable they shall be.

Let your interior respect for God, at all your prayers, be most profound.

Labour to overcome yourself.—Let it be your continual occupation.

I invite you to make frequent acts of the love of God ; to have pure intentions in all things ; to entertain yourself familiarly with our Lord, and to seize opportunities of performing zealous actions.

Be in the hands of your superiors, like a dead body in the hands of those who are committing it to the earth. You must not make the least resistance.

During your prayers, close your eyes on the earth and open them to heaven.

When, instead of receiving consolation, at your prayers God permits you to fall into desolation, say : God acts in this manner in order to chastise me, to try me and to humble me. Rejoice when anything unpleasant shall befall you, provided it be not through your own fault.