

been allowed to the Holy Table for the first time, should they also be asked to receive Communion daily? Would their youth and their want of reflection allow it? The Pope settled this by declaring on the 15 of September, 1906 that children like their elders should be urged to the Holy Table every day if possible.

Every one knows how sad it is for an invalid to spend weeks and sometimes months without being able to go to Church, while still not suffering from acute or dangerous illness; the privation is even greater if the one thus afflicted is a good fervent soul accustomed to frequent Communion. The Pope in his broad sympathy thought of them also and came to their relief. His Decree of Dec. 7 1906 allows the sick, who without being confined to bed are obliged to remain indoors, to take light nourishment *per modum potus*, and still receive twice a week, if the Holy Reserve is kept under their roof and twice a month in the opposite case, provided the sickness has already lasted a month.

In this work of bringing back souls to Christ it was not possible to overlook the intercession of His blessed Mother. Mary has given us Jesus, and since then all the graces we receive pass through her mighty merciful hands. Moreover is she not, the one most interested to see that her Divine Son receives the honor and homage justly His due. Thus on the 9th. of Dec. 1906, Pius X granted an indulgence of 300 days to the following prayer: « O Virgin Mary, Our Lady of the Most Blessed Sacrament, Glory of Christians, Joy of the Universal Church, Salvation of the World, pray for us and awaken in all the faithful devotion towards the Blessed Eucharist so that they may be worthy to receive It daily. »

It is no small task to change well-established customs, and especially such a well-established one as had hitherto prevailed regarding the reception of Communion. To start a movement, to win over the masses and bring them to the Holy Table, a mountain of prejudice must be overcome and the true doctrine of the Eucharist well understood. To attain this double end the Pope appealed to the Bishops and asked them to do all in their power to spread frequent Communion in their diocese and to hold yearly in their Cathedral a Eucharistic Triduum and to see that