

Roman Liturgy. The custom of thus regarding the Sacred Host was once widespread, and has only fallen into desuetude of recent years, destroyed, as we shall see, by Protestantism, and obscured by Jansenism. It is in accordance with the Rubrics of the Roman Missal which prescribe that the priest shall elevate the Sacred Host and Chalice, looking on them intently, and *show* them to the people to be adored. The well known and excellent treatise of Father Van Cochem, O.F.M., on the Holy Mass tells us that during the Elevation the people should look towards the altar, and regard the Blessed Sacrament with fervour. For "says the pious author," we read in the life of the illustrious St. Gertrude, that every time we look upon the consecrated Host we grow in merit, and the happiness of eternal life will correspond to that with which we shall have contemplated here below, the precious Body of Jesus. . . . do not, therefore, imitate those badly instructed Christians, who, prostrating themselves too profoundly, put themselves in the impossibility of seeing their Saviour; and he adds that "the priest who having elevated the sacred species, replaces them upon the altar with too much haste, is blameworthy, for he deprives our Saviour of the homages of the assembly."

We have numberless proofs that this devotion was well known and dear to the hearts of our Catholic forefathers. There was a prevailing idea in the Middle Ages that the sight of Christ in the Blessed Sacrament brought health-giving joy to the heart. The "Lay Folks Mass Book"—a popular manual of devotion in the Reformation, England, instructs its readers as follows:—

"Therefore kneeling hold up thy hands,
And with inclination of thy body
Behold the Levation reverently.

Some of us will remember that a similar devotion exists even to-day amongst the devout peasantry of Ireland, who, beating their breasts, whisper soft words of welcome to the Eucharistic presence. In Catholic Wales too, this devotion was known and practised. In an ode written by the poet Morys ap Howel, about 1530, and now preserved in the Cardiff Free Library, we find the lines "Let us over yonder to the Church, on Sunday, to *see* Jesus." The English poet Dan Lydgate bids us, with the quaint affectation of the dawnier Renaissance.