

dangers," even the greatest? Of whom, then, of whom, we ask, ought the Brotherhood of Carmel to stand in fear, since it has assurance from thee that thy holy Habit is its strong shield and secure defence? Pater, Ave and Gloria.

III. No one of us can ever sufficiently understand the immense and sovereign power, which thou, O Mary, hast communicated to thy sacred Habit, to work wonders and miracles without number or measure! The heavens, the earth and the elements have always been subject thereto and have always shown respect to him who wears it devoutly. Oh, blest a thousand times are the Brothers of Carmel, sure at all times of being happily prospered by thee, O Mary! Pater, Ave and Gloria.

IV. What beautiful and surprising things have been seen upon earth by means of thy Habit, O Mary! Now, perhaps, a fall from some horrible precipice with no hurt resulting; now, one taken out alive from under some enormous weight of huge stones or masonry; now again, a man rendered invisible and saved from the savage blows of some mad assassin. Were we but prompt in our recourse to thee, dear Mother, how eager thou wouldst be to bring us help! Pater, Ave and Gloria.

V. What great wonders have been wrought on the waste of waters by the miraculous Habit of Mary! The maddest tempests have been turned to placid calms; sailors aided when sinking in the sea, saved when swept away by swift currents, or kept alive, while buried at the very bottom of wells or rivers. How mighty the power of the Habit of Carmel! The members of this, thy Order, O Mary, being clad in such a livery, ought to rejoice and place their hopes therein. Pater, Ave and Gloria.

VI. The invincible might of Mary's Scapular is still more manifest in the air and even amid flames — protecting those who fall

from towers, housetops or lofty trees, also those who happen to be hurt by flying bullets or thunderbolts, or in terrible fires. In all such perilous encounters the true Brothers and Sisters of Mount Carmel can never perish; since thou, O Mary, always and on all occasions, art their sure defence. Pater, Ave and Gloria.

VII. How many, after putting on the holy Habit of Mary, have been suddenly cured of contagious diseases, of incurable maladies, and as it were, recalled from death to life! There is no wonder which the Scapular of Mary has not wrought, no grace it has not obtained, no suppliant it has not consoled. How fair the lot of those who wear this Habit so sacred, so divine! Grant, O Mary, that they may never stain it with sin,—to the end that they may ever have it at hand to their perpetual comfort. Pater, Ave and Gloria.

(To be continued.)

If you have had weeds in your garden and have pulled them up, do not let your memory dwell on weeds. If you have not pulled them up, that is a very different affair, and the more soberly you think of weeds in a flower garden the better. If you have had sickness or death, do not think of graves, but of the house not made with hands. God has been good, and you do well to remember it. If you have been false to yourself and are now faithful, bury "the old man" and rejoice in "the new man." With heaven to look forward to, with a kindly Providence and a host of angels to keep you lest you stumble, you should gratefully face the present and cheerfully look to the future.

The main idea of the "Pilgrim's Progress" was taken from the "Pilgrimage of Manhood," by the Cistercian monk, Guillaume de Guilleville, a translation of which fell into the hands of Bunyan and led him to literary immortality.