

from the prayer-book ; it will be far better and more profitable to spend them in silent contemplation, in producing holy affections, in speaking from our own oppressed yet happy hearts to the merciful and divine Heart of Jesus Who dwells within us, in eliciting pious acts of profound humility and gratitude, in disclosing to Him quite confidentially and hopefully our many wants, and, finally, in importuning Him to aid us in all our necessities. Then only is it commendable and desirable to have recourse to the prayer-book for a more ample thanksgiving and more extended devotions. At least a quarter of an hour should be spent thus in our devotions of thanksgiving after holy communion. If we earnestly pursue this method of meeting and receiving our divine Saviour when He comes to us in holy communion, His life in us will soon become manifest and His virtues will shine forth in our daily conduct. Our faults will gradually disappear ; our passions will be subdued ; our affections will be purified ; our hearts will be completely changed and made so conformable to the will of God that we will seek in all things only his divine pleasure and His holy love.

REV. F. X. LASANCE.

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