

ness in imitating thy noble virtues, O Blessed Virgin ! And by making them our own, we shall render ourselves as like to thee as may be possible, in our outward conduct. Now, if this be our duty and our most strenuous obligation, how shall we ever accomplish it ? We boast of wearing the vesture of thy sons ; but where in us are thy beautiful works, O Mary ? Pater, Ave and Gloria.

III. How pure, how spotless should we be as children of Mary ! Children of her who was so enamored of virginal purity, that, in order to maintain it, she would have renounced the supreme honor of becoming the Mother of God. We are of all men most miserable, since, though distinguished with the character of Sons of Mary, we care so little about purity of heart ! O, Mother of Purity, grant that with our tears we may wash away our past transgressions, rather choosing death itself than any return thereto. Pater, Ave and Gloria.

IV. Amid the immensities of thy worth we ever behold in thee a most profound humility. Though the purest of all created beings, thou hadst no other ambition on earth than to be the humble Handmaid of the Lord. O noble Virgin, full of grace, yet so lowly ! we, the vilest of sinners, are ambitious and full of pride. In thy pity, oh, destroy our self-esteem, that, like thee, we may be humble of heart ! Pater, Ave and Gloria.

V. What invincible fortitude in hours of pain thou hast shown, O Mother, throughout the whole course of thy life ! Mother of Sorrows, in sooth, and Queen of Martyrs, because pierced through the heart with fiery pains and martyrdoms ! Yet we, on the contrary, can not bear patiently a wrong, a bit of suffering, or a vexatious word. May thy example strengthen our feebleness, until, O Mary, through making us sons enamored of thy patience, Thou makest us

more worthy of thy love. Pater, Ave and Gloria.

VI. There dwelt in Mary such zeal for the Divine honor that, at the age of but three years, she left the world wholly, to give herself to God in His Temple ; nor did she ever have a thought, a desire, which was not perfectly united to the Divine will. What shall we say for ourselves—we, so slothful, so negligent in the service of God, we who do so much for the world and so little for Jesus ? Give us, O beloved Mother, such filial hearts that with changed dispositions, changes in our conduct may likewise ensue. Pater, Ave and Gloria.

VII. From that heroic zeal which Mary had, ever seeking to please God more and more, sprang her supreme love for her neighbor, her cordial regard for him, willing succor and the bestowal of every benefit within her power. How far we are from thee, O Mother, in all this ! Fixing our eyes ever on thy good example, grant that we may, through its faithful imitation, become thy Sons and Daughters, not merely in word and garb, but also in deed and in truth. Pater, Ave and Gloria.

FIFTH DAY.

That the Habit of Mount Carmel is a secure defence in Bodily Peril.

I. What graces hast thou not heaped, O Mary, on the Confraternity of Carmel ? Not content with looking down upon its members with a Mother's eye, hast thou not gladly undertaken to defend them, in a special manner, from all the evils which, everywhere on earth, surround and vex our lives ? Ought we not to be comforted, in all our necessities, by the knowledge that Mary is ever watching over us, like a loving Mother, and guarding us for our common good ? Pater, Ave and Gloria.

II. Who does not see the proof of such a promise in the title thou hast given thy sacred Habit, O Mary, calling it "a defence in all