

prayer, the frequent and worthy reception of the Sacraments, and pious and regular attendance at the holy sacrifice of the Mass. We should also avoid the occasions of sin, for they who love danger shall perish in it.

In conclusion, we should constantly cherish with deep and abiding gratitude the memory of all that our Blessed Lord did and suffered for us. His dear image should ever remain enshrined in our hearts, and His sacred name should be ever on our lips, our heart's affections should frequently find expression in the burning words of St. Augustine. "O beauty ever ancient and always new; too late have I known Thee! too late have I loved Thee!" and kneeling at the foot of the Crucifix we should frequently and lovingly say to our beloved Saviour:

" Lord of my heart, by Thy last cry,

Let not Thy blood on earth be spent

Lo, at Thy feet I fainting lie,

Mine eyes upon thy wounds are bent.